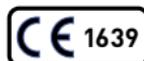


prorelax[®]

TENS+EMS

DuoComfort



OPERATING INSTRUCTION



Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

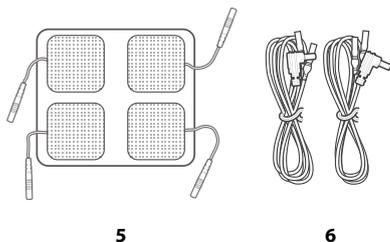
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Signs and Symbols

	WARNING Warning instruction indicating a risk of injury or damage to health
	IMPORTANT Safety note indicating possible damage to the device/accessory
	Note Note on important information
	Observe the instructions for use
IP22	Protected against ingress of solid foreign objects greater than 12.5 mm in diameter. Protected against drops of water falling at up to 15° from vertical.
	Serial number
	Application part, type BF
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE
	The CE labelling certifies that the product complies with the essential requirements of Directive 93/42/EEC on medical products.
	Manufacturer
	The manufacturer wants to signal that it complies with the regulations of the Packaging Ordinance.

Package Content

1. **prorelax®TENS+EMS DuoComfort**
2. Clip holder
3. AC adaptor
4. USB Charging Cables x1
(Length 60 cm)
5. 4 Self Adhesive Electrodes
CM5050 Size: 50x50mm,
4 pcs/bag
6. 2 lead wires per bag.



Getting to know your Device



What is a TENS+EMS DuoComfort unit and what can it do?

EMS/TENS units fall into the electrostimulation device category. They provide three basic functions suitable for combined operation:

1. **Electrical stimulation of nerve tracts (TENS)**
2. **Electrical stimulation of muscle tissue (EMS)**
3. **A massage effect triggered by electrical signals**

The unit also features two independent stimulation channels and four self-adhesive electrodes. It offers a wide range of functions for increasing general well-being, pain relief, maintaining physical fitness, relaxation, muscle revitalisation and combating tiredness. For these purposes, you can either choose from pre-set programs or specify your own to suit your individual needs.

The principle of electrostimulation devices is based on the imitation of impulses in our bodies that are transferred to nerve and muscle fibres using electrodes via our skin. The electrodes can be applied to many parts of the body; the electrical impulses are completely harmless and virtually painless. In certain applications you will merely notice a slight tingling or vibrating sensation. The electrical impulses that are sent into the tissue influence the transmission of stimulation into nerves, nerve centres and muscle groups in the application area.

Electrostimulation usually only has an effect after regular applications. With regard to muscles, electrostimulation does not replace regular training. However, it is a sensible, supplementary training element.

TENS, or transcutaneous electrical nerve stimulation, relates to the electrical stimulation of the nerves via the skin. TENS is an effective non-pharmacological method of treating different types of pain that have a variety of causes. It has no side-effects if administered correctly. The method has been clinically tested and approved and can be used for simple self-treatment. The pain-relieving or pain-suppressing effect is achieved by inhibiting the transference of pain to nerve fibres (caused mainly by high-frequency impulses) and by increasing the secretion of endorphins in the body. Their effect on the central nervous system reduces the sensation of pain. The method is

scientifically substantiated and approved as a form of medical treatment. Any symptoms that could be relieved using TENS must be checked by your GP. Your doctor will also give you instructions on how to carry out a TENS self-treatment regime.

TENS is clinically tested and approved to treat the following complaints:

- Back pain, particularly in the lumbar/cervical spine area
- Sore joints (e.g. knee, hip and shoulder joints)
- Neuralgia
- Menstrual cramps in women
- Pain resulting from injury to the musculoskeletal system
- Pain caused by circulatory disorders
- Chronic pain with various causes.

Electrical muscle stimulation (EMS) is a widespread and generally recognised method and has been used in sports medicine and rehabilitation for years. In sports and fitness, EMS is used to complement conventional muscle training, to increase the performance of muscle groups and to adjust physical proportions to achieve the desired aesthetic results. There are two different types of EMS application: one is for targeted strengthening of the muscles (activating application), and the other is to achieve a relaxing, restful effect (relaxing application).

The activating application involves:

- Muscle training to increase endurance and/or
- Muscle training to support the strengthening of specific muscles or muscle groups, and to achieve the desired changes to physical proportions

The relaxing application involves:

- Muscle relaxation for easing muscle tension
- Improving symptoms of muscular fatigue
- Acceleration of muscle regeneration after high muscle performance (e.g. after a marathon)

Thanks to integrated massage technology, TENS+EMS DuoComfort units are also able to relieve muscle tension and combat fatigue with a program based on the sensation and effects of a real massage.

The positioning suggestions and program tables in these instructions for use allow you to quickly and simply determine the corresponding application (depending on the affected area of the body) and set the unit to achieve the desired effects.

Thanks to the two separately adjustable channels, the TENS+EMS DuoComfort unit offers you the advantage of being able to set the intensity of the impulses independently from each other for two treatment areas on the body, for example to cover both sides of your body or to evenly stimulate larger areas of tissue. The option to individually set the intensity of each channel also enables you to treat two separate areas of the body simultaneously instead of having to treat the individual areas in turn, which saves you time.

Important Notes

The device is not a substitute for medical consultation and treatment. Consult your doctor first if you are experiencing any pain or are suffering from an illness.



To avoid damage to health, we strongly advise against using the TENS+EMS DuoComfort unit in the following situations:

- With implanted electrical devices (such as a pacemaker)
- In the case of metal implants
- If you use an insulin pump
- If you have a high temperature (e.g. > 39°C)
- If you have a known or acute cardiac arrhythmia, or disorders of the heart's impulse and conduction system
- If you suffer from a seizure disorder (e.g. epilepsy)
- If you are pregnant
- If you have cancer
- After an operation, if strong muscle contractions could affect the healing process

- The device must never be used near to the heart. The stimulation electrodes must not be placed on any part of the front ribcage (where the ribs and breastbone are located), especially not on the two large pectorals. This can increase the risk of ventricular fibrillation and induce cardiac arrest.
- On the skeletal skull structure, or around the mouth, throat or larynx
- In the neck/carotid artery area
- In the genital area
- On acutely or chronically diseased (injured or irritated) skin (e.g. inflamed skin – whether painful or not, reddened skin, rashes, e.g. allergies, burns, bruises, swellings, both open and healing wounds, and post-operative scars where the healing process could be affected)
- In humid environments (e.g. in the bathroom) / when bathing or showering
- Do not use after consuming alcohol
- If connected to a high-frequency surgical device
- In the case of acute or chronic diseases of the gastrointestinal tract
- The stimulation should not be applied above or through the head, directly onto the eyes, covering the mouth, to the front of the neck (especially not to the carotid artery), or with the electrode surfaces placed on the chest and upper back or across the heart.

Before using the device, consult your doctor if any of the following applies to you:

- Serious illnesses, in particular if you suspect or have been diagnosed with high blood pressure, a blood coagulation disorder, propensity to thrombo-embolic conditions or recurrent malignant growths
- Any skin conditions
- Unexplained chronic pain in any part of the body
- Diabetes
- Any sensory impairment that reduces the feeling of pain (e.g. metabolic disorders)
- If you are receiving medical treatment
- In the event of complaints linked to stimulation treatment
- If you suffer from persistently irritated skin due to long-term stimulation at the same electrode site

 **IMPORTANT!**

Only use TENS+EMS DuoComfort units:

- On adults
- For the intended purpose and as specified in these instructions for use. Improper use can be dangerous.
- For external use
- With the original accessories supplied, which can be re-ordered. Failure to do so invalidates the warranty.

PRECAUTIONS:

- Always pull firmly on electrodes to remove them from the skin to prevent injuries in the unusual case of highly sensitive skin.
- Keep the device away from sources of heat and do not use it in close proximity (approx. 1 m) to shortwave or microwave devices (e.g. mobile phones), as doing so can result in unpleasant current peaks.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and humidity.
- Never immerse the device in water or other liquids.
- The device is suitable for self-treatment.
- For hygiene reasons, the electrodes may only be used on one person.
- If the device does not work properly, or you feel unwell or experience pain, stop using it immediately.
- Switch off the unit or the respective channel first before removing or re-locating electrodes to prevent unintentional stimulation.
- Do not modify electrodes (e.g. by cutting them). This increases the current intensity, which is potentially hazardous (max. recommended output value for the electrodes is 9 mA/cm², an effective current intensity beyond 2 mA/cm² requires increased awareness).
- Do not use the device whilst asleep, driving a vehicle or operating machinery.
- Do not use whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) could be dangerous.
- Ensure that no metallic objects (e.g. belt buckles or necklaces) come into contact with the electrodes during stimulation. If you are wearing

jewellery or have piercings in the area to be treated (e.g. a navel piercing), these must be removed before using the device. Failure to do so could result in spot burns.

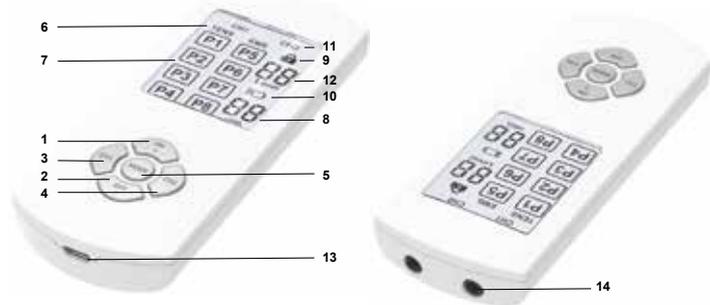
- Keep the device away from children.
- Make sure not to confuse the electrode cables including contacts with your headphones or other devices and do not connect the electrodes to other devices.
- Do not use the device whilst using other devices that transmit electrical impulses into your body.
- Do not use in the vicinity of highly flammable substances, gases or explosives.
- Do not use rechargeable batteries and always use the same battery types.
- During the initial few minutes, use the device while sitting or lying down to minimise the risk of injuries as a consequence of isolated cases of vagal responses (feeling of faintness). If you feel faint, immediately switch off the device, lie down and support the legs in an elevated position (approx. 5-10 min).
- Treatment of the skin with moisturising lotions or ointments beforehand is not recommended as this considerably increases the electrode wear and may cause unpleasant current peaks.
- This device is not intended for use by people with restricted physical, sensory (e.g. reduced sensitivity to pain) or mental skills or a lack of experience and/or lack of knowledge, unless they are supervised by a person who is responsible for their safety or are instructed by such a person in how to use the device.
- If the adhesive capability of the adhesive electrodes decreases, please replace them immediately. Only use the device again with new adhesive electrodes. Otherwise the unequal adhesion of the adhesive electrodes may lead to skin injuries. Replace the electrodes with new ones after having used them 20 times at the latest.

Damage

- If the device is damaged, do not use it and contact your retailer or the specified Customer Services address.
- In order to perform the effectiveness of function by the device, do not drop the device or disassemble the device.
- Check the device for signs of wear and tear or damage. If there are such signs of wear and tear or damage or if the device was used improperly, it must be returned to the manufacturer or retailer before further use.
- Switch the device off immediately if it is faulty or not working properly.
- Do not attempt to open and/or repair the device yourself. Repairs may only be carried out by Customer Services or authorised retailers. Failure to comply will result in voiding of the warranty.
- The manufacturer is not liable for damage resulting from improper or careless use.

About the Device

1. Power on / adjust / increase setting key
2. Power off / adjust / decrease setting key
3. CH1 key
4. CH2 key
5. Program selection key / Therapy Time / Mode
6. Therapy mode
7. Program mode
8. Therapy time
9. Lock status indicator
10. Battery status indicator
11. CH1 / CH2
12. CH1 / CH2 intensity level
13. USB charger socket
14. Sockets for lead wires

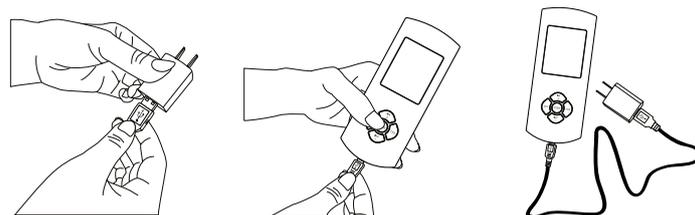


About Rechargeable Batteries

Please fully charge the battery before using this device.

Charging the Device Using the AC Adaptor

1. Connect the small end of the USB cable to the device and the larger end to the AC adaptor.
2. Plug the adaptor into any standard wall outlet.
3. When the device is charging, it can't be operated, and battery icon will show on the LCD. When fully charged, it will light off.



Note

For important precautions for use with AC adaptor, please be informed:

To prevent the risk of electric shock, make sure power cord is unplugged from wall socket. To fully disengage the power to the unit, please disconnect the power cord from the AC outlet. Do not remove cover (or back). No user serviceable parts inside. Refer servicing to qualified service personnel. The AC outlet shall be readily available and accessible.

Note

For important precautions regarding the batteries please be informed:

- It is recommended to use a manufacturer supplied or approved battery charger in order to maximize battery life.
- Do not connect the battery to metal objects placed in your pocket or backpack or other containers.

- Do not short the metal (+)(-) terminals. Wishing to put batteries or electrical devices do not end when (+)(-) device error.
- Do not dismantle or modify the battery.
- Please do not take a hammer or other items to hammer blow, or throw batteries and trampling, falls, and fall causing a strong impact, heavy blow, etc.
- Do not use sharp utensils or metal objects to scratch or puncture the battery.
- Do not place the battery into a microwave, oven, or dryer. Do not place the battery into high-pressure or high temperature environments.
- Do not mix this product with other brands or other types of batteries
- Before charging or discharging the battery, read the manual.
- Stay away from conductive objects during battery charging and discharging.
- Keep batteries away from children.
- When the device(s) system is not in use, store in a low humidity, low temperature environment.
- In the event the battery fluid comes into contact with your eyes, do not rub your eyes. Rinse with water and immediately seek treatment.
- If you detect abnormal heat, odors, or flames coming from the battery, discontinue using the battery.
- If the battery fluid leaks and comes into contact with the skin, wash with clean water.
- Do not throw into a fire.
- When discarding or recycling batteries, make sure not to short-circuit (+)(-) the terminals.
- Please recycle. Do not dispose of old batteries with your household waste; dispose of them safely at your recycling centre or business where the batteries were purchased.

Step by Step Operation Guide for Treatment

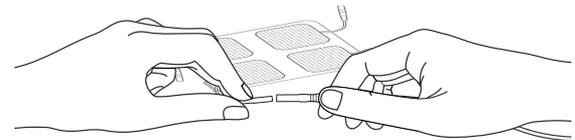
Preparing the Skin for Running a Session

Proper preparation of the skin covered by the electrodes allows more stimulation to reach targeted tissues, prolongs electrode life, and reduces the risk of skin irritation. After connecting the lead wire(s) to the stimulator, use the following steps to prepare your skin at the electrode placement sites:

1. Determine the placement sites for the electrodes.
2. Wash the area with mild soap and water (do not use alcohol). Rinse and dry thoroughly.
3. Trim excess body hair from the area with scissors (do not shave).
4. Optionally, apply skin prep to the area to form a protective barrier on your skin. Apply, let dry, and apply electrode as directed. This will both reduce the chance of skin irritation and extend the life of your electrodes.
5. When removing electrodes, always remove by pulling in the direction of hair growth.
6. It may be helpful to apply skin lotion on electrode placement area when not wearing electrodes.

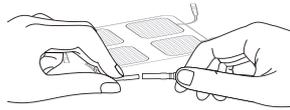
Connecting the Cable to The Device

Connecting the lead wire to the electrodes before applying to the skin.



Placement of the Electrode Pads for TENS (Treatment of Pain)

Note: Choose TENS mode
You may need help placing the Electrode Pads onto hard to reach areas (lower & upper back)



LOWER BACK
Place a pair of pads vertically on each side of your back in the lower back area.



UPPER BACK
Place a pair of pads vertically on each side of your back in the upper back area.



BUTTOCK
Place the pads vertically on the buttocks, halfway between the centre line and the side of your body.



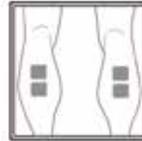
FRONT THIGHS
Place the pads on the buttocks vertically, halfway between the center line and the side of your body.



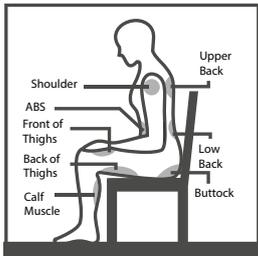
SHOULDER
Place one half of the pad on the top part of you shoulder and the other half on the side.



BACK OF THIGHS
Place a pair of pads vertically on each calf muscle. Do not place the pads too low on the leg, as this can lead to unpleasant contractions.



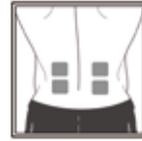
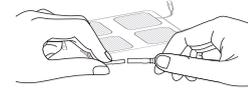
CALF MUSCLES
Place a pair of pads vertically on each calf muscle. Do not place the pads too low on the leg, as this lead to unpleasant contractions.



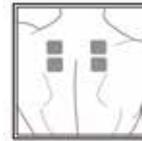
Note: 1. When stimulating the muscles of the arms or legs bear in mind that the muscles contraction may cause involuntary limb movement, which could cause injury to you or others. Always ensure the limb is secured to prevent movement. 2. Do not turn the unit on until all electrodes and lead wires are properly attached.

Placement of the Electrode Pads for EMS (Muscle Stimulation)

1. Connecting the lead wire to the electrodes before applying them to the Skin. Use the large Electrode Pads for EMS.
2. The pad placement chart hereafter illustrates the correct placement of the pads for a selection of target muscles.
3. Choose EMS mode by pressing the mode button.



LOWER BACK
Place a pair of pads vertically either side of your spine on the lower part of the back.



UPPER BACK
Place a pair of pads vertically either side of your spine on the upper part of the back.



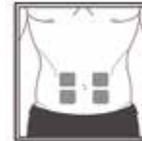
BOTTOM
Place a pair of pads vertically across the buttocks halfway between the midline and side of your body.



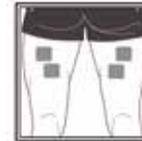
FRONT THIGHS
Place a pair of pads vertically across each thighs muscles.



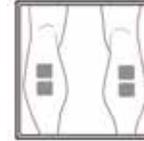
SHOULDERS
Place one half of the pad on the front of your shoulder and the other on the side.



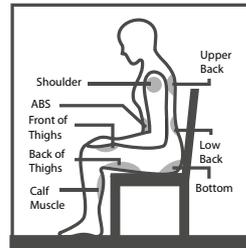
ABS
Place each pair of pads vertically either side of your navel.



BACK OF THIGHS
Place each pair of pads vertically across your hamstring.



CALF MUSCLES
Place each pair of pads vertically across calf muscle. Do not place them too low on the leg, as this can result in an uncomfortable contraction.



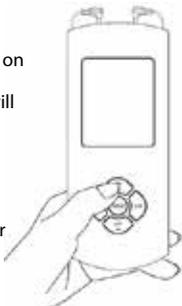
Note: 1. When stimulating the muscles of the arms or legs bear in mind that the muscle contraction may cause involuntary limb movement, which could cause injury to you or others. Always ensure the limb is secured to prevent movement. 2. Do not turn the unit on until all electrodes and lead wires are properly attached. Always start with a low intensity level, increase gradually. You may use any of the modes for EMS.

Turning On the Device

1. Press and hold the ON+ button for two (2) seconds to turn on the device.
2. The most recently selected treatment time and program will flash when the unit is turned on.

Note : Do not turn the unit on until all electrodes and lead wires are properly attached.

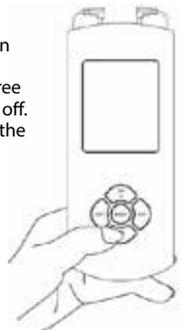
Note : When stimulating the muscles of the arms or legs bear in mind that the muscle contraction may cause involuntary limb movement which could cause injury to you or others. Always ensure the limb is secured to prevent movement.



Turning Off the Device

1. The device turns off automatically after the therapy session time has elapsed.
2. To turn the unit off manually, press the OFF- button for three (3) seconds. The display will blank and the device will turn off.
3. In an emergency you may also pull the connector(s) from the device and then remove the belt.

Note : To prevent unpleasant electric shocks, never remove the device while it is still turned on.



Selecting the Treatment Time

1. Press MODE. The preset (default) treatment time will flash on the display.
2. To increase or decrease the treatment time, press the button ON + (to increase) or the button OFF - (to decrease) repeatedly until the desired duration appears on the display.
3. Press MODE again to save your selection. The treatment time you selected will appear on the display the next time you turn the device on.

Note : If you change programs during the course of a therapy session, the treatment time will not reset unless you manually reset it by performing the steps described above.

Selecting the Program (TENS)

The Device offers 16 different pre-set treatment programs respectively for TENS/EMS modes ; the programs differ with respect to varying pulse widths and frequencies.

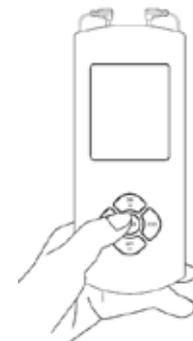
For TENS programs:

When using any of the 8 programs for pain relief always start with the lowest intensity and gradually increase the level of intensity until you feel a “tingling” sensation. All programs are different and therefore feel differently. You may try all 8 programs in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts, always stay under the point of discomfort. Start with short sessions of 5 or 10 minutes until your body gets used to the stimulation.

Program	Pulse width(uS)	Pulse rate(Hz)	Function Mode
P1	260	15	Constant
P2	260	60	Burst
P3	260	60	Constant
P4	260~156	2~60	Modulation
P5	260~156	60	Modulation
P6	260	7~60	Modulation
P7	260~156	60	Modulation
P8	P1~P7		Cycle

1. Press MODE after treatment time is set. The preset (default) therapy mode TENS/EMS will flash on the display. Use ON + (to increase) or the button OFF - (to decrease), if you would like to change the therapy mode.
2. Press Mode again, the numeric number of program is then flashing. Press the button ON + (to increase) or the button OFF - (to decrease) for choice of program of the selected modality.
3. Press MODE again to save your selection. The treatment time you selected will appear on the display the next time you turn the device on.

Note : If you change programs during the course of a therapy session, the treatment time will not reset unless you manually reset it by performing the steps described above.



For TENS programs:

Program./mode	Benefits	You should feel
P1	for temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities. for temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.
P2		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P3		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P4		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and therefore should be relieved after treatment.
P5		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8		for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.

Selecting the Program (EMS)

When using the device for muscle stimulation (EMS) any of the 8 programs may be used. The intent is to cause a muscle to contract, and then release. All 8 programs will achieve contraction and vary mainly by the rate and duration of the contractions. As with any exercise regiment, start out slowly with low intensity levels for a warm-up (5~10min). You may increase intensity level and treatment time as you progress with your muscle performance. Use the device regularly over a longer period of time as to maintain the benefit you may have gained during "exercise".

Program	Pulse width(µS)	Pulse rate(Hz)	Ramp up (sec)	Hold on (sec)	Ramp down (sec)	Off timer (sec)	Function Mode
P1	260	70	2	3	2	2	Synchronous
P2		60	2	4	2	3	Synchronous
P3		50	2	5	2	4	Synchronous
P4		50	2	6	2	5	Synchronous
P5		50	2	2	2	6	Alternation
P6		60	2	4	2	8	Alternation
P7		70	2	6	2	10	Alternation
P8		7~60					

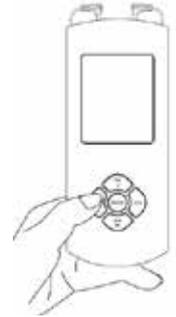
For EMS programs:

Mode / Exercise Program	You should Feel & Benefits	Suggestion
P1 Exercise Preparation	This program gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	Increase the intensity until you get a strong but comfortable muscle movement, 10 min/duration.
P2 Active Recovery	This program produces muscle twitches at very low frequency and it feels like a tapping massage, for muscle recovery from fatigue and becoming more relaxed with reduced stiffness.	Use it after intense exercise to promote recovery and relaxation, 30 min/duration.
P3 Active Recovery	This program is similar to P2, except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than P2.	Use it after intense exercise to promote recovery and relaxation, 20 min/duration.
P4 Active Recovery	This program activates the muscle in a short contraction/relaxation cycle. It feels like a kneading massage, softer than P2/P3.	Use it after intense exercise to promote recovery and relaxation, 20 min/duration.
P5 Build Endurance	This program uses a low frequency pulse train which favours slow twitch fibers, for developing aerobic capacity and capillary supply. It improves fatigue resistance during long duration moderate intensity exercise.	The exercise comprises an alternating sequence of work and rest phases lasting several seconds. Increase the intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level, 20min/duration.
P6 Muscle Strengthening	This program uses a pulse frequency appropriate to fast twitch muscle fibers. It improves their anaerobic capacity and is used for improving maximum muscle strength.	The exercise comprises a sequence of work phases separated longer relaxation phases. Increase the stimulation intensity until you get a strong and deep contraction. Do not exceed your comfort level, 20 min./Duration.
P7 Active relaxation	This program activates the muscle in short contraction/relaxation cycles. It feels like a kneading massage. With this program the channels work alternately in pairs.	Use it after intensive training for rest and relaxation; 20 min./Duration
P8 Building up of endurance	This program uses a low-frequency pulse sequence for the development of oxygen-dependent capacity and the supply of capillary vessels, from which slow-twitching muscle fibers profit. It improves resistance to fatigue during prolonged exercise with moderate intensity.	The training includes a number of work phases, which are interrupted by longer periods of relaxation. Increase the intensity of stimulation, until you achieve a strong and deep contraction. Do not increase beyond a comfort level; 20 min/duration

Selecting the Therapy Intensity Level

This device offer a maximum of 25 intensity level.

1. Intensity is adjustable according to the channel selected. Select the channel you wish to adjust by pressing CH1 or CH2. "CH1" or "CH2" will flash on the display.
2. To increase or decrease the intensity, press ON + (to increase) or OFF - (to decrease) repeatedly until the desired intensity level flashes on the display.
3. Press MODE to save your selection.



Note : You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.

Note : If you change therapy mode/program during the course of a therapy session, the intensity level will reset to "0" showing on the screen, for safety reason.

Note: It is suggested that treatment frequency is 3 times per day

Cleaning and Storage

Adhesive electrodes

- To ensure that the adhesive electrodes remain adhesive for as long as possible, clean them carefully with a damp, lint-free cloth or clean the underside of the electrodes under lukewarm, running water and pat dry with a lint-free cloth. Before cleaning with water, remove the connection cables from the electrodes.
- Reapply the electrodes to the carrier foil following treatment.

Cleaning the device

- Remove the batteries from the device before cleaning.
- Clean the device after use with a soft, slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.
- Do not use any chemical or abrasive cleaning agents. Ensure that no water enters the device.

Reuse of the device

Once it has been properly prepared, the device can be used again. Preparation includes replacement of the treatment electrodes as well as cleaning of the surface of the device using a cloth moistened with a mild soapy solution.

Storage

- Do not make sharp bends in the connection cables and electrodes.
- Disconnect the connection cables from the electrodes.
- Reapply the electrodes to the carrier foil after use.
- Store the device and accessories in a cool, well-ventilated space.
- Never place any heavy objects on the device.

Replacement Parts and Wearing Parts

HEALTHY
at HOME



www.healthy-at-home.de

Notes on Electromagnetic Compatibility



WARNING!

The device is suitable for use in all environments listed in these instructions for use, including domestic environments. The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device. Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly. The use of accessories other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation. Keep portable RF communication devices (including peripheral equipment, such as antenna cables or external antennas) at least 30 cm away from all device parts, including all cables included in delivery. Failure to comply with the above can impair the performance of the device. Failure to comply with the above can impair the performance of the device.

Disposal



For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the unit at a suitable local collection or recycling point. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.

Note

The codes below are printed on batteries containing harmful substances: Pb = Battery contains lead, Cd = Battery contains cadmium, Hg = Battery contains mercury.

Technical Specifications

Channel :	Dual, isolated between channels.
Pulse Rate :	As pre-programmed, in operation mode.
Pulse Width :	As pre-programmed, in operation mode.
Timer :	5~60 min. selectable.
Wave Form :	Symmetrical Bi-Phasic square pulse.
Max Charge per Pulse :	20.8 micro-coulombs maximum.
Input rating:	5Vdc, 1.2A
Power Source :	Battery 3.7V /260 mAh Lithium polymer (LiPo) battery, model no. WL-303032
AC Adaptor I/P:	100-240Vac, 50/60Hz, 0.45A; Output: 5Vdc, 1A
Dimension & Weight (battery included) :	125.5x51x17.5 mm; 76.0g.
Operating Conditions:	+ 50°F (10°C to +104° (40°C), 40-90% max. Relative humidity
Transport and Storage Conditions:	+14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity
Operation altitude:	3000m.
Operating Atmospheric pressure range:	700~1013 hPa
Transport and Storage Atmospheric pressure range:	500~1060 hPa

Warranty

EUROMEDICS GmbH, Hauptstraße 169 D-59846 Sundern, Germany (hereinafter called "EUROMEDICS") provides a warranty for the prorelax® TENS+EMS DUO COMFORT (hereinafter called the "Product") subject to the following preconditions and in the scope described below.

The warranty conditions described below do not affect the legally prescribed warranty obligations of the seller from the contract of purchase with the buyer. Moreover, the warranty applies irrespective of mandatory legal liability provisions, such as those according to the product liability law, or in cases of mala fide intent or gross negligence, or owing to injury to life and limb, or to health by EUROMEDICS or its agents.

EUROMEDICS guarantees the defect-free operability and the completeness of the product, especially that the product is free of material defects, manufacturing defects and construction defects. The decisive factor in this regard is the state of the art of the science and technology at the time of manufacturing. The product must have manifested the defect that caused the damage at that time itself.

The warranty period is 2 years from the date of purchase of a new, unused product by the purchaser.

The warranty applies worldwide, i.e. regardless of the country in which EUROMEDICS has marketed the product and the purchaser has purchased it.

This warranty only applies to products that the purchaser has procured as a consumer and exclusively for personal purposes in the framework of domestic use (i.e. not for products that were procured or used in the framework of a commercial or independent professional activity).

If the product is found to be deficient in operability in accordance with the following provisions during the warranty period, EUROMEDICS will provide a free replacement according to these warranty conditions.

If the purchaser wishes to file a warranty claim, he must first contact EUROMEDICS customer service:

EUROMEDICS Customer Service
Grandkaule 3
Tel: +49 (0)2208/9217999
D-53859 Niederkassel
E-Mail: info@euromedics.de

The purchaser will then get further information on how to process the guarantee case, for example, where he can send the device free of cost and what documentation is required.

Filing a warranty claim can only come into consideration if the buyer can submit

- a copy of the invoice/proof of purchase and
- the original product

to EUROMEDICS or to a service centre nominated by EUROMEDICS upon demand.

Expressly excepted from this warranty are

- products that are used, cleaned, stored or maintained incorrectly and/or not in compliance with the conditions laid down in the operating manual, as well as products that were opened, repaired or modified by the purchaser or by a service centre not authorised by EUROMEDICS;
- products that were sold as second quality or used articles;
- consequential damages arising from a defect in the product (however, in this case, there may be entitlements from product liability or from other mandatory legal liability regulations).

prorelax[®]

**EXCLUSIVELY IMPORTED AND
DISTRIBUTED IN EUROPE BY:** EUROMEDICS GmbH
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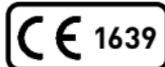


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