

T.E.N.S.

(Transcutaneous Electrical Nerve Stimulator)

PURPOSE:

You have been diagnosed as having a type of pain discomfort that may be alleviated by the use of transcutaneous nerve stimulation. The TENS generates electrical impulses that are sent through electrodes placed over nerve centers. The various pulses employed by the TENS can block pain signals normally sent to the brain through nerve fibers, thereby interrupting the brain's awareness of pain. The TENS may activate the release of endorphins, chemicals in the control system used by the body to suppress pain naturally.

INDICATIONS:

This device is considered a Class 1 Medical Device and may only be sold or distributed under the direction of a Physician for symptomatic relief of chronic intractable pain.

CONTRAINDICATIONS:

1. TENS Electrodes must not be placed in a position near or over a carotid artery.
2. PACE MAKERS
3. Not placed to pass current transcerebrally through the head.
4. TENS should not be recommended until pain is properly diagnosed.

CAUTION:

1. The safety of TENS has not been determined for use during pregnancy.
2. Effectiveness has not been demonstrated for pain of central origin such as headache.
3. TENS poses a danger to and should be kept away from children.
4. Skin irritations and electrode burns are a potential adverse effect.
5. Patient with latex sensitivity should not use adhesive electrodes.

INSTRUCTIONS FOR USE

1. Prepare Skin before applying electrodes. Skin should be clean and dry. Confirm proper location for electrode placement.
2. Apply gel in a thin layer over the contact side of the electrode. Use of Gel increases conductivity. Avoid using too much gel. Attach electrode.
3. Connect electrode lead wires to the electrode.
4. Set the Time to 30 or 60 minutes.
5. Adjust the Amplitude Controls so that Channel 1 and 2 are in the off position.
6. Connect the leads to the TENS unit.
7. Adjust pulse rate to the setting recommended by your Medical Professional. (Default 100)
8. Adjust Pulse width to prescribed setting. (Default 60)
9. Adjust output by turning the control knob for Channel 1 or 2 clockwise. The ON indicator will light up while the unity is in operation.

10. Burst Mode- The TENS unit will discharge 7 quick pulses followed by a rest. Before switching to “Burst Mode” ensure that the Channels are switched to “off”.
11. Modulation Mode: The TENS unit varies the neurostimulator every 4 seconds. Slowly adjust the Amplitude, pulse rate and pulse width controls to the settings recommended by your Medical Professional.

TROUBLESHOOTING:

If your TENS unit is not working properly please check the following;

The “On” indicator lights up but the unit does not function properly.	None Of the Indicators light up.
Turn both Amplitude Controls off, then turn unit on again.	Replace battery
Check all control settings, are they set to values prescribed by your Medical professional?	Contact Core Care Technologies for Service at 856-218-2476
Check lead Wires. Ensure all wires are firmly sealed. Ensure you are using the proper amount of gel.	
Replace cord set with another, check for broken wires.	