

E4 Tens Massager Low-Frequency Electronic Pulse Massager

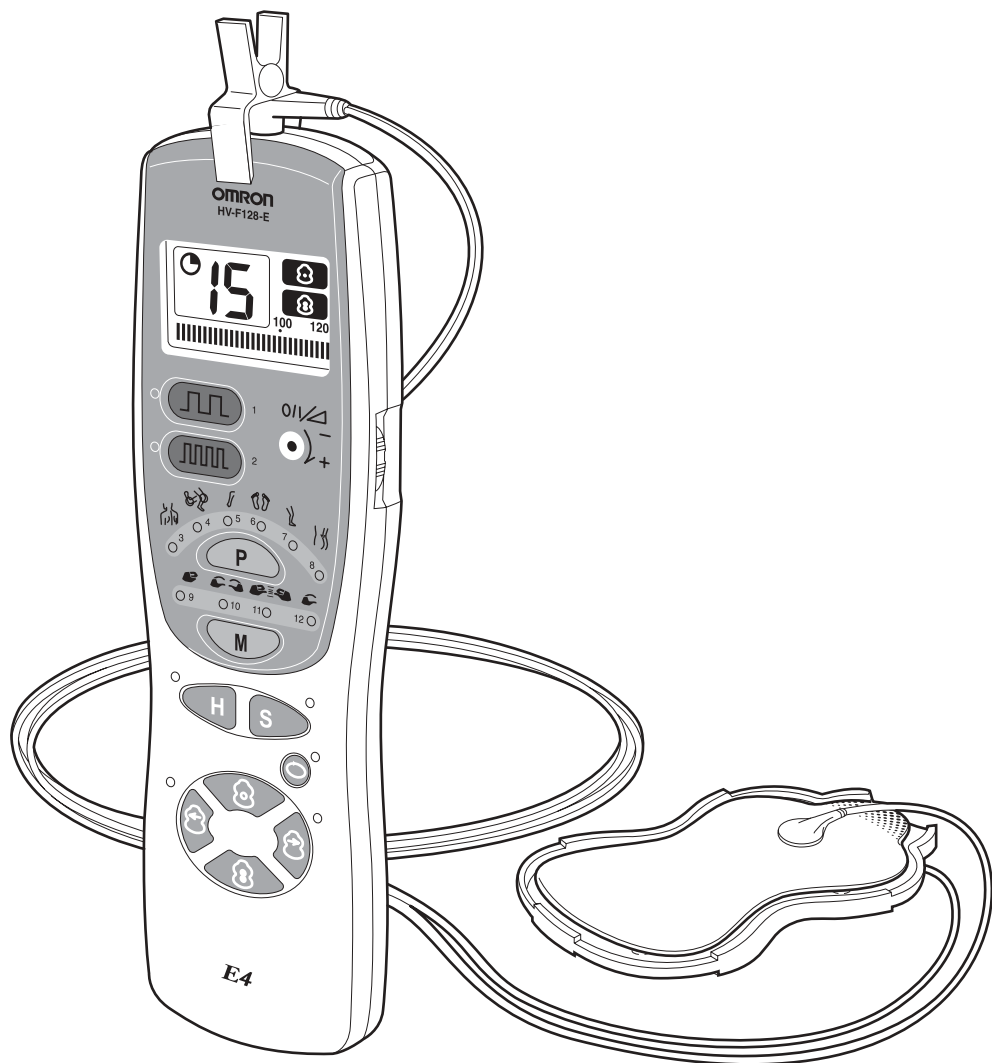
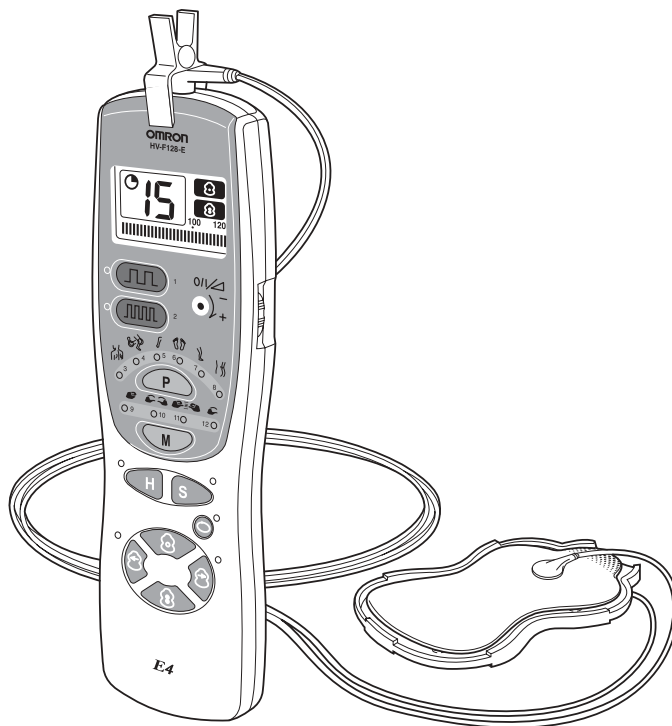


Table of contents	Page
1 Safety precautions	2
2 Overview	2
2.1 Control functions	3
3 How to obtain a correct treatment	4
3.1 Program	4
3.2 Settings	5
4 Preparation	5
4.1 Insert batteries	5
4.2 To use the massager for the first time	6
4.3 Attach Long Life pads	7
5 Operation	8
5.1 Treatment program	8
5.2 Setting	8
6 End of treatment and care	9
7 Storage	10
8 Troubleshooting and maintenance	11
8.1 Maintenance and spare parts	11
8.2 Replace batteries	11
9 Technical data	12



Introduction

The Omron E4 Tens is a massager to relieve pain and fatigue of your muscles. It can be used for treatment of several parts of the body, e.g. shoulders, knees, elbows, soles of the feet, calves and the lower back.

1. Safety precautions

General

- Do not let children or infirm people have access to the massager.
- Do not apply Long Life pad during treatment on other person.

Do not use the massager under the following circumstances:

- Persons with medical implants, e.g. heart pacemakers.
- Simultaneously with other medical devices, e.g. respirators and electrocardiographs.
- Any condition where your doctor deems low frequency electrotherapy inappropriate.
- While driving.
- While sleeping.

Consult your doctor:

- During an acute, contagious or infectious disease.
- When suffering from a malignant tumour.
- During pregnancy or during menstruation.
- When suffering from cardiac dysfunction or abnormal blood pressure.

- Varicose veins.
- When having high fever.
- During medical treatment, especially those that are leading to discomfort.

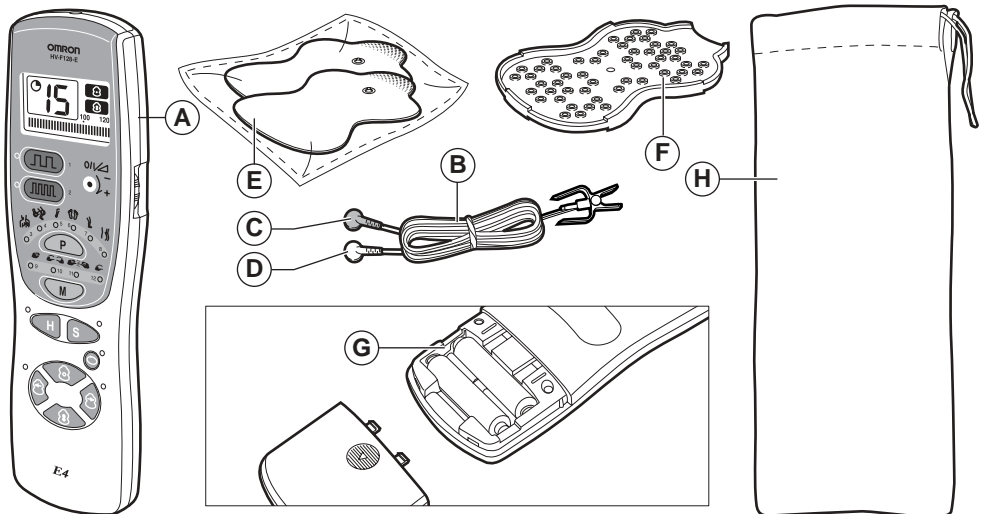
Tips for use

- Do not apply ointment to the skin.
- Do not apply the Long Life pads near the heart, above the neck, on the head, around the mouth.
- Do not apply the Long Life pads on skin with disorders.
- Treat one part of the body for maximum 30 minutes.

Caution

- Do not drop the massager.
- Put the Long Life pads only on skin or on the Long Life pads holder to avoid damage of the adhesive surfaces of the pads.
- Do not use the massager in a sauna or while taking a bath or shower.
- Keep cellular phones 5 meters out of range during treatment.

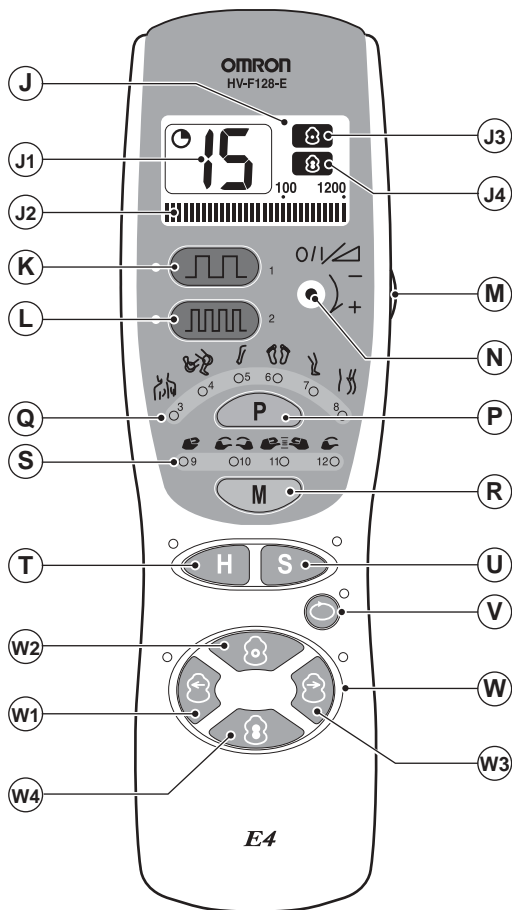
2. Overview



- A** Main unit
B Electrode cord with safety plug
C Red connector
D White connector

- E** Long Life pads
F Long Life pads holder
G Battery compartment
H Soft fabric storage case

2.1 Control functions



J Display:

- J1** Minutes to go during treatment,
- J2** Blinking bar shows frequency,
- J3** Indication Point,
- J4** Indication Wide.

K Low frequency button: to select treatment for stiff muscles.

L High frequency button: to select treatment for acute pain.

M On/Off and Adjustment Dial Switch: to turn on/off the power and to adjust the intensity.

N Display shows on/off, intensity 0 to 10.

P Part of the body button: to select region.

Q Indication Part of the body button (shoulder,

joint, arm, sole, leg, back).

R Massage button: to select favourite massage method.

S Indication massage method (tap, knead, push and rub).

T Hyper button: to select gradual increase of intensity.

U Soft button: to select soft stimulation.

V Repeat button: to repeat favourite stimulation.

W Point/Wide:

W1 Left (red) Long Life pad,













W2 Pulse is applied on one point,

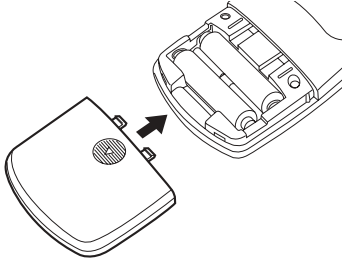
W3 Right (white) Long Life pad,

W4 Pulse is applied on a wider surface.

To obtain a correct treatment you have available twelve treatment programs (see table below).

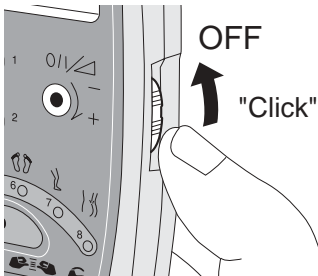
A treatment program runs during 15 minutes.

	Complaint	Program	Effect
1	Stiff muscles, numbness		Different combinations of vibrations on a low frequency to promote blood circulation. This program is effective over a long period
2	Acute pain		High frequency vibrations relieve acute pain promptly
3	Stiff shoulders		Different vibrations promote blood circulation and relieve fatigue
4	Acute elbow or knee pain		High frequency vibrations relieve pain promptly
5	Arm fatigue		Different vibrations promote blood circulation
6	Swelling and foot fatigue		Different vibrations promote circulation of blood and body fluid in the feet
7	Swelling and calf fatigue		Different vibrations promote circulation of blood and body fluid in the limbs
8	Back pain or lower back stiffness		Low frequency vibrations promote circulation of blood and relieve pain (neuralgia)
9	Various symptoms		Your favourite massage method (tap, knead, push or rub) relieves stiffness, pain and fatigue
10			
11			
12			

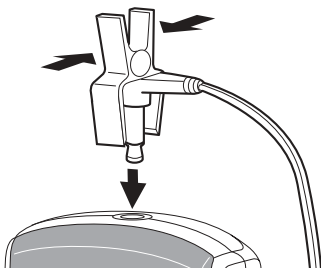


- 4 Put the battery cover on the battery compartment.

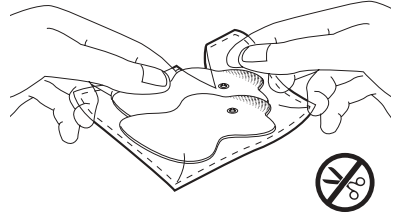
4.2 To use the massager for the first time



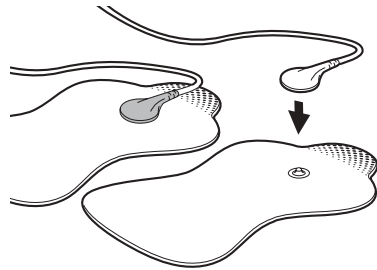
Caution! Make sure the device is turned off and that the batteries are inserted correctly!



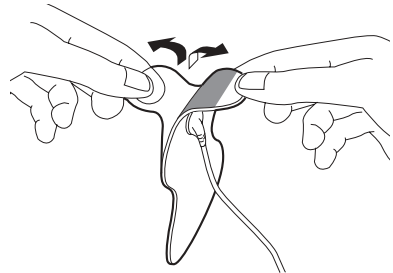
- 1 Pinch the safety plug and connect it to the main unit.



- 2 Take the Long Life pads out of the sealed package.



- 3 Connect the electrode cord to the Long Life pads.



- 4 Remove the film from the Long Life pads and attach the pads directly onto your skin.

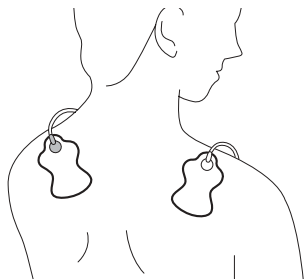
Caution! Do not damage the adhesive surfaces of the Long Life pads!

4.3 Attach Long Life pads

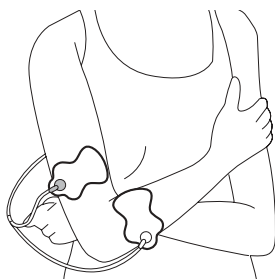
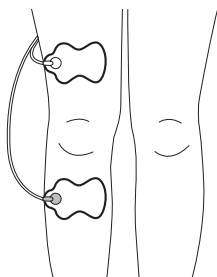
Caution! Always use clean Long Life pads!

Caution! Do not fold the Long Life pads!

Caution! Avoid the Long Life pads touching any metal object, such as belt buckle or necklace!



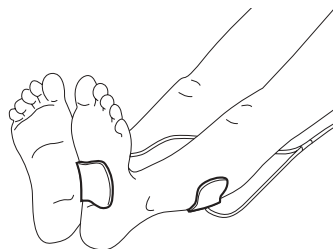
- Attach the Long Life pads on both shoulders with the backbone in the centre.



- Attach the Long Life pads on both sides of the joint where you feel pain.

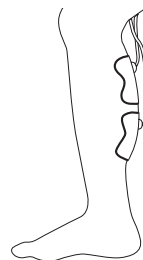


- Attach both Long Life pads on the upper arm where you feel pain.

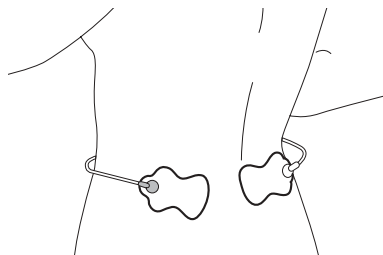


- Attach one Long Life pad to the sole of the foot that feels cold and the other one on the calf.

Caution! Do not simultaneously attach the Long Life pads on the soles of both feet!



- Attach both Long Life pads on the calf where you feel pain.



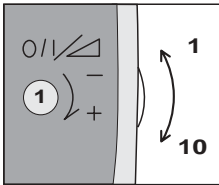
- Attach both Long Life pads on the lower back with the backbone in the centre.

5. Operation

5.2 Setting

Caution! Make sure that the components are connected well and the Long Life pads are fixed on the part of the body you wish to treat!

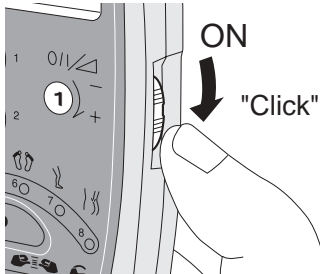
Caution! Do not pull on the electrode cord during treatment!



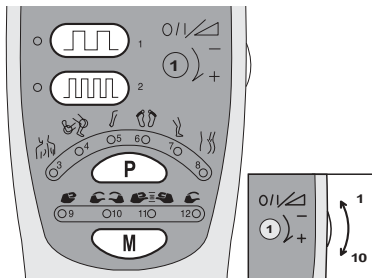
Note: Turn Adjustment Dial-switch for intensity (1-10) if required.

5.1 Treatment program

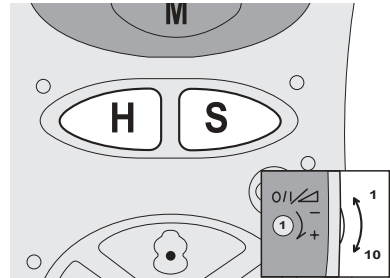
1 Turn On/Off-switch to level 1.



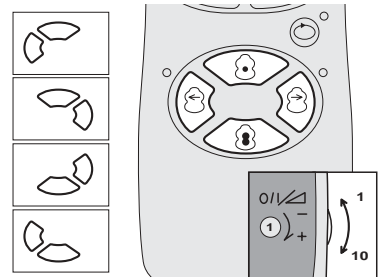
2 Select one of the twelve programs according to



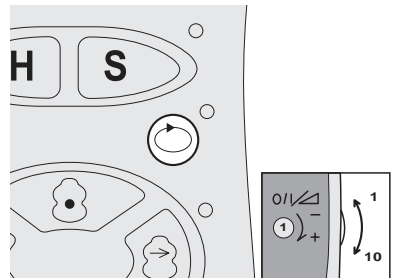
your complaint.



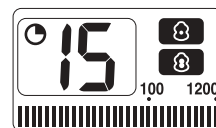
1 Select Hyper mode or Soft mode.
For selecting Hyper mode press 3 seconds Hyper button.



2 Select point pulse or wide pulse.

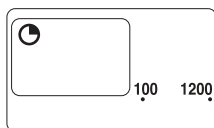


3 Press repeat button to have previous treatment program start over.

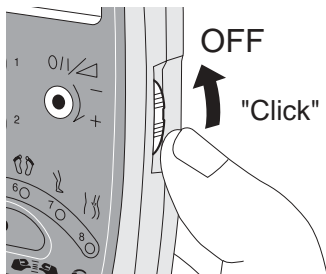


Treatment program runs for 15 minutes.

6. End of treatment and care



After 15 minutes the massager stops automatically.



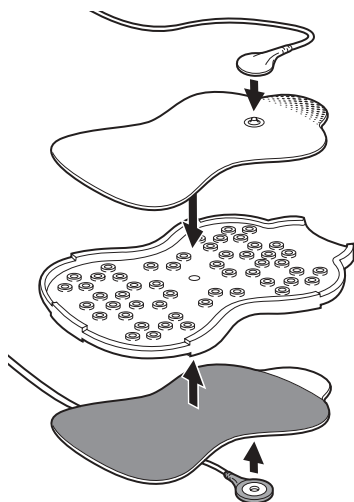
1 Stop program if required.

Caution! Stop treatment when you want to change the treatment program!

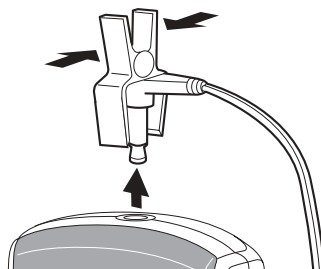
Caution! Stop treatment when you want to move a Long Life pad!

Caution! Stop treatment when you feel discomfort with your body or skin!

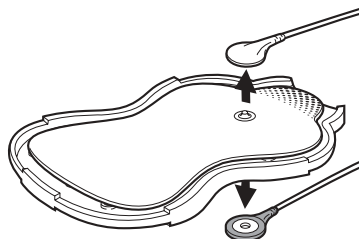
Caution! Stop treatment when the massager is not functioning properly or you feel discomfort!



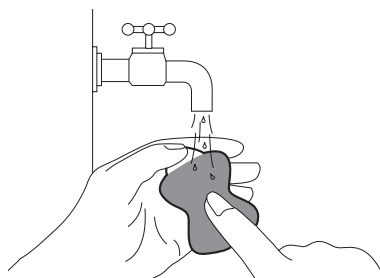
2 Remove the Long Life pads and place the pads on the Long Life pads holder.



3 Pinch the safety plug and remove it from the main unit.

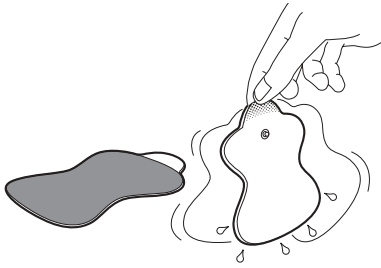


4 Disconnect the electrode cord from the Long Life pads.



5 Wash the pads softly with your fingertips under slow running water for about 3 seconds.

Caution! Do not use hot water!

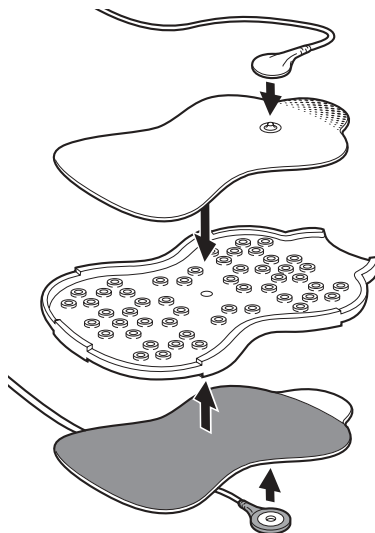


6 Sufficiently dry the Long Life pads.

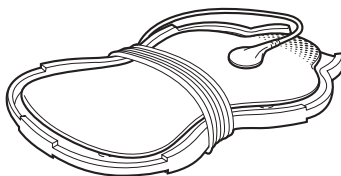
Caution! Do not wipe the adhesive surfaces!

Caution! Let the adhesive surfaces of the Long Life pads air-dry!

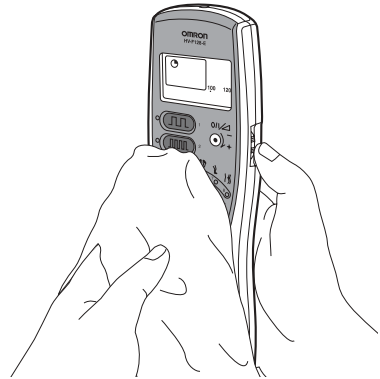
Caution! Adhesive surface sides up during drying!



7 Connect the electrode cord on the Long Life pads and place the pads on the pad holder.



8 Wrap the electrode cord around the pad holder.



9 Use a soft, slightly moistened cloth to clean the main unit.

Caution! Do not wash and do not use petrol, thinners or similar solvents!

7. Storage




- Put the massager and the pad holder in the soft storage case.
 - Store the massager on a dry, closed place with a temperature between -20° and 60°C .
- Caution!** Remove the batteries for a long time storage (more than three months)!

9. Technical Data

Product Name	OMRON E4 TENS massager
Model	HV-F128-E
Power supply	3 VDC (2 1.5V alkaline batteries type AAA LR03)
Battery life	Approx. 3 months: when used 15 minutes a day continuously Approx. 2 months: when used 15 minutes a day continuously under Hyper mode
Frequency generation	Approx. 1 to 1200 Hz
Power consumption	Approx. 85 mA
Operating temperature and humidity	10°C to 40°C, 30 to 85% RH
Storage temperature and humidity	-20°C to 60°C, 10 to 95% RH
Main unit dimensions	60 (W) x 199 (H) x 21 (D) mm
Weight	Approx. 155 g (including batteries)
Accessories	Electrode cord Set of Long Life pads Batteries for monitor (2 identical 1.5V alkaline batteries type AAA LR03) Long Life pad holder Soft fabric case Instruction manual

Specifications may be changed without prior notice.


Type BF
 = 0197


Read the instructions in this manual carefully.

This device fulfils the provisions of the EC directive 93/42/EEC (Medical Device Directive).

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