

**QUICK REFERENCE GUIDE**



The purpose of this guide is to assist you in correctly operating your TENS 7000<sup>®</sup> Massage Digital unit. Do not use this device for undiagnosed pain symptoms until consulting a physician. This guide is not intended to replace or substitute the TENS 7000 Massage Digital Instruction Manual. **PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE.** Read, understand and practice the contraindications, warnings, and cautions found on pages 7-13, as well as the operating instructions on pages 20-28 of your instruction manual. Always follow the operating instructions as listed in the manual.

### TENS 7000 MASSAGE DIGITAL UNIT

- 1** Lead connector sockets - 2 channels
- 2** On / off / intensity dial - 2 channels
- 3** Panel cover with reference guide
- 4** Liquid crystal display (LCD)
- 5** Mode selection button
- 6** Set selection button
- 7** Increment control / increase button
- 8** Increment control / decrease button
- 9** Protective cover
- 10** Belt clip

**ELECTRODES**  
(PACKAGE OF 4)

**LEAD WIRES**  
(2 INCLUDED,  
ONE FOR EACH CHANNEL)

### SPECIAL FEATURES

The placement of electrodes can be one of the most important parameters in achieving success with TENS therapy. If the initial results are not positive, speak to your physician about alternative stimulation settings and/or electrode placement. Once desired results are achieved, mark down the electrode sites and settings for future reference. The TENS 7000 Massage Digital features two protective covers that prevent unintentional changes to settings.

**Turn on device** by rotating the dial clockwise and select the desired intensity level. **Turn off device** by turning dial counterclockwise to 0.

**Low battery indicator** signals when battery is low. Replace battery when stimulation feels weaker.

### INSERT BATTERY

Press arrow and slide battery compartment cover open. Insert 9V battery\*, matching the + and - ends to those in unit.

The battery should be placed on top of the compartment ribbon to allow easy battery removal.

\*The battery included is designed to be a starter battery. This battery is only intended to last three hours before needing to be replaced.

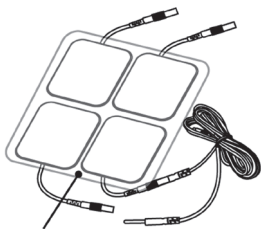
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**IMPORTANT!**

Steps 1–3 should be performed with the device turned OFF. Once the unit has been turned ON, do not remove the electrodes without first turning OFF the device.

**1 CONNECT LEAD WIRES TO ELECTRODES**

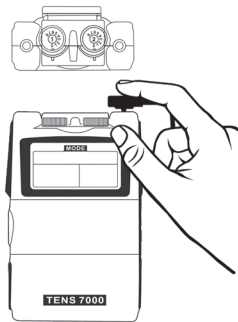


Firmly insert the end of the lead wire pin into the electrode connectors.

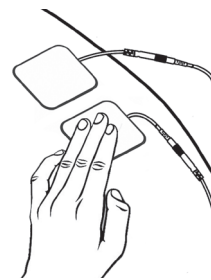
Make sure the connection is complete and no bare metal of the pins is exposed.

**2 CONNECT LEAD WIRES TO DEVICE**

Select one of the two available channels and insert the lead wire firmly into the socket.



**3 PLACE ELECTRODES ON SKIN**



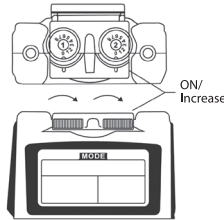
Remove electrodes from protective backing. Keep backing to properly store electrodes after use.

Before applying electrodes, make sure the skin at the application site is clean and dry.

See **Electrode Placement Guide** pg 23 for more information

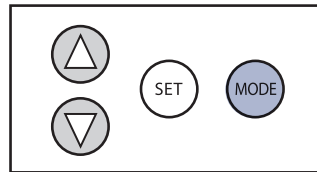
**4 TURN DEVICE ON AND SELECT INTENSITY**

By turning the controls clockwise, the appropriate channel is switched on and the indicator of power (CH1 and CH2) is revealed in the LCD.



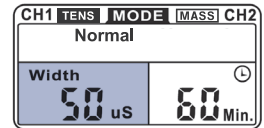
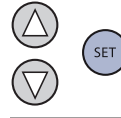
The stimulation output will increase as the dial is turned clockwise or to a higher number.  
 1 = Weaker    8 = Stronger

**5 SELECT THERAPY MODE**



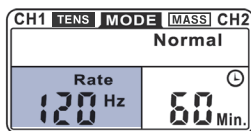
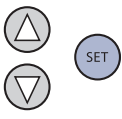
There are 5 TENS modes (**Burst, Normal, Modulation, SD1, SD2**) and 3 Massage Modes (**Knead, Rub, Tap**). Press the MODE button and continue to press until you have reached your desired setting.

**6 SELECT PULSE WIDTH**



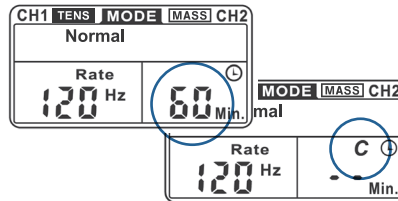
The pulse width is adjusted from 50us to 300us. Press the SET button to enter this menu, then press the ▲ and ▼ buttons to adjust the setting. Unless otherwise instructed, a setting of 70-120us is suggested.

**7 SELECT PULSE RATE**



The pulse rate is adjusted from 2Hz to 150Hz. Press the SET button to enter this menu, then press the ▲ and ▼ buttons to adjust the setting. Unless otherwise instructed, a setting of 70-120Hz is suggested.

**8 SET THE TIMER**



The treatment time is adjustable from 1 to 60 minutes, or Continuous (C). Press the ▲ and ▼ buttons to adjust the setting. Your settings will be stored permanently unless they are adjusted again.

**COMPLIANCE METER**

This unit can store 60 sets of operation records. The total treatment time can store up to 999 hours.

To **check and/or delete individual records**, press the MODE button as you turn on the device. The LCD will show the number of records and operation time. Press the ▲ and ▼ buttons to check each record. To delete a record, press and hold the SET button for 3 seconds.

To **check and/or delete the accumulative record**, press the MODE button to switch to this setting. Press the SET button first, then press MODE and hold for 3 seconds; all of the records will be deleted, followed by the sound of a beep.