

iTENS package includes:

- 1 iTENS Wireless device with wings
- 1 Battery charger with USB charging cord
- 1 Pairs of iTENS gel pads (2 pads)
- 1 Users Manual (loaded in the app)
- 1 re-sealable poly bag for storing the iTENS device and pads
- 1 Quick Start Guide (print copy)
- 1 lithium-ion battery (pre-installed in the device)
- 1 Year Warranty

BATTERY RECHARGING Maintenance and storage

The electrode gel should be used for 7-8 uses. Beyond this point, the quality of stimulation will diminish. To enhance the electrode stickiness, dab a little water onto the gel to re-hydrate the electrode. Dry it before applying to the skin.

Clean the device using a damp cloth and mild soap. Gently wipe clean. Note: this device is manufactured with water detection technology. Do not submerge the device in water or other liquids. Water damage to the electronics will void the warranty. The device should be stored at temps between 50° F and 104° F. Always store the electrodes in their re-sealable pouch.

Technical specifications

Channels: single channel with capabilities to link multiple devices to one app program
Wave form: Asymmetrical biphasic square, Symmetrical biphasic Square, and Monophasic Square
Pulse Amplitude: 0-130ma= 0-65 volts, adjustable (at 500ohm load)
Pulse frequency (Hz): 1-150
Pulse width (us): 50-250
Timer control: (mins) 15, 30, 45, 60, Continuous
Power supply: Lithium-ion battery

BATTERY REPLACEMENT

For battery replacement please contact www.iTENS.com

REMOVING THE iTENS

Do not remove the device until the treatment has stopped and/or you have ended the program, and the intensity is set to zero.

After treatment, or when you want to remove the device, pinch the edge of the electrode wing and slowly peel the device/wings away from the skin.

Align and place the protective liners back on the gel pads that are on the underside of the wings. Ensure the pads are completely covered, and then insert wings into the re-sealable plastic bag enclosed in your kit.

Other features:

- if you are in a given mode you can save it to your favorites by pressing the star icon.
- you can lock or unlock your app and device settings, by pressing the lock icon.
- if the intensity is set to zero for over 30 minutes, then the device will auto-shutoff. Also, at anytime, if the wings fall off the skin, the device will auto-shutoff.
- Additional resource documents are found in the documents folder i.e. electrode placement guide

CAUTION: *It is normal to get some skin reddening after a session. This fades quickly. You should always take rests between therapy sessions and check your skin underneath the electrode wings periodically. If the reddening does not disappear after a couple hours, discontinue use of the system, and contact www.iTENS.com. There is a small percentage of people that may have allergic reactions to gel and will need special hypo allergic gels.*

General Warnings:

1. Do not immerse the iTENS in water.
2. Do not place the iTENS unit close to excessive heat.
3. To replace batteries, contact iTENS for instructions.
4. Environmental Condition:
 - Operating Temperature: +0°C to +40°C
 - Operating Humidity: 10%RH to 93%RH
 - Operating Atmospheric Pressure: 700 hPa to 1060 hPa
 - Storage/Transport Temperature: -25°C to +70°C
 - Storage/Transport Humidity: 8% to 93% R.H

Indication for use: For the temporary relief of pain associated with sore and aching muscles in the lower back or elsewhere on the body due to strain from exercise or normal household and work activities.

itens.com

iTENS QUICK START GUIDE

Congratulation on your purchase of the iTENS device.

Warning: iTENS strongly recommends carefully reading this user's manual, the full user's manual located in the app's documents folder, and the "Warnings and Cautions".

Contraindications: Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

1. If you are in the care of a physician, consult with your physician before using this device;
2. If you have had medical or physical treatment for your pain, consult with your physician before using this device;
3. If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;
4. Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure;
5. Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal;
6. Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins);
7. Do not apply stimulation over, or in proximity to, cancerous lesions;
8. Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;
9. Do not apply stimulation when in the bath or shower;
10. Do not apply stimulation while sleeping;
11. Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
12. Do not use the device on children, if it has not been evaluated for pediatric use.
13. Apply stimulation only to normal, intact, clean, healthy skin.

Precautions:

1. TENS is not effective for pain of central origin, including headache;
2. TENS devices have no curative value;
3. TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
4. Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head
5. The safety of electrical stimulation during pregnancy has not been established;
6. You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);
7. If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician;
8. If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
9. Use caution if you have a tendency to bleed internally, such as following an injury or fracture;
10. Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;
11. Use caution if stimulation is applied over the menstruating or pregnant uterus;
12. Use caution if stimulation is applied over areas of skin that lack normal sensation.
13. Keep this device out of the reach of children;
14. Use this device only with the electrodes, and accessories recommended by the manufacturer.

Adverse Reactions:

1. You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
2. You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face;
3. You should stop using the device and should consult with your physician if you experience any adverse reactions from the device or electrodes.

QUICK SET-UP STEPS

1. Remove the iTENS device and assemble the battery charger with cord. Charge the device for 2.5 hours upon first use by plugging it into a USB port of a powered on device (i.e. laptop). An AC wall plug is available as an accessory on itens.com.
2. Once the device is charged, connect the device to the electrode wing by snapping it into the holder.
3. Apply the electrode gel to the electrode wing by peeling one side of the electrode film off and then sticking both gel electrodes to the silver space defined on the back side of the wing. Leave the remaining piece of film on until the device is ready to use. Then, turn on the center power button on the iTENS device by holding it down.
4. Next, install the iTENS app on your smartphone or tablet. The iTENS app is available from the Apple App Store and Google Play Store. Visit www.iTENS.com for download links and device compatibility information. As well as updates to device compatibility
5. Once the app is installed, you are ready to use the device. If you are using more than one iTENS, then choose the multiple iTENS setting at the start of the app. The LED light will begin flashing which means the device is pairing.

NOTE: *A solid light means pairing is complete and the device is active. The LED light also begins flashing when the batteries are running low.*

NOTE: *Make sure Bluetooth is on in your phone settings if pairing is not working.*

6. Once pairing is complete, peel off the remaining film and stick the electrode wings onto your treatment site.
7. Access the treatment programs in your app by pressing the "head and shoulders" symbol at the bottom of the screen. From there, you can either select a setting from the "Body Diagram" (for specific area treatments), "Conditions" (to treat based on a current ailment), or "Manual Mode" (to create a custom setting). It is highly recommended to experiment with the different settings to find the optimal program for your condition.
8. Once you have chosen and selected a program setting, you will next need to adjust the intensity. As you adjust the intensity, you will feel a mild tingling sensation. Adjust the intensity to a level that is comfortable but not overpowering.
9. Initial treatments should last for around 30 minutes, and for some people it may take 3-4 therapy sessions over the first couple days of use, for the body to acclimate to electrotherapy. So do experiment with your settings and placement of the wings.

* to access the chart and track features of the app, click on the settings icon at the bottom of the main screen, and enable the "track your results" settings. Once this is enabled, you will be prompted to enter your pain level before and after your treatment sessions. Other data points regarding your therapy sessions will begin to be tracked as well. Tracking can be disabled whenever needed.

Access your results by clicking "chart your results" in the settings icon.

* Full detailed device and app settings can be found in the main manual in the app's document folder.