

# TENS 'n' Tone

*Instructions for use*



*body clock*

## Technical Data

<b>Output waveform:</b>	Asymmetrical bi-phasic rectangular
<b>Output:</b>	Constant current
<b>Output Intensity:</b>	0-50mA peak (500 ohm load)
<b>Output voltage:</b>	0-25v (500 ohm load)
<b>Pulse rate:</b>	1-150Hz adjustable
<b>Pulse width:</b>	300 microseconds
<b>Cycle mode:</b>	On/Off both adjustable 1-20secs , 1 cycle (on/off time) auto-repeated
<b>Continuous mode:</b>	Continuous stimulation
<b>Reciprocal modes:</b>	Reciprocal output over 2 channels, both adjustable for 1-20secs
<b>Ramp up:</b>	Adjustable 0-8secs, effective to cycle/continuous/reciprocal modes
<b>Power source:</b>	9v PP3 battery or DC 9v through Body Clock AC/DC adapter* *approved by notified body for CE MDD
<b>Battery life:</b>	100 hours approx
<b>Unit dimensions:</b>	104x 89x 38mm (4 1/8"x 3 3/8"x 1 3/8")
<b>Weight:</b>	200g (inc battery)

Electrical specifications are nominal on 500ohms load and subject to variation due to normal product tolerances

**Classification:**

This unit is fully compliant with EEC Directive 93/42/EEC, and is classified as internally powered equipment, Type BF. It is intended for continuous operation

**Explanation of symbols:**



Equipment providing a particular degree of protection against electric shock, particularly regarding allowable leakage currents having an F Type (floating) applied part.



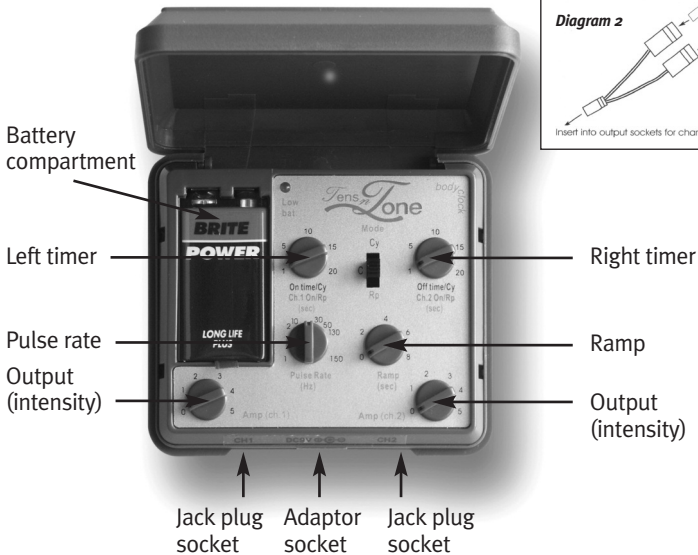
Warning - refer to accompanying documents (i.e. this user manual).

**Body Clock TENS 'n' Tone –  
Instructions for use**

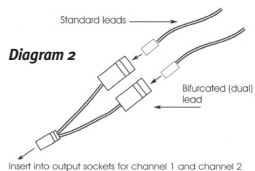
The Body Clock TENS 'n' Tone is a TENS (transcutaneous electrical nerve stimulator) for the relief of pain and an EMS (electro muscle stimulator) to Improve muscle tone for medical and cosmetic purposes. The TENS 'n' Tone is fully compliant with EEC Medical Device regulations.

The TENS 'n' Tone is supplied with 4 leadwires plus two bifurcated (dual) leadwires (to enable you to double the number of electrodes you are able to use to a maximum of 8), PP3 battery, 8 self - adhesive electrodes size 50 x 50mm, instructions for use and a soft carrying pouch.

**Diagram 1**



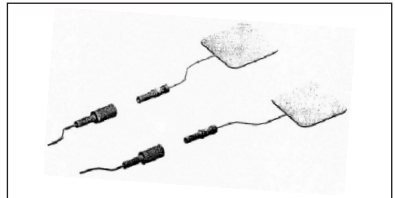
**Diagram 2**



## How to place electrodes

Body Clock TENS units are supplied with 2 x 2 (50mm x 50mm) self-adhesive rectangular electrodes. These are consumable items that can be re-ordered from Body Clock.

- Store electrodes in packaging provided in a cool dry place.
- A key to successful use of the stimulator is finding the best placement for the electrodes. You may need to try several electrode locations before you find the best one to intercept your pain.
- Before placing the electrodes on your skin, wash the area with mild soap and water and then thoroughly rinse and dry.
- Trim excess body hair, which could interfere with smooth electrode contact with the skin, but do not shave it.
- Do not place electrodes on cut, broken or irritated skin.
- Moisturizing cream may be applied after treatment, but not before.
- Never place or remove the electrodes, test or wet them while the system is turned on and connected to the electrodes. Failure to comply can result in a sudden unpleasant sensation on your fingertips.



## Lead wires

The lead wires are made of high quality shielded wiring. They are made from fine wire to be flexible and lightweight and if treated gently are designed for long life. The pin ends of the leadwires are inserted into the electrodes.

1. Ensure the output controls are in the "OFF" or "0" position.
2. Open cover of machine and insert battery into space provided, ensuring that you position the (+) and the negative (-) correctly. If you prefer to use the optional mains adaptor insert the pin at the end of the lead into the socket at the front of unit marked "AC/DC".
3. Ensure the pulse rate control is set to the "1" position.
4. Set the mode selector to "C".

5. Insert the leadwire jack plugs into the sockets in the front of the unit marked channel 1 and channel. placing electrodes, see below.

**If you wish to double the number of electrodes being used from 4 to 8, please see diagram 2 relating to the bifurcated (dual) leads.**

6. Connect the other end of the leads into the self-adhesive electrodes. See instructions for use on pack.
7. Position the electrodes on the body in accordance with the guidelines illustrated in the "Easy guide to TENS pain relief" or preferably with the assistance of your medical adviser. Ensure that your skin is free from oils and talc.

**For instructions on how to use this unit as a muscle toner read on. If you wish to use as a TENS unit (pain reliever) turn to page 7.**

## **Muscle toning instructions**

8. Follow instructions 1-7
9. Set the pulse rate dial to 30Hz, this can be increased to 50Hz for a stronger stimulation. Adjust for comfort.
10. Slowly turn the intensity control on each channel clockwise until it clicks to the "On" position and the power indicator lights come on. Continue turning slowly until you feel a mild pin prick sensation.
11. Select one of the toning modes as follows:

**Cycle mode Cy.** In this mode both channels operate simultaneously i.e. both on and off at the same time. Set mode selector to position-Cy

### **Time controls for Cycle (Cy) Mode:**

The duration of a contraction is controlled by means of the two timer dials. See diagram 2

- i) With the left timer select the number of seconds you require a contraction to last.
- ii) With the right timer select the number of seconds required as a rest period between contractions.

**Reciprocal Mode.** In this mode the channels operate alternately i.e. when channel 1 is on, channel 2 is off When channel 2 comes on, channel 1 goes off. Select the on time for channel 1 with the left timer and for channel 2 with the right timer.

12. Ramp Adjusting ramp allows you to choose how quickly or slowly the contraction takes to reach maximum. Ramp time always has to be shorter than the length of a contraction. You would not want an instant contraction, it should be gradual.
13. If you continue to stimulate for a number of hours check that the electrodes are not dry. If they are allowed to dry out this can cause minor skin irritation. Your self-adhesive electrodes can be moistened slightly with a drop of water, if necessary.
14. When you have finished stimulating, turn both output controls to the "Off" position.
15. Always ensure that the unit is switched off before you remove the leads. Do not pull the wires. Always remove the jack plugs from their

sockets by holding the plugs between the forefinger and thumb.

**IMPORTANT:** When using the TENS 'n' Tone for medical purposes it is advised that you follow instructions given to you by your medical adviser regarding the duration and strength of contractions.

### **To operate the TENS 'n' Tone for the relief of pain as a TENS machine**

8. Follow instructions 1-7
9. Slowly turn the intensity control on the left channel clockwise until it clicks to the "ON" position and the power indicator lights come on. Continue turning slowly until you feel a mild pin prick sensation.
10. Repeat instruction number 9 for the right hand channel intensity dial.
11. By turning the left pulse rate control slowly to the upper end of the pulse

rate range (approx. 80Hz) you feel a tingling sensation. This is based on the gate control theory. Please refer to the accompanying Book "An Easy guide to TENS Pain Relief".

12. Effective pain relief may also be achieved at the lower end of the pulse rate range - approx. 2Hz, which will feel like a heartbeat. This is based on the Acupuncture like TENS or Endorphin release theory Please see page 3 in "An Easy guide to TENS Pain Relief."
13. **Continuous mode.** Set on mode "C". The intensity should be comfortable and not too strong.
14. **Burst Mode.** Set the mode switch to Cy, with both timers at 1 second. The pulses will then be off periodically on a regular basis, i.e. the signal will be emitted in bursts. Burst mode has been found to be very effective for the relief of pain.

15. **Modulation Mode.** With the mode switch on Cy. Set the left timer at 10 and the right timer at 1 (this can be varied up to 5 if preferred). Set the ramp control on 8. The signal will modulate automatically (decrease and increase) in regular cycles. Modulation is very pleasant and soothing.

Varying the modes helps avoid your body becoming used to a particular setting. Remember your medical adviser will always be pleased to assist you to find the best electrode positions and pulse rate settings for your condition.

16. Continue stimulating for as long as necessary but preferably for no less than 30 or 40 minutes, unless you experience discomfort.
17. Some achieve pain relief after a short time, others may wish to use their TENS 'n' Tone for longer periods.

18. If you continue to stimulate for a number of hours check that the electrodes are not dry. If they are allowed to dry out this can cause minor skin irritation. Your self-adhesive electrodes can be moistened slightly with a drop of water, if necessary.
  19. When you have finished stimulating, turn both output controls to the "Off" position.
  20. Always ensure that the unit is switched off before you remove the leads. Do not pull the wires. Always remove the jack plugs from their sockets by holding the plugs between the forefinger and thumb.
2. TENS must **NOT** be used before the 37th week of pregnancy.
  3. Never use TENS to mask undiagnosed pain since this could require urgent treatment.
  4. If you are pregnant, do **NOT** place the electrodes over your abdomen.
  5. Do **NOT** use this unit without first reading these instructions.
  6. Do **NOT** immerse the TENS 'n' Tone in any liquid.
  7. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
  8. Do **NOT** drop this unit onto a hard surface.
  9. Do **NOT** attempt to dismantle the TENS 'n' Tone.
  10. Only use specified batteries and electrodes.
  11. If damaged, do not use. Return to supplier.

## Precautions and contraindications

1. Do **NOT** use the TENS 'n' Tone if you have a cardiac pacemaker. Check with your medical adviser before

12. Remove the batteries when not in use.
13. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
14. Keep out of the reach of children.
15. Do **NOT** place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, or an area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
16. Do **NOT** use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, high fever or acute inflammatory disease unless under medical supervision.

## ***Guarantee***

*Your TENS 'n' Tone machine is guaranteed for a period of*

***5 years***

*against manufacturer's defects. Please record purchase details in the space provided below for your own record purposes. This guarantee does not include leads, electrodes or batteries.*

*Date of purchase .....*

*Invoice number .....*



ISO 9001:2008 ISO 13485:2003

EC DIRECTIVE 93/42/EEC Annex V

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*This manual is recyclable*

*body clock*