

eMP₁₀ TENS and Muscle Stimulator

(Model: AS-1090)

Please read the instruction manual carefully before using the product

Introduction

eMP10 is a portable, rechargeable, dual channel TENS and EMS unit that operates in 9 different massage modes and 20 intensity levels.

What is a TENS device?

TENS stands for Transcutaneous Electric Nerve Stimulation. It is predominately used for nerve related acute and chronic pain conditions. TENS devices work by sending stimulation pulses along the nerve strands. The stimulating pulses help prevent pain signals from reaching the brain. TENS devices also help stimulate your body to produce higher levels of its own natural painkillers, called endorphins.

What is an EMS device?

EMS stands for Electric Muscle Stimulation which is predominately used to prevent or reduce muscle atrophy. Atrophy is the weakening and loss of muscle tone, which is usually experienced after surgeries or injuries. EMS has been proven to be an effective means of preventing muscle atrophy. EMS also helps by increasing blood flow to the muscles, increasing the range of motion, increasing muscle strength, as well as muscle endurance.

How our device works?

Our device has different adjustable settings to control the amplitude (intensity) of stimulation by controlling the voltage, current, and width (duration) of each pulse. Electrodes are placed at specific sites on a user's body depending on the location of their pain. The current travels through electrodes stimulating specific nerve pathways to produce a tingling, or massaging, sensation that reduces the perception of pain. When

used as directed, a TENS device is a safe, non-invasive, drug-free method of pain management. There are two ways to explain how a TENS device succeeds at this.

One is the gate control theory and is the most accepted explanation. The gate control theory suggests that there's a neural mechanism in the spinal cord that acts as a kind of gate, shutting down or opening up the flow of signals from the periphery to the brain. These frequencies interfere with the transmission of pain messages and help block their transmission to the brain.

Another theory is called the endorphin release, which suggests that electrical impulses stimulate the production of endorphins and enkephalins in the body. These natural morphine-like substances block pain messages from reaching the brain, in a similar fashion to conventional drug therapy, but without the danger of dependence or other side effects.

Hundreds of doctors, nurses and patient technicians recommend that their patients use

TENS for pain relief. The Merck manual suggests TENS therapy for pain relief. Common uses for TENS treatment are: acute and chronic pain, post-surgical pain, labor and delivery, migraine and tension headaches, sports injuries, arthritis, carpal tunnel, tendinitis and bursitis and wound healing.

Included in this standard package

- 1 Device
- 2 sets of pads
- 2 lead wires
- USB cable & AC adaptor
- Acupuncture chart
- Instruction manual
- Plastic sticking board
- 2 year warranty standard



Available for purchase at www.eMP10.com

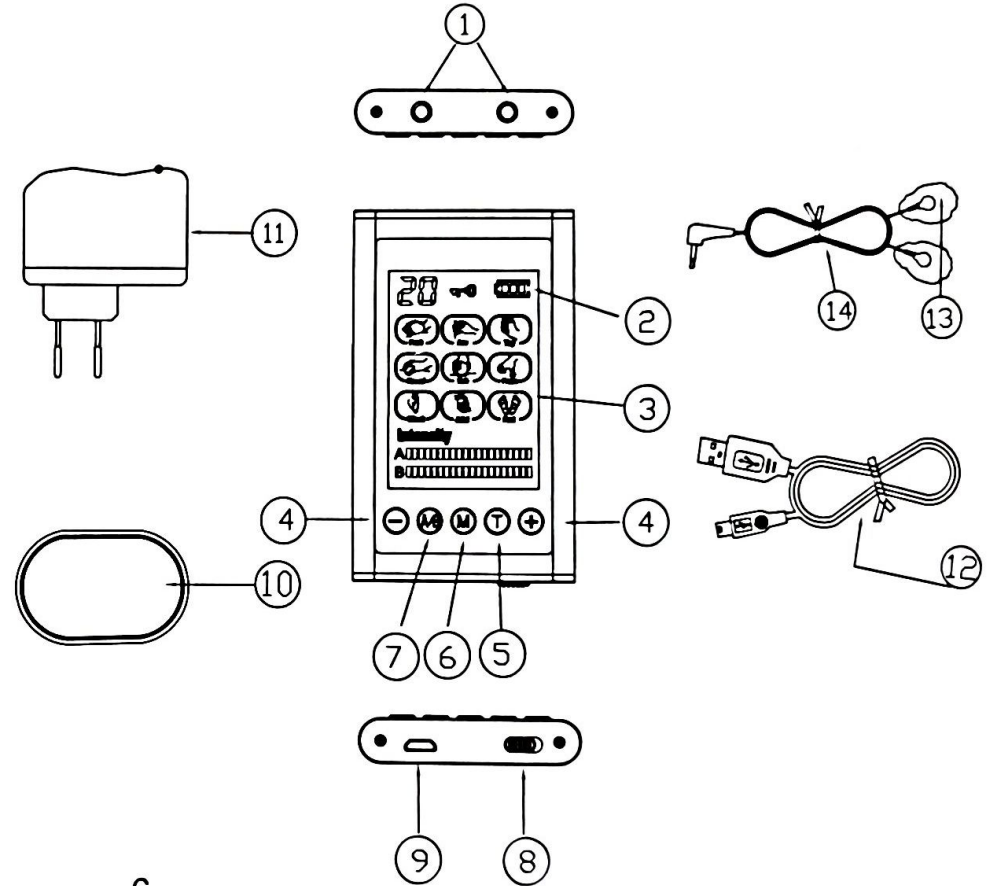
- Massage Shoes
- Replacement pads
- Lifetime warranty

Features

- 2 output channels with A/B separate intensity
- 9 different massage modes
- 20 levels of intensity per channel
- 10-60 minute timer (20min default)
- Large LCD display screen
- Internal rechargeable lithium battery

Illustrations of the device and accessories

1. A/B dual channel output
2. Battery indicator
3. LCD Display
4. +/- Intensity adjustment
5. Timer adjustment
6. Mode selection
7. A/B selection
8. On/Off switch
9. USB port
10. Pads sticking board
11. AC adaptor
12. USB cable
13. Massage pads
14. Lead wire

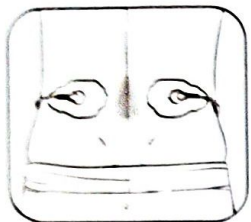


Operating Instructions

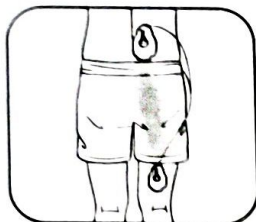
1. Snap the wire onto the pads.
2. Remove protective film
3. Place both pads where needed.
4. Plug lead into A or B output
5. Turn the device on by sliding the on/off switch to on.
6. Use the "M" button to select desired mode. (Strength will default to lowest intensity each time a new mode is selected)
7. Gradually increase the intensity by pressing the "+" button; decrease by pressing the "-" button.
8. If needed, adjust the timer by pressing the "T" button. Unit will automatically turn off after selected time is completed.

Safety Precautions

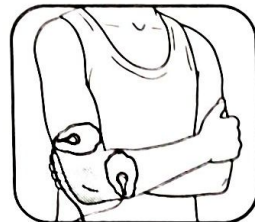
- Make sure the device is powered off before applying pads to the skin.
- Do not use with a pacemaker, or any other life keeping electronic devices.
- Do not place electrodes near the heart or thorax, which may increase the risk of cardiac fibrillation.
- Please consult with a physician regarding the use of the product under the following circumstances: epilepsy, heart disease, malignant tumors, tuberculosis, high fever, abnormal blood pressure, skin disease, wounds and pregnancy.
- Do not apply while bathing.
- Do not apply pads to the same position for over 60 minutes per day.



LOWER BACK

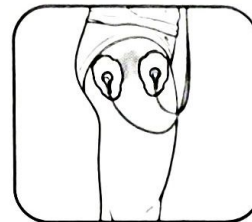


SCIATIC



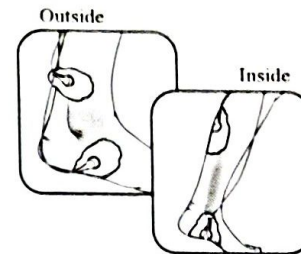
ELBOW

Attach both pads on either side of the joint with the pain.



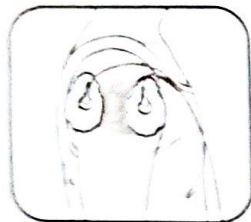
HIP & THIGH

Attach both pads on either side of the area with pain.



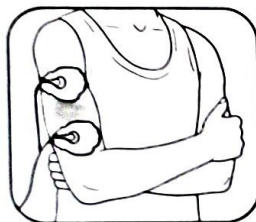
ANKLE/FOOT

Attach pads per the illustration, on the left for pain on the outside of your ankle/foot. Attach the pads per the illustration on the right for pain on the inside of your ankle/foot.



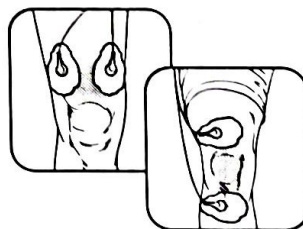
DELTOID

Attach one pad in front and one in back of the muscle.



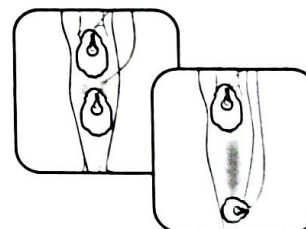
UPPER ARM

Attach both pads on either side of the region where you feel pain.



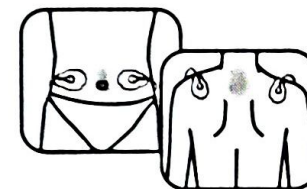
KNEE

Attach both pads above the knee or above and below the joint with pain.



CALF

Attach both pads on the calf/leg where you feel pain. (Do not place electrode pads simultaneously to the calves of both legs.)



ABS/SHOULDER

Maintenance and Care

- When finished using the device turn the switch to the off position and remove pads.
- Store in a cool, dry place.
- After use, cover the pads with the protective film and put them back into their zip lock bags. Applying a few drops of water will increase the longevity of the pads.
- Charge the unit once every 3 months, if not used regularly.
- Disassembly, repair, or modification of the unit, will void the warranty.

eMP₁₀

For more information, please visit our website at:

www.EMP10.com