

Gemstim Tens Machine



Quick Guide

Parts included:

Tens Unit (with 9V Battery in unit)	Electrodes
Carry Case	Operation Manual
Lead Wires	Quick Guide



Instructions

1. Consult your physician or therapist about the appropriate settings and placement for your condition.
2. With the unit OFF, place Electrodes in place as instructed by your health professional, usually on either side of the affected area.
3. Plug in the electrodes and turn the unit on. Slowly increase the channel intensity on control knob 1 to the level recommended by your health professional. Repeat for control knob 2.

Note: If stimulation levels are uncomfortable or become uncomfortable reduce the stimulation amplitude to a comfortable level. If problems persist cease stimulation and contact your health professional.

4. To remove the TENS machine, turn both channels to OFF, then unplug the electrode lead wires and remove the electrodes.

Warnings:

There are contraindications to using a TENS machine including placement over the throat and if using a pacemaker or other ECG monitoring device. For a full list please read the warning, precautions and adverse reactions sections of the user manual before proceeding. Ensure you have read and understood the operating instructions. The information provided with this unit is for guidance only and should not replace advice provided by your health professional.

