

Manufactured For:
Roscoe Medical, Inc.
Strongsville, Ohio 44149

Made in China



TENS 7000 To Go™ Back Pain Relief System

User Manual



Model: DT6070

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Introduction

Thank you for purchasing the TENS 7000 To Go™. The TENS 7000 To Go™ is effective in relieving pain, using TENS treatment which stands for Transcutaneous Electrical Nerve Stimulation. TENS is recognized as a safe and highly effective method of relieving pain. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

EXPLANATION OF TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a noninvasive, drug free method of controlling pain. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS does not cure any physiological problem; it only helps control the pain. TENS does not work for everyone; however, in most patients it is effective in reducing or eliminating the pain, allowing for a return to normal activity.

HOW TENS WORKS

The TENS unit sends comfortable impulses through the skin that stimulate the nerve (or nerves) in the treatment area. In many cases, this stimulation will greatly reduce or eliminate the pain

Introduction

sensation the patient feels. Pain relief varies by individual patient, mode selected for therapy, and the type of pain. In many patients, the reduction or elimination of pain lasts longer than the actual period of stimulation (sometimes as much as three to four times longer). In others, pain is only modified while stimulation actually occurs.

HOW YOUR TENS 7000 To Go™ WORKS

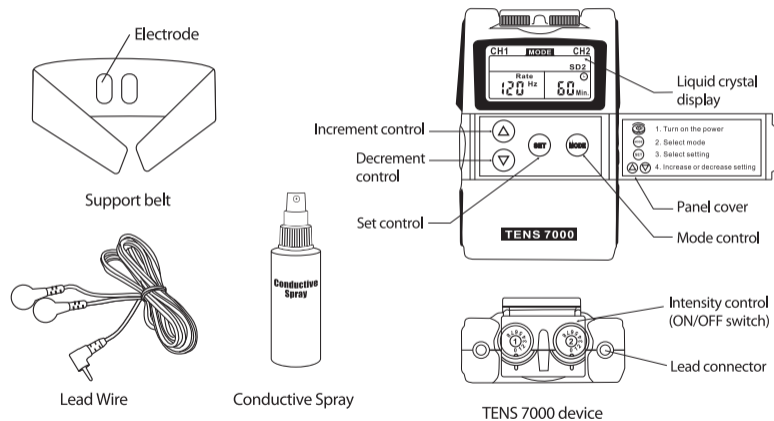
The main function of pain relief comes from the continuous stimulation pulse generated from the dual channel stimulator. We cannot ensure that the pain relief is 100% effective for everyone. However, when used according to our instruction, it can be a safe, non-addictive, noninvasive lower back pain reliever.

CONDITIONS THAT MAY AFFECT YOUR HOW YOUR TENS 7000 To Go™

Since the stimulator is a battery-operated electronic system, its output performance and safety may be affected greatly in extreme humidity. Therefore, it is very important to keep the stimulator dry to ensure the safety and performance of the stimulator.

Parts

Your TENS 7000 To Go™ system includes the following parts:



Safety Information

Indications for use

The TENS 7000 To Go™ system is intended for temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.

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.

Warnings

- If you are in the care of a physician, consult with your physician before using this device;
- If you have had medical or physical treatment for your pain, consult with your physician before using this device;
- If your pain does not improve or continues for more than five days, stop using the device and consult with your physician;
- 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

Safety Information

or blood pressure.

- 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;
- 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);
- Do not apply stimulation over, or in proximity to, cancerous lesions;
- 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;
- Do not apply stimulation when in the bath or shower;
- Do not apply stimulation while sleeping;
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
- Do not use the device on children, it has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals;
- Apply stimulation only to normal, intact, clean, healthy skin.

Safety Information

Precautions

- TENS is not effective for pain of central origin, including headache;
 - TENS is not a substitute for pain medications and other pain management therapies;
 - TENS devices have no curative value;
 - TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
 - For maximum effectiveness the patient should be under the care of a qualified Pain Management Specialist;
 - The long-term effects of electrical stimulation are unknown;
 - 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;
 - The safety of electrical stimulation during pregnancy has not been established;
 - You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium;
 - If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician; and
 - If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
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Safety Information

We also advise users of the following:

- Use caution if you have a tendency to bleed internally, such as following an injury or fracture;
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;
- Use caution if stimulation is applied over the menstruating or pregnant uterus; and
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children; and
- Use this device only with the leads, conductive back brace, and accessories
- recommended by the manufacturer.

Adverse Reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
 - You should stop using the device and should consult with your physician if you experience adverse reactions from the device.
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Specification

Technical information

Channel:	Dual channels
Power supply:	1 *6F22 battery
Output:	0-80mA (500 ohm)
Treatment Time:	5-60 min or continuous
Pulse Rate:	Adjustable, from 2 to 150 Hz,1 Hz/step
Pulse Width:	Adjustable, from 50 to 300 microseconds, 10µs/step
Dimensions:	101*61*24.5mm(H*W*T)
Weight:	150 grams with battery, without belt
Operating Conditions:	41F to 104F (5° to 40°C) with relative humidity of 30% - 50%, atmospheric pressure from 700 hpa to 1060 hpa
Storage Conditions:	14F to 122F (-10° to 50°C) with relative humidity of 10% - 90%, atmospheric pressure from 700 hpa to 1060 hpa

Specification

Program

Program	Description
Burst Mode	Burst rate: Adjustable, 0-5 – 5Hz Pulse width adjustable, 50~300µs Frequency fixed = 100 Hz
Normal Mode	The pulse rate and pulse width are adjustable. It generates continuous stimulation based on the setting value.
Modulation Mode	Modulation mode is a combination of pulse rate and pulse width modulation. The pulse rate and width are automatically varied in a cycle pattern. The pulse width is decreased by 50% from its original setting in 0.5 second, and then the pulse rate is decreased by 50% from its original setting in 0.5 second. Total cycle time is 1 second. In this mode, pulse rate (2-150Hz) and pulse width (50-300µs) are fully adjustable.
SD1 Mode	The SD1 (Strength-Duration) mode consists of automatic modulation intensity and pulse width in 40% range. The intensity is always increasing while the pulse width is decreasing and vice versa. The intensity is decreased by 40% while the pulse width is increased by 40% in 5 seconds. In the next 5 seconds, the intensity is

Specification

Program	Description
SD1 Mode	increased by 40% while the pulse width is decreased by 40%. Total cycle time is 10 seconds. Pulse rate (2~150Hz) and pulse width (50 ~300 μ s) are fully adjustable.
SD2 Mode	The SD2 (Strength-Duration) mode consists of automatic modulation intensity and pulse width in 70% range. The intensity is always increasing while the pulse width is decreasing and vice versa. The intensity is decreased by 70% while the pulse width is increased by 70% in 5 seconds. In the next 5 seconds, the intensity is increased by 70% while the pulse width is decreased by 70%. Total cycle time is 10 seconds. Pulse rate (2~150Hz) and pulse width (50 ~300 μ s) are fully adjustable.

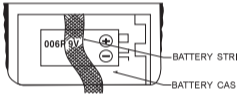
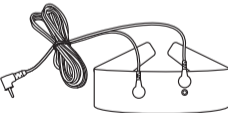
Quick Operation Guide

You may use the following simple operation steps to operate this stimulator.



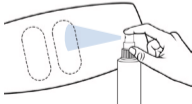
- Step 1. Insert the 9-Volt battery into your stimulator
- Step 2. Prepare your support belt
- Step 3. Connect the snap cables
- Step 4. Connect lead wires to device
- Step 5. Adjust the length of the support belt
- Step 6. Apply the conductive spray to the rubber electrodes - two sprays over each electrode
- Step 7. Put on the support belt
- Step 8. Power On/Off Switch and Intensity Controls
- Step 9. Select the therapy mode
- Step 10. Select the stimulation time
- Step 11. Set Control
- Step 12. Enjoy the benefits
- Step 14. Turn off stimulator and remove back brace

For the details of operation, please see the following operating instructions.

Operation Instruction

Description of Operation	Diagram
<p>Step 1. Insert the 9-Volt battery into your stimulator</p> <p>Make sure both power knobs on stimulator are turned OFF.</p> <p>To insert the battery, slide front cover downward until the cover pops off, by pushing on the top with both thumbs. Insert a 9-volt battery according to the diagram in the battery compartment.</p> <p>Close the cover on the stimulator by sliding from the bottom up.</p> <p>IMPORTANT: Match the positive terminal of battery to the positive marking shown.</p>	
<p>Step 2. Connect the snap cables</p> <p>Turn the support belt over, with the electrode facing down.</p> <p>The belt should be lying horizontally in front of you. You will see two metal snaps.</p> <p>Take one female snap wires and snap one connector onto the metal snaps as shown in the diagram. Repeat with the other wires.</p>	

Operation Instruction

<p>Step 3. Connect lead wires to device</p> <p>Before proceeding to this step, be sure the device is completely turned OFF. Holding the insulated portion of the lead wire connector, insert the angled-"L" plug into the receptacle on the top of the main device as shown in the diagram. Ensure the lead wires are inserted correctly with no metal showing.</p>	
<p>Step 4. Prepare your support belt</p> <p>Lay your Support Belt open on a flat surface, with the rubber electrode side facing up. You will see two conductive rubber electrode pads.</p> <p>Apply two pumps of conductive spray to each rubber electrode pad before placing the belt around the waist.</p>	<p>Rubber Electrode Pads</p>  

Operation Instruction

Step 5. Adjust the length of the support belt

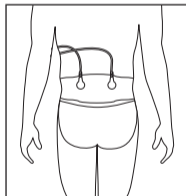
For this support belt, the length of the belt is designed for one size fits all. The belt length can be adjusted using the Velcro patch of neoprene bands, as shown in the diagram



Step 6. Put on the support belt

You may now put on the belt:

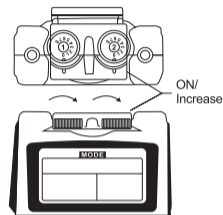
1. Choose and place the support belt on the intended treatment area as described below.
2. If your lower-back pain is closer to your waist level then place the support belt so the middle of the belt rests at your waist.
3. If pain is closer to the lower part of your back, place the support belt so that the middle of the belt resting an inch or two below your waist.
4. Once you have the support belt in position, fasten the elastic band firmly around your torso with the Velcro, pulling both ends of the elastic band.



Operation Instruction

Step 7. Power On/Off Switch

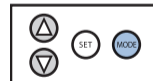
Turn on channel 1 (left knob) for two electrodes or both knobs for 4 electrodes on top of the stimulator until you hear a click and beep. The LCD screen will light up to select therapy mode.



Step 8. Select the therapy mode

There are 5 therapy mode: Burst, Normal, Modulation, SD1 and SD2.

Select a mode by pressing the "MODE" control. The mode you select will show up on the top of the liquid crystal display (LCD). Continue to press the mode button until you have reached the desired therapy mode.

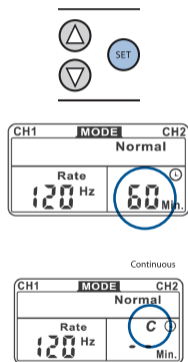


Operation Instruction

Step 9. Select the stimulation time

The unit has a timer of 5-60 minutes and continuous. It can be adjusted by pressing the "Set" button until the time indicator on the bottom right of the LCD screen flashes. Use the [▲] or [▼] controls to adjust the treatment time. The treatment time will countdown automatically in one minute increments. Its output will shut off when time is up, unless on "Continuous" mode, in "continuous" you will need to manually turn the device off.

Warning: If you select "Continuous" you should follow the precautions recommended by your physician.



Operation Instruction

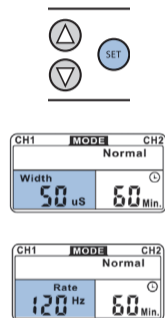
Step 10. Set Control

● Set Pulse Width

Pulse Width is adjustable from 50 μ s to 300 μ s. Press "SET" control to enter this menu, the width number will flash, use the [▲] or [▼] to adjust the setting.

● Set Pulse Rate

Pulse rate is adjustable from 2Hz to 150 Hz. Press "SET" control to enter this menu, the rate number will flash, use the [▲] or [▼] to adjust the setting.



Operation Instruction

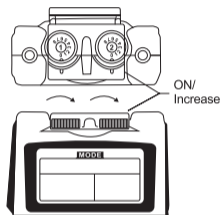
Step 11. Intensity Controls

Turn knob on the top of the stimulator to a position where you can feel the stimulation coming from each channel.

The strength of stimulation should be comfortable. The strength of stimulation may be adjusted depending upon the condition and comfort of the individual user.

The stimulation output will increase as the adjustment knob is rotated toward higher output numbers (clockwise).

1 = Weaker; 8 = Stronger;



Operation Instruction

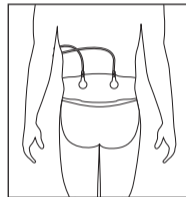
Step 12. Enjoy the benefits

After setting the stimulator, you can cover the belt with clothing.

Be careful not to unsnap or damage the cables. The stimulator can be clipped to your belt for portable, hands-free lower back pain relief.

The stimulator will turn off automatically after the time has expired, unless on "Con ti no us" mode, in which you will need to manually turn the device off.

Try the stimulator at different therapy mode to find the amplitude that is the most effective for you. Everyone is different. For some people, the stimulator may begin to feel less effective if it is used for hours on the same therapy mode. This can happen if your body becomes used to the intensity or therapy mode of stimulation.

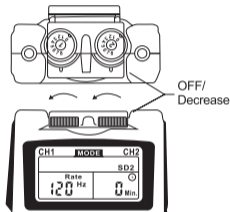


Operation Instruction

You can prevent this by changing the intensity and/or therapy mode.

Step 13. Turn off stimulator and remove back brace

IMPORTANT REMINDER: When you are finished using your stimulator, turn "OFF" both adjustment knobs (counter clockwise) before removing your support belt to avoid unpleasant stimulation.



Step 14. Low battery indicator

A low battery indicator will be flash when the battery is almost empty. You should replace the new battery to improve the therapeutic effect.



Maintenance

How to clean your care back pain relief stimulator

Remove the battery from the device every time before cleaning. Clean the device after use with a soft, slightly moistened cloth. In case of more extreme soiling you can moisten the cloth with mild soapy water. Do not use any chemical cleaners or abrasive agents for cleaning. Do not submerge the stimulator in liquids or expose it to any amount of water.

How to clean the lead wires

Disconnect the lead cord and snap cord from the belt and the stimulator. The lead cord and snap cord may be wiped with a damp cloth. Coating them lightly with talcum powder will reduce tangles and prolong their life.

How to clean your support belt

Before washing the belt, remove the snap wires and the stimulator from the belt. Hand-wash your Support Belt in cool water. Do not wash the belt in the washing machine. The support belt should be air-dried, lying flat or hanging. Do not put the belt in clothes dryer. To avoid skin irritation and ensure good contact with your skin, clean silicone rubber electrodes with soap and water frequently. The electrodes must be dried completely before using.

Maintenance

How to maintain your TENS 7000 To Go™ Pain Relief Stimulator

- 1) Your stimulator uses a standard a 9-volt battery. If stimulation seems to be weak, or the stimulator will not turn on, check the battery. To replace the battery, make sure the device is turned "OFF". Slide the stimulator cover open by pushing on the back with both thumbs until the cover slides open. Remove the old battery. Insert 9 Volt battery according to the diagram in the battery compartment. To close the cover, slide from the bottom up.
- 2) If your support belt is damp after use, allow it to air-dry before re-applying.
- 3) When connecting and disconnecting a snap wire, hold it by the molded end and pull. Do not pull on the wire itself. Replace the snap wire if worn or broken.
- 4) The user must not attempt any repairs to the device or any of its accessories. Please contact your retailer for repair.

Troubleshooting

If your device does not seem to be operating correctly, refer to the chart below to determine what may be wrong. Should none of these measures correct the problem, the device should be serviced.

Problem	Solution
The stimulator will not turn on.	Check the battery – be sure it is firmly in place. Change the battery if necessary.
Displays fail to light up	a) Try fresh batteries. b) Ensure batteries are inserted correctly. Check the following contacts: <ul style="list-style-type: none">• All contacts are in place.• All contacts are not broken.
The stimulator is on, but there is no stimulation.	a) Check the Lead wire and snap wire for breakage. If broken, replace. b) Make sure the Lead wire and snap wire are securely snapped onto the support belt and into the stimulator socket.
The stimulator has a 9-volt battery, but will not turn on.	Please consult or return the device to your dealer.

Storage

- 1) For a prolonged pause in treatment, store the device in a dry room and protect it against heat, sunshine and moisture.
- 2) Store the device in a cool, well-ventilated place.
- 3) Never place any heavy objects on the device.
If the stimulator will not be used for more than a week, remove the battery from the stimulator.

Disposal

Dead batteries must be disposed of in a specially labeled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.



Please dispose of the device in accordance with the legal obligation. Electrical devices are recyclable material and should not be disposed of with household waste after their useful life. Help us protect our environment and save resources by disposing of the device and batteries at appropriate collection centers. Contact the organization which is responsible for waste disposal in your area if you have any questions.

Explanation of Symbols



Type BF applied part



Disposal in accordance with Directive 2002/96/EC (WEEE)



The name and the address of the manufacturer



Complies with the European Medical Device Directive (93/42/EEC) and amended by directive 2007/47/EC requirements. Notified body TUV Rheinland (0197)



Refer to Instruction Manual.

Warranty

Please contact your dealer or the device center in case of a claim under the warranty. If you have to send in the device, enclose a copy of your receipt and state what the defect is.

The following warranty terms apply:

- 1) The warranty period for device is one years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
- 2) Defects in material or workmanship will be removed free of charge within the warranty period.
- 3) The warranty applies to the stimulator and necessary parts and labor relating thereto. The distributor reserves the right to replace or repair the unit at their discretion.
- 4) The warranty does not apply to belt, lead wires, battery and stimulator if damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.
- 5) Repairs under warranty do not extend the warranty period for the unit or for the replacement parts.
- 6) Liability for direct or indirect consequential losses caused by the unit is excluded even if the damage to the unit is accepted as a warranty claim.

Replacement Parts

Please contact your dealer or the device center to order replacement parts:

Item #	Item Description
GB7000	TENS 7000 To Go Conductive Back Belt
WS3147	Snap Wires
WW3005	Lead Wires
TA9050	9-Volt Battery
LS2177	Conductive Spray - 2 Ounce Bottle