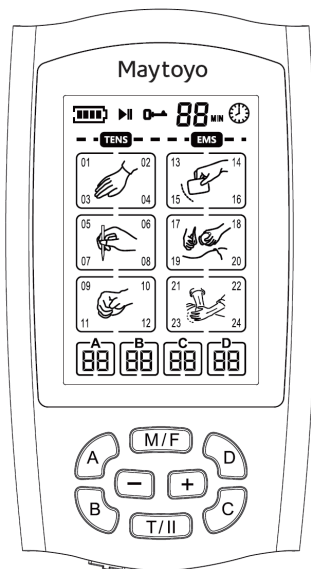


# User Manual

TENS & EMS Device



**Model# FM-B2407**

Please read the manual carefully before using, and keep it for future reference

**EXTEND your warranty to 2 YEARS**

**Visit link or scan the QR code & Complete registration**

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## **CUSTOMER SERVICE**

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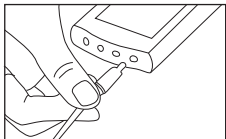
🌐 <http://www.maytoyo.com/>

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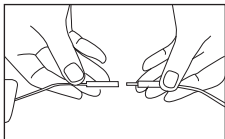
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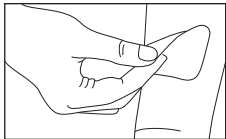
## QUICK GUIDE



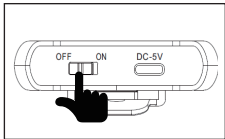
1. Connect the electrode wire to the device.



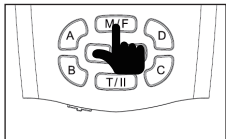
2. Plug the electrode wire into pads and tear the protective film off the pads.



3. Place Pads on where the massage sensations are desired. Make sure your skin is free from dirt and water.



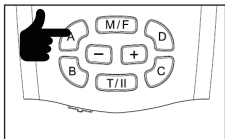
4. Turn on the TENS device by pushing the "ON/OFF" switch.



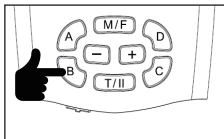
5. Short press the "M/F" button to take turns to switch the modes from 1 to 24.



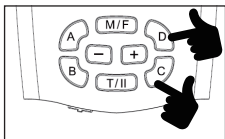
6. Long press the "M/F" button to quickly switch the program between TENS and EMS.



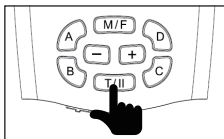
7. Press "A" button to choose channel A.



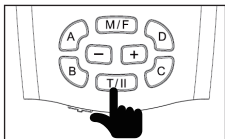
8. Press "+" or "-" to increase or decrease the intensity of A Channel.



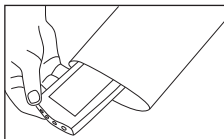
9. Repeat step 7 and step 8 to adjust channel B, channel C, and channel D if you need.



10. Short press the "T/II" button to set time from 10-90 mins (The timer will be increased by 10 minute intervals).



11. Long press the "T/II" button for 3 seconds to pause all working state. Long press again to resume.



12. Turn off the TENS device by pushing the "ON/OFF" switch, then remove the pads from your skin and place them back on the protective film.

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# 1. SAFETY INFORMATION

## 1.1 General Introduction

Thank you very much for using our Nerve Muscle Stimulator. For you use this device safely, please read this user manual carefully before your first use.

Please keep this user manual with your device for future reference.

This device is a portable electrotherapy device, featuring two therapeutic modes: Transcutaneous Electrical Nerve Stimulator (TENS) and Electrical Muscle Stimulation (EMS), which are used for pain relief and electrical muscle stimulation. The stimulator sends gentle electrical current to underlying nerves and muscle group via electrodes applied on the skin. The parameters of the device are controlled by the buttons. The intensity level is adjustable according to the needs of the individual user.

## 1.2 Medical Background

### EXPLANATION OF TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a noninvasive, drug free method of controlling pain. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS does not cure any physiological problem; it only helps control the pain. TENS does not work for everyone.

however, in most patients it is effective in reducing or eliminating the pain, allowing for a return to normal activity.

### HOW TENS WORKS

The TENS unit sends comfortable impulses through the skin that stimulate the nerve (or nerves) in the treatment area. In many cases, this stimulation will greatly reduce or eliminate the pain sensation the patient feels. Pain relief varies by individual patient, mode selected for therapy, and the type of pain. In many patients, the reduction or elimination of pain lasts longer than the actual period of stimulation (sometimes as much as three to four times longer). In others, pain is only modified while stimulation actually occurs.

## **EXPLANATION OF EMS**

Electrical Muscle Stimulation (EMS) is an internationally accepted and proven way of treating muscular injuries. It works by sending electronic pulses to the muscle needing treatment; this causes the muscle to exercise passively. This device has low frequency and in conjunction with the square wave pattern allows direct work on muscle groupings. This is widely used in hospitals and sports clinics for the treatment of muscular injuries and for the reeducation of paralyzed muscles, to prevent atrophy in affected muscles and improving muscle tone and

## **HOW EMS WORKS**

The EMS units send comfortable impulses through the skin that stimulate the nerves in the treatment area. When the muscle receives this signal, it contracts as if the brain has sent the signal itself. As the signal strength increases, the muscle flexes as in physical exercise. When the pulse ceases, the muscle relaxes and this cycle is repeated until therapy is completed. The goal of electrical muscle stimulation is to achieve contractions or vibrations in the muscles. Normal muscular activity is controlled by the central and peripheral nervous systems, which transmit electrical signals to the muscles. EMS works similarly but uses an external source (the stimulator) with electrodes attached to the skin for transmitting electrical impulses into the body. The impulses stimulate the nerves to send signals to a specifically targeted muscle, which reacts by contracting, just as it does with normal muscular activity.

## **1.3 Indication for use (IFU)**

### **TENS:**

The device is designed to be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), lower extremities (leg), abdomen and bottom due to strain from exercise or normal household work activities.

### **EMS:**

The device is designed to be used to stimulate healthy muscles in order to improve or facilitate muscle performance:

## **IMPORTANT SAFETY INFORMATION**

Read instruction manual before operating. Be sure to comply with all "Contraindications", "Warnings", "Cautions" and "Adverse reactions" in the manual. Failure to follow instructions may cause harm to user or device.

### **1.4 Contraindications**

- 1) This device should not be used for symptomatic local pain relief unless etiology is established or unless a pain syndrome has been diagnosed.
- 2) This device should not be used when cancerous lesions are present in the treatment area.
- 3) Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins, etc.).
- 4) Electrodes must not be applied to sites that might cause current/stimulation to flow through the carotid sinus region (anterior neck) or trans-cerebrally (through the head).
- 5) Patients with an implanted electronic device, such as a cardiac pacemaker, implanted defibrillator, or any other metallic or electronic device should not use this device without first consulting a doctor.
- 6) This device should not be used over poorly enervated areas.
- 7) This device should not be used on patients with serious arterial circulatory problems in the lower limbs.
- 8) This device should not be used on patients with abdominal or inguinal hernia.
- 9) Patients with heart disease, epilepsy, cancer or any other health condition should not use this device without first consulting a physician.

### **1.5 Warnings, Cautions, Precautions and Adverse Reactions**

#### **Warnings**

1. Apply stimulation only to normal, intact, clean, healthy skin.
2. Do not apply stimulation when in the bath or shower.
3. Do not apply stimulation while sleeping.
4. Do not use this device during pregnancy unless directed by your physician.
5. Stimulation should not be applied over the neck, mouth or eyes. Severe spasm of the laryngeal and pharyngeal muscles may occur, and the contractions may be strong enough to close the airway or cause difficulty in breathing.



6.Stimulation should not be applied across the chest in that the introduction of electrical current into the heart may cause cardiac arrhythmias.

7.Stimulation should not be applied across the head.

8.Stimulation should not be applied over the carotid sinus nerve, particularly in patients with a known sensitivity to the carotid sinus reflex.

9.Replacement of a component could result in an unacceptable risk. Please contact us if you have any problem with the device.

10.Keep this device out of the reach of infants, toddlers, and children.

11.Do not recharge, use or leave the battery and device in any high temperature environment such as a location near fire or in direct sunlight. Doing so may cause the battery to overheat, ignite or rupture.

12.There is potential hazard from simultaneous connection of a patient to a high frequency surgical equipment and the stimulator that may result in burns and possible damage to the stimulator.

13.Operation in proximity (e.g. 1m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.

14.When the device is transferred to another patient, replace used pads with new pads.

15.Please avoid the use of the equipment as much as possible in the following occasions or conditions, as it may result in incorrect operation: talking on a mobile phone; near the signal emission base station for broadcasting, television, communication, radar, navigation, etc.; near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging.

16.Use of accessories, transducers and cables other than those specified or provided by the manufacturer of the equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

17.Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30cm (12inches) to any part of the equipment including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

18.The device delivers a current density 0.612 mA/cm<sup>2</sup>. In order to mitigate potential adverse events:

1)Please do not turn on the device before connecting the wires, electrode pads, device and body.

2)The electrode pads have been pasted to the appropriate part, and the mainframe and wire have been properly connected before it can be turned on.

3) During normal use, do not touch the hydrogel on the electrode pads, do not pull out the wire plug, do not pull out the electrode pads. All these actions must be performed after shutting down.

### **Cautions**

1. This device is for single patient use only.
2. Keep yourself informed of the contraindications.
3. This device is not intended for use on an unattended patient who is noncompliant, emotionally disturbed, has dementia, or a low IQ.
4. This device should not be used while driving, operating machinery, close to water or during any activity in which involuntary muscle contractions may put the user at undue risk for injury.
5. Never use the device in rooms where aerosols (sprays) are used or pure oxygen is being administered.
6. Do not use this device at the same time as other equipment which sends electrical pulses to your body.
7. Do not confuse the electrode cables and contacts with your headphones or other devices, and do not connect the electrodes to other devices.
8. Do not use sharp objects such as pencil point or ballpoint pen to operate the buttons on the control panel.
9. Inspect applicator cables and associated connectors before each use.
10. Turn the device off before applying or removing the electrodes.
11. Electrical stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
12. Do not use it in the presence of explosive atmosphere or flammable mixture.

### **Adverse Reactions**

1. Potential allergic reactions due to the electrical stimulation or gel including skin irritation, redness, burning or hypersensitivity. If skin irritation occurs, discontinue use and consult your physician.
2. Discomfort occurs due to improper stimulation levels, reduce the stimulation intensity or turn the device off directly.
3. Headache and other painful sensations during or following the application of electrical stimulation near your eyes, to your head and face.

\*\*\* You should stop using the device and consult with your physician if you experience any adverse reactions from the device. \*\*\*

## 1.6 Patient Population

The "Patient" is an intended user.

Adults who suffer from sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arms), and lower extremities (leg) due to strain from exercise or normal household work activities can use this Device.

However, it should not be used by children, pregnant women, or anyone who has an implanted metallic or electronic device. Ask your physician if you have any questions related to your health

### Notes

1. This part is about the safety information. It is intended to help you use it safely, prevent injury and avoid situation which could result in damage on the device. It is important for you to read this information carefully.
2. Please note that the original recognized accessories, detachable parts and material which are approved by standard.
3. Please note that the adapter you choose for battery charging must complies with ANSI/AAMI/ES60601-1 or IEC 60950 standards.









## 1.7 Potential Electromagnetic and Other Interference

This product is sensitive to the electromagnetic interference, and the following cases may interfere with normal use:

- When talking on the mobile phone.
- Near the base station for signal transmission (broadcast, television, communications, radar, navigation, etc.).
- Near high radiation medical instruments such as nuclear magnetic resonance.

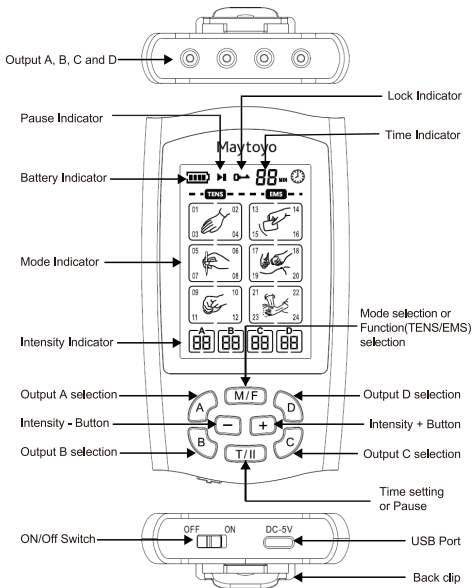
The operator should be away from the equipment or occasion as soon as possible if the essential performance of the equipment is degraded or lost due to EM DISTURBANCES. The essential performance of the equipment should be restored. If not, please contact your local dealer.

## 1.8 Explanation of figures, symbols, warning statements and abbreviations on the device

Meanings of symbols used for marking described in instructions for use	
	Caution!
	Type BF applied part
	Direct current
IP22	Protected against solid foreign objects of 12,5 mm $\varnothing$ and greater; Protection against vertically falling water drops when ENCLOSURE tilted up to 15°
	Refer to instruction manual
	Serial Number
	Manufacture date
	Manufacture information
	WEEE Label

## 2. DEVICE PRESENTATION

### 2.1 Illustration of the Device



**ON/Off Switch:** When the switch is turned to the "ON" position, the device is turned on, and when it is turned to the "Off" position, the device is turned off.

**USB Port:** AC Adapter connecting port, when used for charging, the interface between the charging cable and the device.

**Battery Indicator:** Used for battery level display. When the battery is about to run out, a flashing battery symbol will appear on the display. It should be charged as soon as possible. However, depending on the settings and intensity level, the machine may continue to operate for a longer period of time.

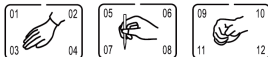
**Time Indicator:** Display the remaining working time after being ON(Min).  
**TENS or EMS Program Indicator:** Long(3 seconds) press the M/F button, the TENS or EMS Program can be selected each other.

**Mode Indicator:** There are 24 modes in total, and mode 1 to mode 12 are TENS program, mode 13 to mode 24 are EMS program.

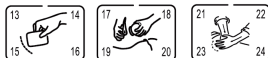
In TENS program stage, once short press the M button, the mode number +1(for example mode 1 to mode 2) until mode 12.



In EMS program stage, once short press the M button, the mode number +1(for example mode 13 to mode 14) until mode 24.




There are 12 TENS program:






There are 12 EMS program:




	01	Shiatsu	Shiatsu is simulation of a type of finger and palm pressure, stretches, and other massage techniques.
	02	Tuina	Simulation of Tuina is a hands-on body treatment which helps with pain relief and relaxation.
	03	Hand	Stimulate pain points in the hand area for pain relief or muscle relaxation.
	04	Kneading	It is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massage techniques.
	05	Acupuncture	Simulation of acupuncture provides the same sensation without needles, by utilizing electronic pulses to achieve the sensation of differing needle depths.
	06	Weight Loss	Combination of acupuncture. It helps lose weight or tone, strengthen and firm muscles at abs, back, thighs and arms etc.
	07	Reflexology	Stimulate pain points in the body area for pain relief or muscle relaxation.

	08	Acupuncture	Stimulating with a low frequency setting provides the user with a scratching and kneading sensation.
	09	Tapping	Stimulating tapping is intended to produce a hard thumping sensation that massages your muscles, which can give you an invigorated and revitalized feeling.
	10	Acupuncture	Stimulate pain points in the shoulder area for pain relief or muscle relaxation.
	11	Pressure	It is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques.
	12	Foot	Stimulate pain points in the foot area for pain relief or muscle relaxation.
	13	Guasha	Stimulate circulation to end stasis, warm the channels to relieve pain.
	14	Hip	Stimulate pain points in the hip, sciatica nerve for pain relief or muscle relaxation.
	15	Knee	Stimulate pain points in the knee area for pain relief and muscle relaxation.



	16	Ankle	Stimulate pain points specifically in the ankle for pain relief or muscle relaxation.
	17	Cupping	Mimic the sensation of suction created on the skin. Cupping is a traditional Chinese therapy in which heated glass cups are applied to the skin, creating suction as a way of stimulating the flow of energy.
	18	Hip	Stimulate pain points in the lumbar area for pain relief or muscle relaxation.
	19	Elbow	Stimulate pain points in the elbow area for pain relief or muscle relaxation.
	20	Back	Stimulate pain points in the lumbar area for pain relief or muscle relaxation.
	21	Combination	Random combination of basic modes. Full body relaxation after workout, exercises & fitness after a hard day working.
	22	Deep Tissue Massage	Stimulate pain points in the knee area for pain relief and muscle relaxation.

	23	Fibrillation Massage	It helps muscle reduction, relaxation of muscle spasms, increase range of motion, injury recovery post surgery recovery.
	24	Blend	Random combination of basic modes. Full body relaxation after workout, exercises & fitness after a hard day working.

**Intensity Indic:** A, B, C and D, A only shows the intensity of A channel, B only shows the intensity of B channel, C only shows the intensity of C channel, D only shows the intensity of D channel. When you repeatedly click the A,B,C or D button, the A,B,C or D Intensity Indicator will switch and flash.

**M Button:** Short press M/F button, Mode selection button, When the type of mode is determined (Mode Adjustment), you can select the specific mode by pressing the M button.

**F button:** TENS or EMS selection button, The default is TENS program when booting, and Long(3 seconds) press the M/F button once, it can be switched to EMS program.

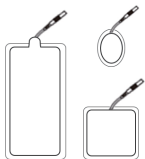
**+ / - Button:** Intensity adjustment button, Select the A channel by the A button, then press once + button, the strength will increase by one, and press once – button, the strength will decrease by one. Output A, output B, output C and output D are the same.

**Pause Button:**Used to pause the device during use, long press T/II button.

**T Button:**Used to adjust the device working time, short press T/II button, the default time is 30 minutes, and users are able to adjust the time by the T button, it can be chosen 10 minutes, 20 minutes, 30 minutes, 40 minutes, 50 minutes, up to 90 minutes.

**A, B, C and D Button:** Output A are output A socket, electrical signal output after connection of the cable with adhesive electrodes channel A, channel B, Channel C or Channel D.

## 2.2 Illustration of the Accessories



Electrode pads



Lead wires



USB cable

### Features of the Device

- LCD display
- Backlight
- 4 independent channels
- Adjustable timer up to 90 minutes
- 24 different operating modes
- Rechargeable internal polymer battery
- 30 level intensity settings
- Allows 2- 8 pads to be applied to the different targeted areas at the same time
- 4 outputs are isolated, so A, B,C or D has the same 100% power
- Applied part: self-adhesive electrode pads

### Important Information

Degraded sensors and electrodes, or loosened electrodes, can degrade performance or cause other unsafe issues.

### **Included in this package**

- 4 Channels Tens Device × 1pc
- Oval pads × 2 pcs
- Square pads × 8 pcs
- Rectangular pads × 2 pcs
- Electric wire × 4 pcs
- USB cable × 1 pcs
- Instruction manual × 1pc
- Storage Bag × 1pc

## **3 SPECIFICATION**

### **Power**

Input voltage: D.C. 5V

Rated current:  $\leq 50\text{mA}$

Rated power:  $\leq 0.25\text{W}$

Li-ion battery: 3.7 V dc

## 4 INSTRUCTIONS FOR USE

### How to Use the Device

- 1.Environmental operating conditions: Temperature:-5 ~ +40 °C  
Humidity: Does not exceed 85% Atmospheric pressure range of 800 hPa to 1060 hPa
- 2.Please make sure the device is on the OFF position when setting up the unit, adjusting the pads, or making a new connection.
- 3.Do not turn on the device before you place pads on your skin.

#### **Before using the device, please check following carefully:**

- 1.Check the electrode wires for any damages or irregularities.
- 2.Check the electrode pads any damages or irregularities.
- 3.Check for any physical damage on the unit.

### Step 1: Connect the electrode to the device

The FM-B2407 is equipped with four isolated channels A&B&C&D. This will allow you to set separate modes and separate intensities on each channel using the 4 outputs A, B, C and D. Before connecting the wires to the unit, decide which channel you wish to use (channel A, B, C or D). To use A channel only, connect the electrode wire(s) to outputs A. To use both A, B channels, connect the electrode wires to all outputs. And the B, C and D are the same as A.

- 1.Plug the electrode wire into the output located at the bottom of the device. Depending on your needs, you may use one, two, three or four outputs.
- 2.Ensure that the electrode wires are fully inserted into the output and secured. Make sure the wires are not loose. A loose connection will lower the power output of your device, potentially causing unreliable connection.
- 3.Repeat 1 & 2 to connect another wire.

### CAUTION:

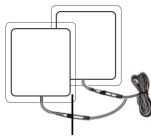
- 1.Do not insert the plug of the patient lead wire into any AC power supply socket.

## Step 2: Connect the electrode pads to the wires

1. Each wire has two leads with pin-in connectors. Pin the wire connectors into the pads. Make sure that at least one pair (2 pieces) of pads is attached to the same wire. One pad alone will not work.
2. Make sure at least one pair of pads is attached to the same wire.
3. Check the pin connections to ensure they are fastened.



Connection Cables



Transparent Film

### CAUTION:

1. Please make sure the device is on the OFF position when setting up the unit, adjusting the pads, or making a new connection.
2. DO NOT turn on the unit before you put pads on your skin.
3. Use at least one pair of pads. One pad alone will not work.

## Step 3: Place Electrodes on Skin

Apply electrodes to the exact site indicated before applying electrodes, be sure the skin surface over which electrodes are placed is thoroughly cleaned and dry. Make sure the electrodes are pressed firmly to the skin and make good contact between the skin and the electrodes. Place the electrodes over the skin and attach them properly, firmly and evenly.

1. Remove the plastic films on the pads.
2. Check if the adhesive side of on the pad is clean after removing the plastic film.
3. Place pads on the muscle you wish to treat. Make sure your skin has been cleaned of all dirt, oil, or lotions.
4. Be sure to place the adhesive side of pad on your skin.
5. We recommend keeping the plastic films for storing the pads after usage.
6. Make sure that you use at least one pair of pads on the same wire at the same time.
7. Make sure the pads are stick adhered closely on your skin.

## **CAUTION:**

1. Do not overlap pads or place one pad on top of another one.
2. Never remove the self-adhesive electrodes from the skin while the device is turned on. You will feel an uncomfortable electrical shock.

## **Electrode Placement**

The placement of electrodes can be one of the most important parameters in achieving success with this therapy. Of utmost importance is the willingness of the physician to try the various styles of electrode placement to find which method best fits the needs of the individual patient.

Once an acceptable location has been achieved, mark down the electrode sites and the device settings, so the patient can easily continue treatment on them.

## **Step 4: Turn on the device**

Push the "ON/OFF" switch located on the bottom of the unit to the ON position.

Verify the channel indicator on the screen to make sure the device is on the same channel you wish to use. The "A" letter will blink to indicate channel A is working. The "B" letter will blink to indicate channel B is working, and C or D is same as A and B.

## **CAUTION:**

1. Before using the device for the first time, you are strongly advised to take careful note of the contraindications and safety measures detailed at the beginning of this manual (Safety information), as this powerful equipment is neither a toy nor a gadget.

## **Step 5: Select modes and intensity**

Once the device is turned ON, it will show all icons for 1 second to ensure that all icons are displaying properly. The unit will automatically set to channel A, mode 1, with zero intensity.

To select TENS or EMS program, Long press the M/F button once, the TENS program or EMS program can be selected.

As mentioned in the previously, this device is equipped with 4 isolated channels A,B,C and D. You will need to select the mode and intensity for the channel you wish to use. You have the option to use one channel alone or both channels or more.

## **CAUTION:**

1. The following modes are TENS program: 1,2,3,4,5,6,7,8,9,10,11,12, and the other 12 modes are EMS program: 13,14,15,16,17,18,19,20,21,22,23,24.
2. You can also consult your physician for your suitable therapeutic mode.

## **TENS Setting**

When selecting TENS program, you need to select one of the following modes on the screen: 1,2,3,4,5,6,7,8,9,10,11,12.

When you select the TENS program you need, then the therapeutic program, Cycle time, therapeutic time, pulse width and pulse rate are all default in this device.

1. Position placement of the electrodes: Both ends of the painful area, within 3~5cm from the painful area or directly on the painful area.
2. How often to use stimulation? After one stimulation is completed, it is recommended that the time for the next stimulation is 30 minutes later.
3. How long to use the programs/modes? it is recommended that you do not exceed 180 minutes one day.
4. How often treatments should be given? Recommend you consult a physician.
5. How long it may take for pain relief to occur during a treatment session? Generally, there is a pain relief effect within a short period of time (such as 3~5 minutes) after use. If there is no pain relief after using for more than 30 minutes, please consult a doctor in time.

## **EMS Setting**

When selecting TENS program, you need to select one of the following modes: 13,14,15,16,17,18,19,20,21,22,23,24.

When you select the EMS program you need, then the therapeutic program, Cycle time, therapeutic time, pulse width and pulse rate are all default in this device.

1. Position the electrodes to obtain optimal contraction: In order to get the best contraction for muscle stimulation, please put the electrode pads directly on the largest part of the muscle you intend to stimulate or the ends of the muscle you intend to stimulate.
2. When you begin an exercise regimen, we advise you use stimulation twice one day, and 30~60 minutes once.
3. How long to use the stimulation? Within your suitable intensity range, we recommend that you no more than 80 minutes each time.
4. When increase stimulation? After you adapt to the intensity of stimulation, you can slowly increase the intensity of stimulation according to your exercise needs.
5. When increase the use of the programs/modes to improve muscle performance? It can be in the following cases:
  - 1) Relaxation of muscle spasm.
  - 2) Increase of blood flow circulation.
  - 3) Prevention of disuse atrophy.



- 4) Muscle re-education.
- 5) Maintaining or increasing range of motion.
6. Which programs/modes should be used in each exercise regimen session? You can choose anyone in the 5 modes.
7. How to use each program/mode when increasing the exercise regimen? When you want to increase the exercise regimen, you can choose the appropriate mode according to your stimulation experience. At this time, the more decisive factor is the intensity.

### **Adjust Channel Intensity for channel A:**

1. Select A button, and short press M/F button to desired mode, the selected mode will blink.

Note: Long press M/F button to select functions between TENS and EMS, can switch from current mode to first mode of the function, for example, current is on mode 3 of TENS, long press M/F then quick switch to model 13 of EMS.

2. Press intensity "+" button to increase the intensity. When changing the mode, the intensity level will automatically reset zero, need repeat intensity setting.

3. Keep increasing the intensity by pressing the intensity increase button to get to the desired level.

### **Adjust Channel Intensity for channel B, C and D:**

It is the same as adjust channel intensity of channel A, to select corresponding output selection button first.

### **Caution**

1. We recommend starting at the lowest level of intensity and gradually increase to a level that is comfortable.
2. The intensity should be set at a level where you will experience some muscular vibration and involuntary muscle movements.
3. If the stimulation levels are uncomfortable or become uncomfortable, reduce the stimulation intensity to a comfortable level and contact your medical practitioner if problems persist.

### **Step 6: Adjust timer**

Short press T/II button, the timer will increase in the increment of 10 minutes. Press the time (number displayed) to adjust timer from 10 minutes up to 90 minutes. Keep pressing the time to set to 90 minutes.

### **Step 7: Pause**

Long press(3 seconds) T/II button to pause all working state, long press again to resume.

### **Step 8: Turn off the device**

Push the "ON/OFF" switch located at the bottom of the unit to the OFF position.

### **Step 9: Remove the pads from your skin**

Remove the pads from your skin slowly and place them back on the provided pad holder or the protective plastic film.

### **Caution**

1.DO NOT remove the pads before you turn off the equipment.

### **Step 10: Take off the pads from wires. Unplug wires from device.**

Maintain the device in accordance with maintenance requirements.

## 5 CLEANING AND CARE

### 5.1 Tips for Skin Care

Follow these suggestions to avoid skin irritation, especially if you have sensitive skin:

1. Wash the area of skin you will be placing the electrodes on with soap. Rinse thoroughly and dry the area completely before and after placing electrodes.
2. Excess hair may be clipped with scissors; do not shave stimulation area.
3. Many skin problems arise from the “pulling stress” from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from center outward; avoid stretching over the skin.
4. To minimize “pulling stress”, tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.
5. When removing electrodes, always remove by pulling in the direction of hair growth.
6. It may be helpful to rub skin lotion on electrode placement area during treatment down time when you are not wearing electrodes.
7. Never apply electrodes over irritated or broken skin.

### 5.2 Cleaning the Device

1. Remove the battery from the device before you clean the device.
2. Clean the device after use with a soft, slightly moistened cloth.
3. Do not use any chemical cleaners or abrasive agents for cleaning.

### 5.3 Electrodes

1. Use this device only with the leads and electrodes provided by the manufacturer. Use only the electrode placements and stimulation settings prescribed by your physician or therapist.
2. Inspect your electrodes before every use. Replace electrodes as needed. Reusable electrodes can cause slight skin irritation, lose adhesion properties and deliver less stimulation if overused.
3. The ordering information of the electrodes: Available for purchasing on Amazon, Alibaba and other e-commerce platforms. And it specifies the manufacturer of the electrodes, the manufacturer is GMDASZ Manufacturing Co., Ltd.
4. The electrode type: It is a kind of hydrogel, and it is a kind of medical silicone.
5. The type of connector on the electrode: Pin-in.

## **Warning:**

1. The electrode size, shape, and type may affect the safety and effectiveness of treatment and that a risk associated with use of the wrong size electrode is thermal burn.
2. We advise you to obtain replacement electrodes that are the same type, have the same dimensions and same connectors as those you distribute with your device.

## **TO USE THE ELECTRODES:**

1. Attach the electrode to the lead wire.
2. Remove the protective backing from the electrode surface. Do not throw away the protective backing because it can be reused after the treatment session has been completed.
3. Place the tacky surface to the prescribed skin area by pressing the electrode firmly against the skin.

## **TO REMOVE YOUR ELECTRODES:**

1. Lift the corner of the electrode and gently remove it from the skin.
2. It may be helpful to improve repeated electrode application by spreading a few drops of cold water over the adhesive side and turn the surface up to air dry. Over saturation with water will reduce the adhesive properties.
3. Between uses, place the electrodes back onto the protective sleeve and insert them into the re-sealable bag and store in a cool dry place.

## **CAUTION:**

1. Do not pull on the electrode wire. Doing so may damage the wire and electrode.
2. The electrodes should be discarded when they are no longer adhering to the skin.

## **5.4 Cleaning the Electrode's Cords**

Clean the electrode cords by wiping them with a damp cloth.

Coating then lightly with talcum powder will reduce tangles and prolong their life.

## 5.5 Maintenance

1. Maintenance and **all** repairs should only be carried out by an authorized agency. The manufacturer **will not be held responsible** for the results of maintenance or repairs by unauthorized persons.
2. The user must not attempt any repairs to the device or accessories. Please contact the retailer for repair.
3. Opening of the equipment by unauthorized agencies is not **allowed** and **will terminate any claim to warranty**.
4. Check the unit before each use for signs of wear and/or damage. Replace worn items as required.
5. Please **clean** the main machine frequently. Use a piece of soft dry cloth to wipe the dirt on the main machine. Don't wash with water or clean with the detergent, thinner, **volatile oil**, etc. that contains chemical substances.
6. The gel surface of the massage pad should be kept **clean** and avoid dirt like dust, oily substances, sticky substances, etc., otherwise the stickiness **will be decreased**.
7. Please put the massage pads back to the pad holders or paste the protective films back onto the pads after use.
8. When the stickiness of the massage pad becomes weak due to dirt or if there is a tingling sensation in the skin, please use a piece of damp cloth dipped in a little water to gently wipe the gel surface. After drying, the stickiness **will recover**, but if water is overused, the stickiness **will be decreased**.
9. Please don't wipe the gel surface with a paper towel.
10. Please Do not scrape the gel surface with nail, brush, etc.
11. Massage pads are consumables with the service life of generally 20-30 times. If the pads are not sticky or the stimulator becomes weak, please change the pads in time.
12. The batteries for this product are built-in polymer batteries. If it is not used for a long time, please charge it every 6 months.

## Safekeeping

1. Please Do not put the main machine in the place exposed to sunlight, high temperature, humidity, lots of dust, or the place close to fire, easy to vibrate or shock.
2. Please put where children can't reach it.

## **Cleaning and Storage**

Environmental conditions of transport and storage:

Temperature: -20 ~ +60 °C ,

Humidity: Humidity does not exceed 85%

Use a lightly moistened cloth to clean the device and wipe gently.

- Make sure the device is off when you clean it.
- Do not let water to get into the device.

## **Cleaning and Storing Pad**

Clean: After using pads on your body, please drop a little clean water on the sticky side and use fingertips to clean it softly

● Please turn off the device and disconnect the pads with wires first before you clean the pad.

- Do not use nails or other sharp objects on the sticky side.
- Do not use chemical liquids on sticky side.

Storage: Place pads on pad holder or place plastic film on the sticky side of pad to keep the gel moisture.

## **Caution**

1. Do not keep device in areas subject to direct sunlight, high or low temperatures, humid area, near to fire, vibration, or shock.
2. Do not keep the device at places that can be easily reached by children.

## **Parts service life**

Control unit: 3 years

Batteries: repeated charge and discharge 500 times. The four output ports are all turned on, use the highest frequency mode, and the intensity is adjusted to the maximum (20th gear), each full charging can be used for about 7.3 hours.

Pads: 20-30 times, varied from person to person.

## **STORAGE**

1. For prolonged pauses in treatment, store the device in a cool dry room and protect it against heat, sunshine and moisture and remove the battery to avoid battery leaking.
2. Store the device in a cool, well-ventilated place.
3. Never place any heavy objects on the device.

## **DISPOSAL**

Please dispose of the device in accordance with the laws in your area.

## 6 Trouble Shooting

If your device does not seem to be operating correctly, refer to the chart below to determine what may be wrong. Should none of these measures correct the problem, the device should be serviced.

PROBLEM	CAUSE	SOLUTION
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. The gel pads are too dry. wires are damaged	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application. Use a new set of pads. Use a new set of wires.
Unit is on, but no sensation is felt in the pads	Both pads are not firmly on the skin. There is a loose connection. The intensity level needs to be increased	Make sure both pads are firmly pressed to the skin. (two pads minimum) One pad alone will not work. Make sure all connections are secure from the unit to the wires and the wires to the pads. Increase the intensity level
Adhesive gel pads Do not stick to skin even after cleaning and moistening the gel pad.	Adhesive material ran out.	Adhesive gel pads need to be replaced.
Unit does not turn on or the screen is dim.	Battery is low	Recharge the battery
Unit does not charge	Wall adapter or USB cord.	Charge your unit using USB cord only using any USB power outlet.
Only feel stimulation one channel	<ul style="list-style-type: none"><li>Your device features the AB independent channel.</li><li>Bad wire.</li></ul>	<ul style="list-style-type: none"><li>Try to set the mode and/or the intensity on each channel.</li><li>Try to use a new set of wires.</li></ul>

## **Medical Disclaimer**

All information is intended for you general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. We cannot and Do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your health care provider before purchasing any product(s). The information contained here is intended to provide broad consumer understanding and knowledge of product offered.

The information should not be considered complete and should not be used in place of a visit, call, consultation or advice or your health care provider. Should you have any healthcare-related questions, please call or see your healthcare provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

## **Warranty**

Dear customer,

Thanks for purchasing our product and welcome to join the Maytoyo family! Maytoyo is committed to be a mature and excellent seller with good reputation and high sense of responsibility. We are trying our best to provides all buyers with high-quality products and professional after-sales team. And we feel so proud to serve you as our customer and we hope you get the most out of your purchase. If you have any problems, please don't hesitate to contact us. All we want is your satisfaction!



## Contact

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**Visit link or scan the QR code & Complete registration**



**EXTENT YOUR WARRANTY TO 2 YEARS**

