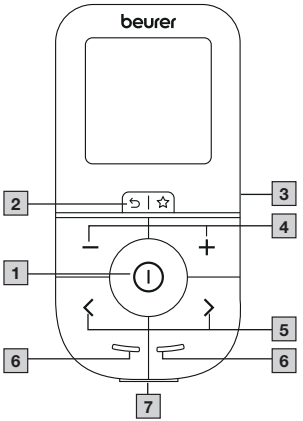
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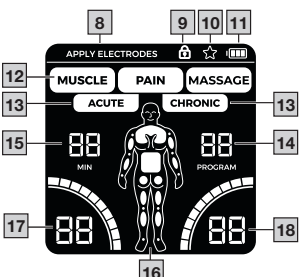
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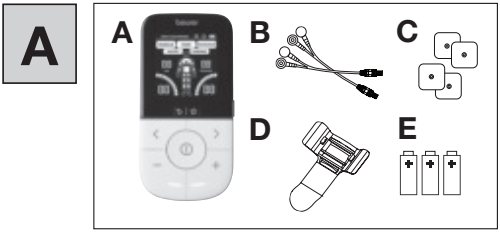


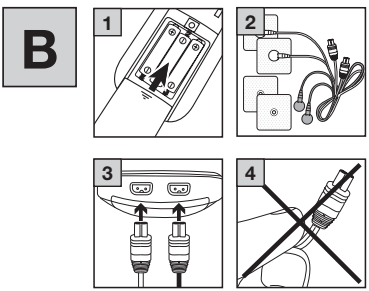
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Instructions for use

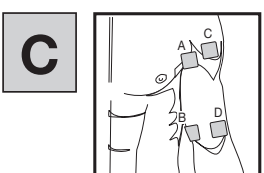
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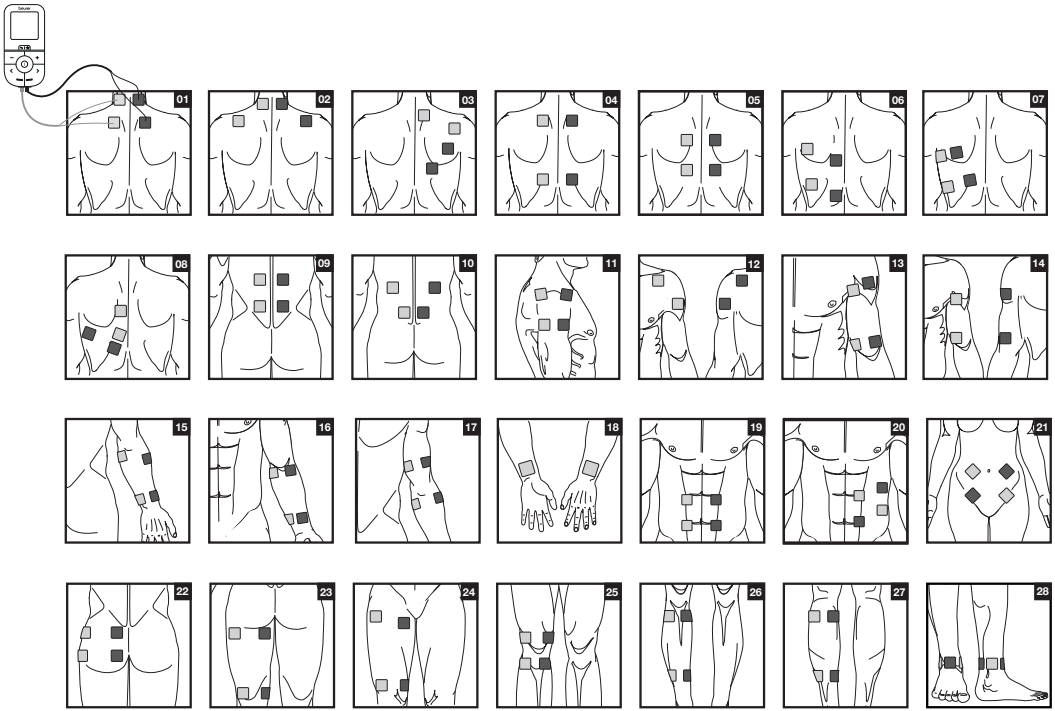

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ENGLISH

Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the next user with these instructions for use.

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1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

A

A 1x EM 56
B 2x connection cables
C 4x adhesive electrodes (45 x 45 mm)
D 1x belt clip
E 3x AAA batteries
1x Instructions for use

2. GETTING TO KNOW YOUR DEVICE

What is the Digital TENS/EMS device and what can it do?

The Digital TENS/EMS device belongs to the group of electrostimulation devices.
It includes three basic functions:

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

To provide these functions, the device features two independent stimulation channels and four adhesive electrodes. It offers a wide range of functions for increasing general well-being, pain relief, maintaining physical fitness, relaxation, muscle revitalisation and

combatting tiredness. You can choose from preset programs for this purpose. Electrostimulation devices utilise the operating principle of imitating pulses in our bodies – these simulated pulses are transferred to nerve and muscle fibres using electrodes, via our skin. The electrodes can be applied to many parts of the body, as the electrical pulses produced are completely harmless and, if set up correctly, painless. In certain applications you may perceive just a slight tingling or vibrating sensation. The electrical pulses that are sent into the tissue influence the transmission of stimulation into nerves, nerve centres and muscle groups in the application area. Electrical muscle stimulation is a widely used and recognised method which has been part of sports and rehabilitation medicine for years.
Electrostimulation is generally only noticeably effective with regular use. Electrostimulation of muscles is not a substitute for regular training. However, it is a useful, supplementary training element.

Getting to know the TENS device

TENS (transcutaneous electrical nerve stimulation) is the electrical stimulation of nerves through the skin. TENS is an effective non-pharmacological method for treating different types of pain from 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 transfer of pain to nerve fibres (mainly by means of high-frequency pulses) as well as by increasing the secretion of endorphins in the body, because they have an effect on the central nervous system which reduces the sensation of pain.
The method has been 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 information about the benefits of a TENS self-treatment regime.

Getting to know the EMS device

In sports and fitness, electrical muscle stimulation (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, amongst other things. There are two different types of EMS application. One is for targeted strengthening of muscles (activating application), and the other is to achieve a relaxing, restful effect (relaxing application).

Getting to know MASSAGE

Thanks to integrated massage technology, the device is also able to relieve muscle tension and combat fatigue with a program based on the sensation and effects of a real massage.

3. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

⚠ WARNING

Indicates a potentially imminent hazard. If it is not avoided, there is a risk of death or serious injury.

⚠ CAUTION

Indicates a potentially imminent hazard. If it is not avoided, slight or minor injuries may result.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the device or something in its vicinity may be damaged.

	**Product information** Note on important information
	**Observe the instructions** Read the instructions before starting work and/or operating devices or machines
IP22	Device protected against foreign objects ≥ 12.5 mm and against water dripping at an angle
SN	Serial number
	Type BF applied part
	The electronic device must not be disposed of with household waste
	Do not dispose of batteries containing hazardous substances with household waste
CE	This product satisfies the requirements of the applicable European and national directives.
	Manufacturer
	The device can emit effective output values above 10 mA, averaged over every 5-second interval
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	Separate the product and packaging elements and dispose of them in accordance with local regulations.

	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
	Importer symbol
	Date of manufacture
	Temperature limit
	Humidity limitation
	Atmospheric pressure limitation
MD	Medical device
REF	Item number
UDI	**Unique device identifier (UDI)** Identifier for unique product identification
#	Type number
	Use by date
CH REP	Swiss authorised representative
	Manufacturer in accordance with the Packaging Regulation (PPWR)

4. INTENDED PURPOSE

TENS/EMS/massage purpose

The device is intended to treat pain using TENS technology (transcutaneous electrical nerve stimulation). This pain relief can be applied to different areas of the human body as identified in the following eight indication areas.

As a non-medical purpose, the device can also be used with EMS technology (electrical muscle stimulation) to strengthen the muscles, and for regeneration and relaxing massages.

TENS/EMS/massage target group

This device is intended for self-treatment in the home, and not in professional healthcare facilities. Suitable for use by all adults suffering from pain as indicated in the indications below.

Clinical benefits

Treatment of pain due to various causes.

Non-clinical benefits

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

Indications

Use of the device is advised for:

- Back pain – pain at rest and on exertion
- Joint pain – pain at rest and on exertion
- Neuralgia, including phantom pain
- Menstrual cramps
- Pain due to circulatory disorders – pain at rest and on exertion
- Headaches
- Pain after musculoskeletal injuries – pain at rest and on exertion
- Chronic pain due to various causes – pain at rest and on exertion

Contraindications

- 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), and especially not on the two large pectorals. This can increase the risk of ventricular fibrillation and induce cardiac arrest (see “General warnings” section).
- Do NOT use the device
  - On the skeletal skull structure, or around the mouth, throat or larynx.
  - In the neck/carotid artery area.
  - In the genital area.
  - If you have implanted electrical devices (e.g. a pacemaker).
  - If you have metal or electrical 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 conduction system.
  - On acutely or chronically affected (by injury or irritation) skin (e.g. inflamed skin – whether painful or not; reddened skin; rashes, e.g. due to allergies; burns; bruising; swelling; open and healing wounds and post-operative scars where the healing process could be impaired).
  - 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.
- If you are connected to a high-frequency surgical device.
- If you have an acute or chronic disease of the gastrointestinal tract.
- In the case of a known allergy to the electrode material.

⚠ WARNING!

UNDESIRABLE SIDE EFFECTS

- Skin irritation
- Feeling of pressure at the electrode location
- Slight redness, burning and pain of the skin after treatment
- Paraesthesia
- Discomfort
- Sleepiness
- Vibration of muscles
- Tension
- Headaches
- Increased menstrual bleeding
- Allergic reactions to components

5. GENERAL WARNINGS

⚠ WARNING!

The device is not a substitute for medical consultation and treatment. Always consult your doctor first in the event of pain or illness. Before using the device, consult your doctor if any of the following apply to you:

- If you suffer from an acute medical condition, 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.
- If you have any skin conditions.
- If you have unexplained chronic pain in any part of the body.
- If you suffer from diabetes.
- If you have 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 the stimulation treatment.
- If you suffer from persistently irritated skin due to long-term stimulation at the same electrode site.
- Stimulation should not be carried out
  - on or through the head,
  - directly on the eyes,
  - over the mouth,
  - on the front of the neck (particularly not the carotid sinus), or
  - with the electrode surfaces placed on the chest, upper back or
  - across the heart.

ONLY USE THIS DIGITAL TENS/EMS DEVICE:

- On people.
- For the intended purpose and as specified in these instructions for use. Any form of improper use can be dangerous.
- For external use only.
- With the supplied and reorderable genuine replacement parts to ensure safe use. Failure to do so voids the warranty and may

result in risks for the user. Only use the replacement parts specified in the accompanying documents.
- This device is NOT intended for use by people with restricted physical, sensory or mental skills or a lack of experience and/or a lack of knowledge, unless they are supervised by a person who has responsibility for their safety or they receive instructions from this person on how to use the device.
- Children must not play with the device.
- The device is only intended for domestic/private use, not for commercial use.

⚠ GENERAL PRECAUTIONS

- Do not use in humid environments (e.g. in the bathroom) or when bathing or showering.
- Do not use after consuming alcohol.
- Always pull gently on electrodes to remove them from the skin to prevent injuries in the unusual case of highly sensitive skin.
- Hold 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 impact, dust, dirt and moisture.
- 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 if you feel unwell or experience pain, stop using it immediately.
- Switch off the device or the respective channel first before removing or moving the electrodes to prevent unintentional stimulation.
- Do not modify electrodes (e.g. by cutting them). Doing so increases the current density, which is potentially hazardous (max. recommended output value for the electrodes is 9 mA/cm^2, an effective current density beyond 2 mA/cm^2 requires increased caution).
- Make sure that the electrodes are in full contact with the skin.
- Using worn-out electrodes can cause skin irritation to occur, because an even distribution of current over the entire surface is no longer guaranteed. For this reason, the electrodes should be replaced if any discolouration occurs.
- Do not use 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 this could result in spot burns.
- Keep the device away from children to prevent potential hazards.
- Make sure not to confuse the electrode cables and their contacts with your headphones or other devices, and do not connect the electrodes to other devices.
- Do not use this device whilst using other devices that transmit electrical pulses to your body.
- Do not use in the vicinity of highly flammable substances, gases or explosives.

- During the initial few minutes, use the device while sitting or lying down to minimise the risk of accidental injuries as a consequence of isolated cases of vagal responses (feeling of faintness). If you feel faint, switch off the device immediately, lie down and support the legs in an elevated position (approx. 5–10 minutes).
- Treatment of the skin with moisturising lotions or ointments beforehand is not recommended as this considerably increases electrode wear and may cause uncomfortable current peaks.
- Keep packaging material away from children (risk of suffocation!).
- Store the device in a dry place (use indoors only). To avoid the risk of fire and/or electric shock, protect the device from high humidity and water.
- If the adhesive capability of the adhesive electrodes decreases, please replace them immediately. Do not use the device until you have fitted the new adhesive electrodes. Otherwise the unequal adhesion of the adhesive electrodes may lead to skin injuries. Replace the electrodes with new ones at the latest after having used them 20 times.

Damage

- If the device is damaged, do not use it and contact your retailer or the specified Customer Services address.
- To ensure that the device functions effectively, do not drop it or dismantle it.
- 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.
- Never 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 invalidate the warranty.
- The manufacturer is not liable for damage resulting from improper or incorrect use.

Notes on handling batteries

⚠ WARNING

- **Risk of explosion! Risk of fire!** Failure to comply with the following points can result in personal injury or cause overheating, leakage, venting, breakage, explosion, or fire on the battery.
- This device contains non-rechargeable batteries which must not be charged.
- Do not throw batteries into a fire.
- Never charge, forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, or modify batteries.
- Never short-circuit batteries or battery compartment contacts.
- Protect the batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Dispose of defective and discharged batteries immediately and properly (see chapter on disposal).
- Do not use modified or damaged batteries.
- Always select the correct battery type.
- Always insert the batteries correctly, taking into account the polarity (+/-).
- Never mix batteries of different manufacturers, capacities (new and used), size, or type within a device.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.

- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.
- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed. Swallowing them may cause burns, severe internal injuries, and death.
- Never allow children to replace batteries without adult supervision.

⚠ CAUTION

- Store batteries in a well-ventilated, dry, and cool place in a non-conductive container in which the batteries cannot be short-circuited to each other or by other metal objects.
- Keep batteries clean and dry.
- Keep batteries away from water.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

NOTICE

- Do not use rechargeable batteries.

6. DEVICE DESCRIPTION

Buttons:

The associated drawings are shown on page 2.

1 ON/OFF button / ENTER button ⏻

2 Return button ⮌ / Favourite program ☆

3 Button lock 🔒

4 Setting buttons **+/–** (for controlling the intensity)

5 Setting buttons **</>** (for selecting the category and program)

6 Channel 1 (left) and 2 (right) LED indicators

7 Electrode connection, channels 1 (left) and 2 (right)

Display (full screen):

8 Prompt for electrode position display
APPLY ELECTRODES

9 Button lock 🔒

10 Favourite program set ☆

11 Battery level

12 Categories: MUSCLE (EMS) / PAIN (TENS) / MASSAGE (Massage)

13 Subcategories of PAIN:
- ACUTE (acute pain)
- CHRONIC (chronic pain)

14 Program number

15 Timer function (remaining time display)

16 Electrode positioning indicator

17 Pulse intensity, channel 1 (left)

18 Pulse intensity, channel 2 (right)

7. INITIAL USE

1. Remove the belt clip from the device, if it is attached.
2. Press the battery compartment cover on the rear of the device and slide it downwards.
3. Insert 3 alkaline AAA 1.5 V batteries. Make sure that the batteries are inserted the correct way round in accordance with the markings.
4. Carefully close the battery compartment cover B1.
5. Reattach the belt clip, if required.
6. Attach the connection cable to the electrodes B 2.

The electrodes feature clip closures to make attachment particularly easy.

7. Insert the connection cable plug into the socket on the bottom of the device. B 3
8. Do not pull, twist or sharply bend the cables B 4.

8. USAGE

⚠ WARNING!

Peel off the protective film slowly and carefully. Make sure that the adhesive electrode is not damaged, as damage or unevenness may cause skin irritation.

8.1 Starting use

Step 1: Press the ON/OFF button ⏻ to switch the device on.

Step 2: The device prompts you to position the electrodes with the APPLY ELECTRODES display. Place the electrodes on your target area (for positioning suggestions, see page section on “Information on electrode positioning”) and connect them to the device.

Step 3: Press the **</>** buttons to navigate through the MUSCLE (EMS) / PAIN (TENS) / MASSAGE (Massage) menus and press the ⏻ button to confirm your selection. If you have selected the TENS category, press the **</>** buttons to select your preferred subcategory ACUTE (acute pain) or CHRONIC (chronic pain).

If you need help choosing between the TENS/EMS/massage categories, please read the “Getting to know your device” chapter.

Step 4: Use the **</>** setting buttons to select the program number you want and press the ⏻ button to confirm your selection. The figure on the display indicates which parts of the body each program was developed for.

Step 5: Use the **+/–** setting buttons to select your preferred pulse intensity. If you want to control the channels individually, use the **</>** setting buttons to select the relevant channel An arch above the intensity indicator shows which channel has been selected. Change its pulse intensity using **+/–**. The indicator for pulse intensity in the display changes accordingly. As soon as stimulation begins, the prompt to position the electrodes APPLY ELECTRODES disappears.

The device also gives you visual feedback on channel selection and connection status through the LED displays. Each LED shows you the status of the underlying channels on (left LED → left channel, right LED → right channel). As soon as you select a program, the LED of the activated channel starts to flash. When you deselect a channel, the corresponding LED goes out.
During stimulation, the LED of the channel in question lights up continuously. In the event of poor or no electrode connection, the LED continues to flash.

8.2 Notes on use

- After 30 seconds of inactivity, the device's illuminated display switches off automatically. You can reactivate it by pressing any button (except the ON/OFF button ⏻).
- The device switches itself off automatically if it is not used for 3 minutes (automatic switch-off). When switched on again, the LCD screen shows the category selection MUSCLE (EMS) / PAIN (TENS) / MASSAGE (Massage) – the most recently used category will be lit.
- If you press a button that you should not press, a short acoustic signal will sound.
- If the connection between the device and the skin is not good enough, the intensity of the channel in question cannot be increased. Instead, the intensity display and the LED indicator of the affected channel flash.

GENERAL INFORMATION

Return

If you wish to return to the previous selection menu, press the Return button.

Button lock

Locks the buttons during stimulation to avoid them being pressed unintentionally.

1. To activate the button lock, hold down the **button lock** button at the side for approx. 2 seconds until the symbol appears on the display.
2. To deactivate the button lock, hold down the **button lock** button again for approx. 2 seconds until the symbol disappears from the display.

Pausing use

You can pause the stimulation at any time by briefly pressing the ON/OFF button ⏻. To continue the stimulation, set your preferred pulse intensity again.

9. PROGRAM OVERVIEW

The device has a total of 22 programs that are tailored to the different areas of the body:

- 4 TENS programs for treating acute pain PAIN ACUTE
- 5 TENS programs for treating chronic pain PAIN CHRONIC
- 8 EMS programs for muscle stimulation MUSCLE
- 5 MASSAGE programs for muscle relaxation MASSAGE

In all of the programs you can set the pulse intensity of the two channels individually.

The figure on the display is intended as an initial aid to help you position the electrodes.

9.1 EMS program table MUSCLE

Prog. no.	Effective application areas, indications	Running time (min)	Possible electrode positioning
1	Lower back and back of thigh	40	09, 10, 23
2	Lower arms and calf	40	15, 16, 26, 27
3	Shoulder, elbow, wrist, knee and ankle	40	11, 12, 17, 18, 25, 28
4	Front of thigh	15	24
5	Bottom	15	22
6	Neck, shoulders, upper back and upper arms	15	01–08, 11-14
7	Abdomen	15	19–21
8	Pelvic floor/lower abdomen	20	21

9.2 TENS acute pain program table PAIN ACUTE

Prog. no.	Effective application areas, indications	Running time (min)	Possible electrode positioning
1	Abdomen	20	19–21
2	Back of thigh	20	23
3	Neck, shoulder, upper and lower back and calf	20	01–12, 26, 27
4	Arms, front of thigh, shoulder, elbow, wrist, knee and ankle	20	11-18, 24, 25, 28

9.3 TENS chronic pain program table CHRONIC

Prog. no.	Effective application areas, indications	Running time (min)	Possible electrode positioning
1	Shoulder, arms, elbow, wrist, knee and ankle	30	11–18, 25, 28
2	Calf	30	26, 27
3	Abdomen and front of thigh	30	19–21, 24
4	Neck, shoulder and upper back	30	01–08, 11, 12
5	Lower back and back of thigh	30	09, 10, 23

9.4 MASSAGE program table MASSAGE

Prog. no.	Effective application areas, indications	Running time (min)	Possible electrode positioning
1	Abdomen and front of thigh	25	19–21, 24
2	Neck, shoulder, upper and lower back and back of thigh	25	01–12, 23
3	Arms	25	13–16
4	Calf	25	26, 27
5	Shoulder, elbow, wrist, knee and ankle	25	11, 12, 17, 18, 25, 28

⚠ WARNING!

Do not apply the electrodes to the front wall of the chest, i.e. do not massage the large left and right pectoral muscles.

9.5 Information on electrode positioning

The associated drawings are shown on page 3.

It is fundamental to the intended success of electrostimulation applications that electrodes are properly placed.
We recommend that you consult your doctor to establish the ideal electrode positions for your intended application area.
The following applies to the selection of electrode positions:

Electrode spacing

The greater the distance between the electrodes, the larger is the stimulated tissue volume. This applies to the area and depth of the tissue volume. At the same time, however, the stimulation intensity applied to the tissue decreases with more distance between electrodes. As a result, greater distances between electrodes mean a larger tissue volume is stimulated, but less intensively. In such a case, you must increase the pulse intensity to boost the stimulation.

The following guidelines apply when choosing the electrode distances:

- effective spacing: approx. 5-15 cm
- with spacing of less than 5 cm, the device will primarily apply strong stimulation to surface structures,
- with spacing in excess of 15 cm, large areas and deep structures will be very weakly stimulated.

Relationship between electrodes and muscle fibre structures

C

Adapt the current flow direction to the fibre structure of the muscle, according to the muscle layer you would like to treat. If you are targeting superficial muscles, position the electrodes parallel to the fibre structure (A–B / C–D) and if you are targeting deeper layers of tissue, position the electrodes across the fibre structure. You can do this by positioning electrodes as crosses (i.e. diagonally), such as A–D/B–C.

For pain relief treatment (TENS) using the Digital TENS/EMS device and its 2 separately adjustable channels and 2 electrodes each, it is advisable either to position the electrodes of a channel so that the area affected by pain is between the electrodes or to position one electrode directly on the area affected by the pain and the other electrode at a minimum distance of 2–3 cm. You may use the electrodes of the second channel to simultaneously treat additional areas affected by pain or use them in conjunction with the electrodes of the first channel to restrict the area affected by pain (position electrodes opposite). In this case, we again recommend positioning electrodes in a cross arrangement.

Tip for the Massage function: Always use at least 4 electrodes for optimum treatment.

Use the electrodes on skin that is clean and preferably free from hair and grease in order to prolong the life of the electrodes. If required, clean the skin with water and remove hair prior to treatment.

If an electrode comes loose during use, the pulse intensity of the corresponding channel is reduced to the lowest level. Apply the electrode again and reset your preferred pulse intensity.

10. FAVOURITE PROGRAM

With the favourite program, you can define a favourite from the 22 TENS/EMS/MASSAGE programs.
This makes it easier and quicker for you to access your favourite program.

If you have set a favourite program, when you switch on the device the favourite program will be automatically accessed. You can then start stimulation directly in your favourite program. A ☆ on the display indicates that you are in the favourite program.
The choice of favourite program may be based on your personal preference or, for example, the advice of your doctor.

Setting the favourite program

1. Select your desired program from the 22 available programs.
2. To set the selected program as a favourite, press and hold the favourite button ☆ for 2 seconds.
3. The saving of the favourite program is confirmed by a short acoustic signal. The ☆ symbol also appears on the display. This shows you that you are in the favourite program. When the device is switched on again, your favourite program is accessed directly.

Even if you have set a favourite program, you can access the program selection by pressing the Return button ⮌. You can replace your favourite program with another one at any time.

Deleting the favourite program

To delete the favourite program, press and hold the favourite button ☆ for approx. 2 seconds. The deletion of the favourite program is confirmed by a short acoustic signal. The previously displayed favourite program symbol ☆ goes out.

11. THERAPY MEMORY

Your device records the treatment time in the therapy memory. This allows you to record for how long you have been using the device, which may be helpful when consulting your doctor.

Accessing the therapy memory

To access the therapy memory, switch on the device using the ON/OFF Symbol button and, if you have activated a favourite program, press the Return button ↩ to go back to the first level of the menu. Press and hold the **>** button for 3 seconds.

The elapsed treatment time appears in the display. The left two numbers stand for hours; the minutes are shown on the right. To exit the therapy memory display, press the Return button ↩.

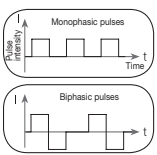
Resetting the therapy memory

To reset the treatment time memory (therapy memory) to 00, press and hold the **–** button for 3 seconds.

12. ELECTRIC CURRENT PARAMETERS

Electrostimulation devices operate with the following electrical current parameters, which may affect the stimulation results differently depending on the setting:

12.1 Pulse shape

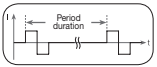


This describes the time function of the stimulating current.

A distinction is made between monophasic and biphasic pulse currents. In monophasic pulse currents the current flows in one direction, and in biphasic pulse currents the electrical pulse alternates its direction.

The device only provides biphasic pulse currents, as these relieve muscles, cause little muscle fatigue and are safe for use.

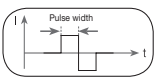
12.2 Pulse frequency



The frequency indicates the number of individual pulses per second and is displayed in Hz (Hertz). It can be calculated by determining the cyclic value for the time period. The relevant frequency determines which types of muscle fibres react most favourably. Slow-reaction fibres react more easily to lower pulse frequencies of up to 15 Hz, whereas rapid-reaction fibres only respond from approximately 35 Hz up.

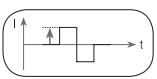
Pulses of approx. 45-70 Hz are linked with constant tension in the muscles and quicker fatigue. Higher pulse frequencies are therefore better to use for speed strength and maximum power training.

12.3 Pulse width



This indicates the duration of an individual pulse in microseconds. Among other aspects, the pulse width therefore determines the penetration depth of the electricity, where usually larger muscle mass requires a larger pulse width.

12.4 Pulse intensity



Adjusting the intensity level depends on the individual sensitivity of each user and is determined by a variety of variables, such as site of application, blood supply to the skin, skin thickness and the quality of the electrode contact. The setting should be effective but must never cause any unpleasant sensation, such as pain at the site of application. While a gentle tingling indicates sufficient stimulation energy levels, any setting that causes pain should be avoided.

If using the device over an extended period, you may need to adjust the intensity level as your muscles start to adapt to the pulse intensity at the site of application.

12.5 Cycled pulse parameter variation

In many cases it is necessary to cover the overall tissue structure at the site of application by applying several pulse parameters. In this device, this is achieved by the provided programs, which automatically make a cyclical pulse parameter change. This also prevents individual muscle groups at the site of application being affected by fatigue.

13. 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.

- Following treatment, stick the electrodes back onto the carrier foil.

Cleaning the device

- 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 for cleaning.

Ensure that no water enters the device.

Storage

- Do not make sharp bends in the connection cables or the electrodes.
- After use, stick the electrodes back onto the carrier foil for the gel electrodes.
- Store the device in a cool, well-ventilated location.
- Never place any heavy objects on the device.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

14. DISPOSAL



For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. 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. You can obtain the location of collection points for old devices from the local authorities.

Empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points, or at electronics retailers. You are legally required to dispose of the batteries appropriately.

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



15. PROBLEMS AND SOLUTIONS

The device does not switch on when the ON/OFF button ⏻ is pressed. What should I do?

(1) Ensure batteries have been inserted correctly and are in contact with the terminals.
(2) Replace the batteries if necessary.
(3) Contact Customer Services.

The electrodes do not stick to the body. What should I do?

(1) Clean the adhesive surface of the electrodes using a damp, lint-free cloth. If they still do not stick securely, the electrodes must be replaced.
(2) Clean the skin prior to any application; do not use skincare lotions or oils prior to treatment. Shaving may increase the life of electrodes.

There is no noticeable stimulation. What should I do?

(1) Press the ON/OFF button ⏻ to interrupt the program. Check that the connection cables are correctly connected to the electrodes. Ensure that both electrodes of the channel you are using are in firm contact with the treatment area. Check the electrode positions and ensure that the adhesive electrodes do not overlap.
(2) Ensure the connection plug is firmly connected to the device.
(3) Gradually increase the intensity of the affected channel.
(4) If you still cannot feel any stimulation, replace the batteries.

The battery symbol is displayed. What should I do?

Replace all batteries.

You are experiencing an uncomfortable sensation at the site of the electrodes. What should you do?

(1) Reduce the intensity of the affected channel.
(2) The electrodes may not be in the best position. Check their positions, and re-position them if necessary.
(3) The adhesive electrodes may be worn out. This may cause skin irritation, as even distribution of the current across the entire area is no longer guaranteed. They should therefore be replaced.

Skin in the treatment area turns red. What should I do?

Immediately stop treatment and wait until your skin has returned to its normal condition. If the redness is under the electrode and disappears quickly, there is no risk – this is caused by the locally stimulated, increased blood flow.
However, consult your doctor before you continue treatment if the skin irritation persists and if it is accompanied by an itchy sensation or inflammation. This may be caused by an allergic reaction to the adhesive surface.

A recurring acoustic signal sounds on the device and I can no longer increase the electrode intensity. What should I do?

(1) The adhesive electrodes are not correctly applied to the skin. Please check the adhesion and re-attach them if necessary.
(2) The adhesive electrodes may be worn out and are no longer able to conduct the current. Please replace them.

16. ACCESSORIES AND/OR REPLACEMENT PARTS

To purchase accessories and/or replacement parts, visit www.beurer.com or contact the corresponding service address (as per the service address list) for your country. Accessories and/or replacement parts are also available from retailers.

Designation	Item number and/or order number
8 x adhesive electrodes (45 x 45 mm)	661.02
4 x adhesive electrodes (50 x 100 mm)	661.01

17. TECHNICAL SPECIFICATIONS

Type	EM 56
Output waveform	Biphasic rectangular and needle pulses
Pulse duration	70–400 µs
Pulse frequency	2–120 Hz
Output voltage	max. 100 Vpp (at 500 Ohm)
Output current	max. 200 mApp (at 500 Ohm)
Voltage supply	3 x AAA batteries (LR03)
Treatment time	15–40 minutes
Intensity	adjustable from 0 to 50
Electrodes used	Self-adhesive gel electrodes 45 x 45 mm
Operating conditions	5°C–40°C (41°F–104°F) at a relative air humidity of 15-90%
Storage conditions	0–40°C (32–104°F) at a relative air humidity of ≤90%
Transport conditions	-25°C–70°C (-13°F–158°F) at a relative air humidity of ≤90%
Dimensions	Approx. 132 x 66 x 27 mm (incl. belt clip)
Weight	Approx. 125 g (incl. belt clip)
Altitude limit for use	3,000 m
Maximum tolerated atmospheric pressure	700 hPa to 1060 hPa
Expected service life of the device	Information on the service life of the product can be found on the website

The serial number is located on the device.

The device is maintenance-free. Inspections and calibration are not necessary.

If the device is not used according to the specifications, it may not work correctly!

We reserve the right to make technical changes to improve and develop the product.

This device complies with the respective national regulations and the European standard EN 60601-1-2 (Group 1, Class B, in compliance with IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8 and IEC 61000-4-39) and is subject to special precautionary measures with regard to the electromagnetic compatibility. Please note that portable and mobile HF communication systems may interfere with this device.

More details can be requested from the stated Customer Service address or found at the end of the instructions for use.

For this device, a functional test and instruction in accordance with the German Medical Devices Operator Ordinance (MPBetreibV) is not required. It is also not necessary to carry out safety checks in accordance with the German Medical Devices Operator Ordinance (MPBetreibV).

Notes on electromagnetic compatibility

⚠ WARNING!

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The device may not be fully usable in the presence of electromagnetic interference. 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 outlined above, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of components 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 resistance to electromagnetic interference; 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 could impair the performance of the device.

18. WARRANTY/SERVICE

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.

Notification of incidents

For users / patients in the European Union and identical regulation systems, the following applies: If a major incident occurs during or through use of the product, notify the manufacturer and/or their representative of this as well as the respective national authority of the member state in which the user/patient is located.

Subject to errors and changes

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