



eMP10

Instruction Manual

Wireless TENS EMS Massager



Introduction

Thank you for purchasing the eMP10 wireless TENS EMS massager. To ensure proper operation of this product, please thoroughly read this introduction and keep the manual for future reference.

The eMP10 app supports up to seven eMP10 wireless devices simultaneously. This wearable electrotherapy device is designed to alleviate chronic muscle and joint pain across multiple body locations. It effectively delivers TENS (Transcutaneous Electrical Nerve Stimulation) technology and EMS (Electronic Muscle Stimulation) therapy through the intuitive control of the eMP10 iOS or Android app. Premium electrode gel pads provide discreet and convenient placement on various points on the body.

TENS and EMS are safe and drug-free treatments for pain that have been widely used for decades by medical professionals such as physical therapists, chiropractors and athletic trainers.

Note: Please keep this instructional manual in a convenient location or store it with the device for future reference.

Intended Use

The eMP10 wireless TENS and EMS massager is designed to alleviate pain caused by sore or aching muscles in the lower back, arms, legs, shoulders, or feet resulting from exercise or routine daily activities. The unit can be used in various settings, including clinics, hospitals, and homes, and is intended for adult users.



Warning

Before using this device, consult your physician, especially if you are pregnant, have a pacemaker, defibrillator or any other implanted electronic device or if you have a history of heart rhythm disturbances. Consult your physician before use if you suffer from epilepsy, have had medical treatment for pain or are under the care of a physician. If your pain persists for more than five days, worsens, or doesn't improve, discontinue use and consult your physician. Additionally, seek medical attention if you have any underlying serious illnesses.

Keep this device and its pads out of reach of infants, toddlers, and children because the device and accessories could pose a strangulation or choking hazard.



Safety Information

- ****Avoid Skin Piercings and Accessories:**** Do not apply the pads over any skin piercings or accessories.

- ****Chest and Heart Safety:**** Do not place the pads across your chest or near your heart. Electrical current entering the chest can cause heart rhythm disturbances, which could be fatal.

(Continued on next page)

- **Cancerous Lesions and Skin Conditions:** Do not place the pads near or on cancerous lesions, diseased skin, open wounds, rashes, swollen, red, infected, or inflamed areas or skin eruptions like phlebitis, thrombophlebitis, and varicose veins.
- **Neck Safety:** Do not place the pads over your neck. This could cause severe muscle spasms, airway closure, difficulty breathing, or adverse effects on heart rhythm or blood pressure.
- **Head, Mouth, Face, Heart, and Genitals:** Do not place the pads on or near your head, mouth, face, heart, or genitals.
- **Inactivity and Stimulation:** Do not use the device while bathing, showering, sleeping, sweating, or in high humidity. Do not apply stimulation while driving, operating machinery, or engaging in any activity that poses a risk of electrical stimulation injury.
- **Age and Medical Conditions:** Do not use the device on infants, toddlers, children, individuals incapable of expressing thoughts, or those unable to operate the device independently.
- **Electrical Monitoring:** Do not apply stimulation in the presence of electric monitoring equipment like cardiac monitors or ECG alarms. This may cause improper equipment operation.
- **Skin Application:** Apply the pads only to normal, intact, clean, and healthy skin of adult patients.

Important Considerations:

- **Device Operation:** Use the device only as directed in this manual. Do not modify it or use it for any purpose other than those specified.
- **Children and Pets:** Keep the device out of reach of children and pets. This device is not intended for use by children under 18 without adult supervision.
- **Battery Safety:** Use only the provided Type-C charging cable. Do not use any third-party chargers, as they may damage the device. Also, do not attempt to open, disassemble, or replace the internal battery.
- **Cleaning and Maintenance:** Do not submerge the device in water. Clean it only as instructed in the Maintenance and Care section. Avoid exposing the device to high temperatures, humidity, or direct sunlight.
- **Discontinue Use If:** If you experience any unusual pain, discomfort, or irritation at the treatment area, or if the device malfunctions or shows signs of damage, discontinue its use immediately and seek medical assistance if necessary.
- **Emergency Procedures:** In case of severe skin reactions, stop using the device immediately and seek medical attention.

Important Note: This device is intended for personal use only and is not a substitute for professional medical advice or treatment.

For more detailed information and safety guidelines, please consult your healthcare provider.

Operation Instruction

STEP 1: Charging the eMP10 (First-time use)

To charge your eMP10, plug the end of the cable into a wall adapter, computer or battery pack. Then insert the USB-C plug of the adapter cable into the device. The charging process will take approximately 2 hours to complete.

STEP 2: Downloading the App

To download the app, scan the QR code displayed on the back of the device box. Alternatively, you can download it straight from your devices app store.

iOS users: Search for “eMP10” in the Apple App Store, download and install the app.

Android users: Search for “eMP10” in the Google Play App Store, download and install the app.

STEP 3: Attaching the eMP10 to your body

If using only the eMP10 wireless device: Fasten two electrode pads, one to each snap on the back of the eMP10 wireless device. Remove the plastic films covering the sticky part of each electrode pad and firmly attach both directly to the skin where desired.

If using the included A channel extender (dual snaps): Fasten the A channel extender wire to the back of the eMP10 wireless device and then attach the two electrode pads to the opposite ends of that A channel extender wire. Remove the plastic films covering the sticky part of each electrode pad and firmly attach both electrode pads directly to the skin where desired.

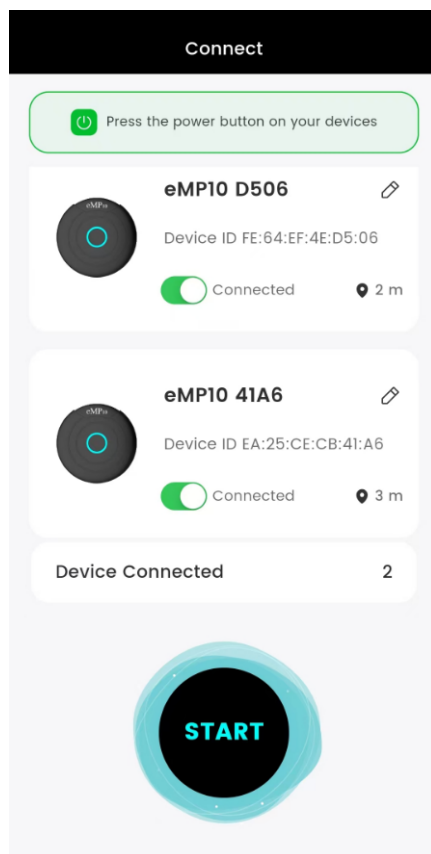
If using the included B channel extender (USB-C-snaps): Fasten the USB-C end of the B channel extender wire to the bottom of the device into the USB-C port. Fasten the two electrode pads to the opposite end of that B channel extender wire. Remove the plastic films covering the sticky part of each electrode pad and firmly attach both electrode pads directly to the skin where desired.

STEP 4: Connecting the Device and App

Before therapy, ensure that the pads are securely attached to the skin. Verify that the Bluetooth on your smartphone is turned on. Open the app on your smartphone. Press the center button on the device to connect the eMP10 devices. You can connect 1 to 7 eMP10 wireless devices at once. Afterward, press the START button in the app to initiate the therapy.

(Continued on next page)

Example of two connected devices on the app

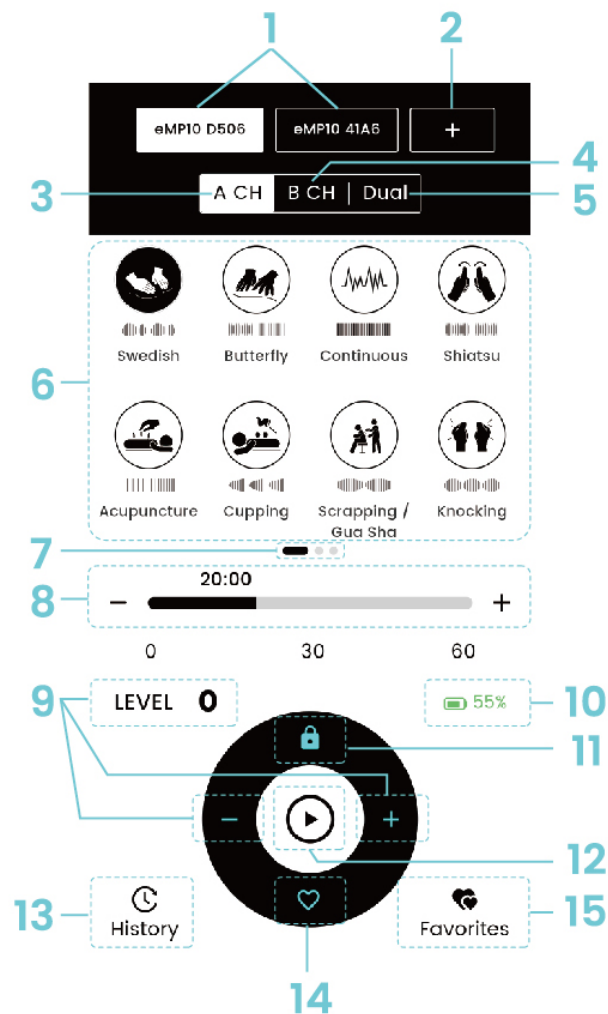


Additional Tips

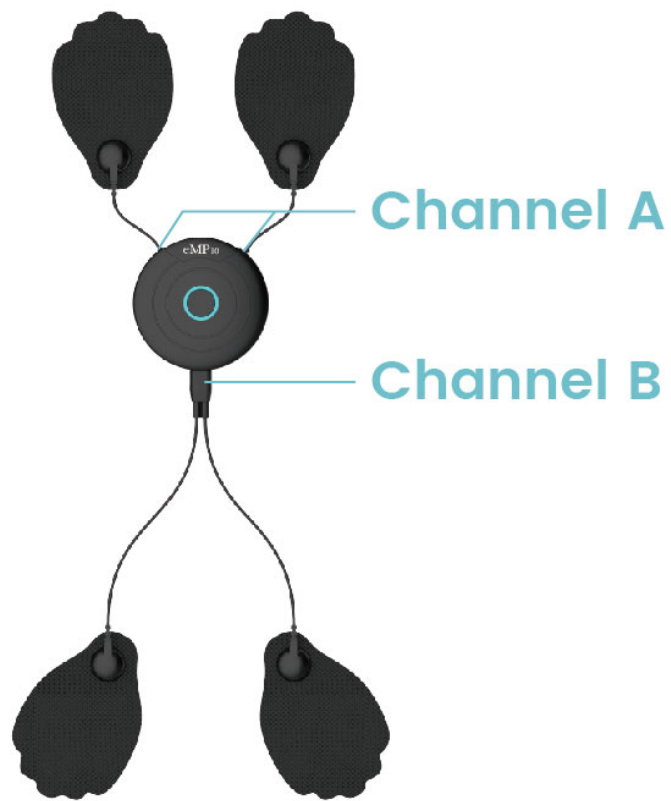
- The Bluetooth feature of the mobile phone cannot directly connect to the device. All operations are controlled by the eMP10 app.
- When choosing a new mode, the power setting will default to the lowest setting.
- The device will automatically stop when the timer expires.

Screen Functionality

1. eMP10 Wireless devices connected. (Each device can be controlled independently)
2. Add more eMP10 wireless devices.
3. Control the mode and intensity for pads attached to A channel.
4. Control the mode and intensity for pads attached to B channel.
5. Control the mode and intensity for pads attached to both A and B channels simultaneously.
6. Area to choose which mode you would like to feel.
7. Shows which page of modes you are on. 3 pages for 24 modes total.
8. Timer. Slide or press (+) or (-) to increase/decrease timer.
9. Intensity level. Press (+) or (-) to increase/decrease intensity.
10. Battery indicator.
11. Lock Screen to avoid accidental touches.
12. Starts and stops the mode and intensity.
13. User history.
14. Add the current mode and intensity into your favorites list.
15. Favorites list



Device Functionality



Troubleshooting

Problem	Possible Cause	Solution
No Stimulation Felt	Intensity level too low	Press the "+" button in the app to increase intensity until stimulation is felt.
	Electrode pad not firmly attached	Press down the electrode pad against the skin to ensure proper contact.
	Damaged or worn-out electrode pad	Replace with a new electrode pad.
	Dirty or dusty electrode pad	See Maintenance and Care section to clean the pad.
	Low battery	Charge the device.
Weak Stimulation	Damaged or worn-out electrode pad	Replace with a new electrode pad.
	Dirty or dusty electrode pad	See Maintenance and Care section to clean the pad.
Strong or Uncomfortable Stimulation	Intensity level too high	Press the "-" button to decrease intensity.
	Improper pad placement	Reposition the electrode pads.
Device Shuts Off	Low battery	Charge the device.
Electrode Pad Won't Stick	Dirty or dusty electrode pad	See Maintenance and Care section to clean the pad.
	Damaged adhesive surface	Replace with a new electrode pad.
Skin Turns Red or Becomes Irritated	Electrode pad not firmly attached to clean skin	Ensure skin is clean and dry before attaching. Avoid lotions or oils.
	Dirty or dried-out electrode pad	See Maintenance and Care section to clean the pad.
	Damaged adhesive surface	Replace with a new electrode pad.

Additional Tips

Electrode Pad Replacement: For optimal performance, it's recommended to replace the electrode pads every 30-50 uses, depending on usage conditions and adhesive quality.

Battery Charging: If you encounter issues with power or stimulation strength, ensure the device is fully charged. The red light indicates charging, the light turns off when the device is fully charged.

Maintenance and Care

To ensure the long-term performance of your eMP10 Wireless TENS and EMS Massager, follow these maintenance guidelines.

1. Cleaning the Device:

Main Device: Gently wipe the surface of the main device with a soft, slightly damp cloth. Avoid using harsh chemicals, as they may damage the device. Ensure the device is turned off before cleaning. Do not submerge or allow excessive contact between the device and water.

Electrode Pads: After each use, clean the adhesive surface of the electrode pads with water or rubbing alcohol to remove any oils or residue. Applying a few drops of water to the gel before and after use will help increase its longevity. Cover the sticky side of the pad with the included plastic film to retain moisture. Avoid using soaps or abrasive cleaners, as they may reduce the pad's adhesiveness. Never bend or fold the pads. Allow the electrode pads to air dry completely before reapplying the protective film.

2. Storing the Device:

Keep the device and accessories in a cool, dry place away from direct sunlight and extreme temperatures.

Avoid storing the device in damp or humid environments, as this may damage the internal battery and electronic components.

3. Replacing the Electrode Pads:

For optimal results, replace the electrode pads after 30-50 uses or if the adhesiveness significantly decreases.

Replacement pads can be purchased from authorized retailers or eMP10.com.

4. Battery Care:

Recharge your device regularly, even if it's not in use, every three months to maintain its battery health. Disconnect the charger once it's fully charged to prevent damage by overcharging. If you're not using the device for an extended period, store it fully charged to ensure optimal battery performance.

5. Other Safety Tips:

When it's time to dispose of the device, follow local regulations for electronic and battery disposal. The device contains a non-removable lithium battery, so dispose of it properly. Also, dispose of used electrode pads according to local waste disposal guidelines.

Contact help@emp10.com with any additional questions.

Product Warranty and Customer Support

Product Warranty

Your eMP10 Wireless TENS EMS Massager is covered by a two-year limited warranty from the date of purchase. This warranty covers any defects in the machine or workmanship under normal use conditions.

It does not cover damage caused by misuse, accidents, alterations, or unauthorized repairs. Any attempts at alterations or repairs will void the warranty.

Customer Support

For warranty claims, troubleshooting assistance, or any questions about the product, please contact our customer support team.

Email: help@emp10.com

Support Hours: Monday to Friday, 9:00 AM - 6:00 PM EST

Website: <https://emp10.com>

To expedite your request, please provide the following information:

Product

Proof of purchase

Detailed description of the issue or concern

Thank you for choosing the eMP10 Wireless TENS EMS Massager!

Product Specifications

Item	Description
Model	SM9187
Power Supply	3.7V, 180mAh rechargeable lithium battery (non-removable)
Charging Port	Type-C USB
Charging Time	Approximately 2 hours
Battery Life	Maximum intensity : up to 240 minutes
	Minimum intensity: up to 720 minutes
Intensity Levels	20 levels
Modes	24 modes
Auto Shut-Off	Device shuts off after 2 minutes if no output or human body is detected
Pulse Frequency	1~200Hz $\pm 10\%$
Pulse Width	100~300 μ s $\pm 10\%$
Dimensions	77.5mm x 43.5mm x 15mm
Weight	40g
FDA510K	K190009