kinetik
WELLBEING

Wireless TENS Pain Reliever

User Manual

WT1/A Series

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Introduction

Thank you for buying the Kinetik Wireless TENS Pain Reliever, a safe drug free way to relieve every day and long-term pain. Multiple stimulation and intensity settings allow you to customize your treatment for different parts of the body and levels of pain.

Why consider digital pain relief?

Pain is a warning signal; we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However, once we have identified damage, pain serves little purpose. In the case of chronic, regular pain it can significantly interfere with daily activities and the quality of life.

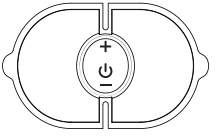
TENS transmits harmless electrical signals through 4 pads direct to the site of pain, blocking the pain signals and stimulating endorphins – the body's own natural painkillers.

- Simple – easy to use, lightweight and portable.
- Customisable – multiple stimulation and intensity settings.
- Effective – recommend by doctors and physiotherapists.
- Safe – drug free relief which can be used alongside medication if required.

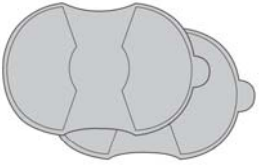
Before you start, it is important that you read this instruction booklet carefully.
Please keep it in a safe place in case you need to refer back to it at a later date.
If you have any concerns about your pain symptoms, we recommend you contact your doctor.

Parts

About Wireless TENS Pain Reliever



Main Unit

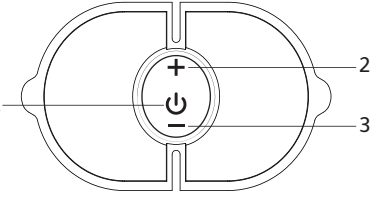


Gel Pad x 2

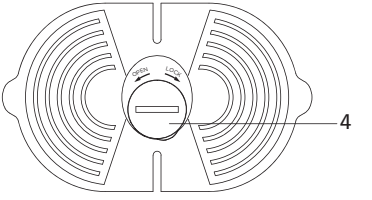
MAIN UNIT PARTS

1. On/Off switch
2. Intensity Increase and Mode Change
3. Intensity Decrease and Mode Change
4. Battery Compartment

Front



Back



Features

- Single output channel.
- Unit is adjusted via main control.
- 5 mode settings to provide different pain relief and massage effects.
- 15 output intensities to suit different parts of the body and pain.
- Touch control buttons.
- 2 gel pads.
- 20 minute treatment time.
- A safe and effective method of relieving pain.
- Simple to use.
- Can be used alongside drug therapy.
- Lightweight and portable.
- Can also be used as a massager to help you relax.

What conditions can TENS help relieve?

Please ask your local pharmacist for advice about any specific condition.
TENS provides pain relief for a number of different pain conditions, including:

- Back Pain
- Sciatica
- Sports strains and sprains
- Almost all muscle related injuries

Use the TENS Pain Reliever for at least 15 minutes a day, however, you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore.

General Warnings and Safety

Before you start:
Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Completely remove gel pad from both protective plastic covers.
- Attach gel pad to wireless tens machine.
- Attach gel pad to around the areas of pain. Please see section 'positions for use' for details of where to place the gel pads (page 14).
- Do not use gel pad if scratched or damaged in any way.

The TENS Pain Reliever is a medical device that has been subject to stringent testing. The use of this device must be supervised by a responsible adult.

It is safe to use for most people, with the following exceptions:

- Children under 16 years of age.
- People with pacemakers, pulse regulators or any other implanted medical device.
- People with heart rhythm problems.
- People with inflammation, acute diseases, or infectious skin wounds.
- People with Leprosy.
- People with chronic alcoholism.

NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR. Please ask your Local pharmacist about other drug free pain relief during pregnancy.

Patients must consult their doctor before using this device if receiving any physical treatment or suffering from:

- Acute diseases
- Heart diseases or heart rhythm problems
- A fever
- Abnormal blood pressure
- Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body
- Cancer
- Diabetes or epilepsy

General Warnings and Safety

Gel Pad not suitable for use on:

- Head
- Throat
- Heart
- Eyes
- Sexual organs
- Bones
- Wet body
- Face
- Back of neck
- Chest area
- Oral cavity
- Spine
- Scarred areas following surgery for at least 10 months after the operation
- Stomach muscles within 90 minutes of eating

Please refer to Page 14 for 'Positions for use'

For safe use of the product, please note the following safety instructions:

- Keep out of reach of Children.
- Make sure the device is turned off before moving the gel pads to different body parts.
- Avoid using the device in the vicinity of flammable or anaesthetic gases.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- An attempt repair by unauthorised persons invalidates the warranty.

Do not use this device under the following circumstances:

- With an electrocardiograph meter (ECG) or any other medical apparatus.
- With any creams or ointments.
- Whilst in the bathroom.
- In areas of high humidity, as this may cause an uncomfortable intense stimulation.
- Whilst Driving or operating machinery.
- Sleeping.
- Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.

General Warnings and Safety

Be aware of the following.

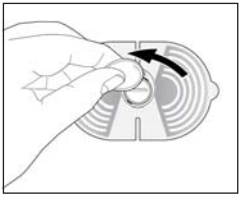
(1) to consult with your physician before using this device. The simulation with the device may:
   i. cause lethal rhythm disturbances to the heart in susceptible individuals, and,
   ii. disrupt the healing process after a recent surgical procedure;
(2) that the device is not effective for pain of central origin, including headache;
(3) that the device is not a substitute for pain medications and other pain management therapies;
(4) that the device has no curative value;
(5) that the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
(6) that the long-term effects of electrical stimulation are unknown;
(7) that the user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium;
(8) if the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician;
(9) to use caution if the user has a tendency to bleed internally, such as following an injury or fracture;
(10) use caution if stimulation is applied over the menstruating uterus;
(11) use caution if stimulation is applied over areas of skin that lack normal sensation;
(12) stop using the device if the device does not provide pain relief; and,
(13) use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

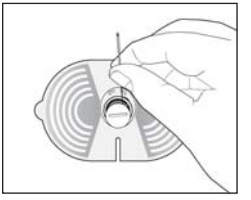
Medical Electrical Equipment needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided.

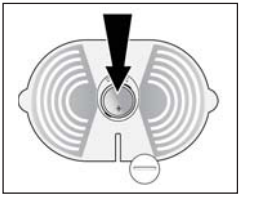
Using your Wireless TENS Pain Reliever

Instructions for use:

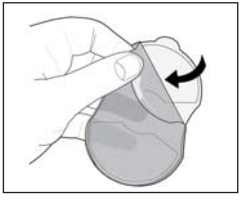
1. Before use, place a CR2032 battery into the battery compartment on the back of the Pain Relief Pad. As illustrated in the schematic, a coin-like tool is recommended to be used to open the battery compartment, and place the battery into the compartment with the side marked with "CR2032" on the top. When done, the coin-like tool is also used to close the battery compartment.





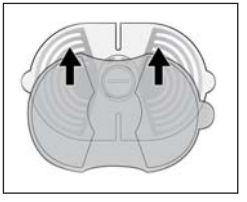


2. Open the sealed electrode pad package. Peel off the blue plastic film, starting from one side of the enclosed gel pad.

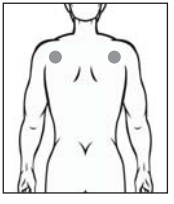


Using your Wireless TENS Pain Reliever

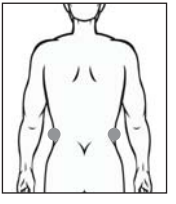
3. Follow the schematic to install the pad included onto the back side of the Pain Relief Pad unit. This should be done before applying pads onto the skin of treatment areas. Note – please keep the protective transparent film. You will need to put this on the pad when not in use.



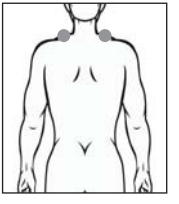
4. Place the Pain Relief Pad onto the treatment areas (such as shoulder or leg). Press down firmly and ensure a full and firm contact with skin.



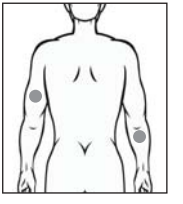
Back



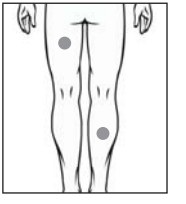
Waist



Shoulder



Arms



Leg

Using your Wireless TENS Pain Reliever

5. Press the On/Off button to turn on the unit, indicated by the light on for 3 seconds.

6. When turned on, the unit works at a default mode of combining Massage, Acupuncture, Tapping, and Scraping.

7. Press the "+" button to increase the pulse intensity, and pressing the "-" button would decrease the intensity. Each time when the intensity of 15 levels is changed by pressing "+" or "-", the light will flash once.

8. Press the "+" button for 3 seconds to select a desired pulse mode in order of Combination, Massage, Acupuncture, Tapping, and Scraping. Similarly, pressing the "-" button for 3 seconds could also select a desired pulse mode in an opposite order of Combination, Scraping, Tapping, Acupuncture, and Massage. When the mode is changed from one to another, the light will flash twice.

9. The countdown timer is 20 min. When the timer is up, the unit will turn off automatically. The unit could be also turned off by pressing the On/Off button, indicated by the light flashing three times.

Note: Always start from the lowest intensity, and then gradually adjust to a comfortable level.

Using your Wireless TENS Pain Reliever

Gel Pad

Every gel pad is protected by a transparent and blue protective film. Connect the gel pad to the unit by initially removing the blue protective film, laying the gel pads onto the TENS machine and then removing the transparent film. Do this before placing the device on skin. Press firmly to ensure good adhesion.

IMPORTANT NOTE: When removing the gel pad from skin, peel off using the device itself.

Please note:

When the gel pad is not in use, place the device and gel pad onto the protective transparent film to keep them clean and lint free.

If the gel pad is dirty, wipe with a damp, lint free cloth and allow to dry or replace with new ones.

Do not clean the pad or adhesive gel with any chemicals.

Replacement pads may be available from your retailer, or directly from kinetikwellbeing.com.

Using your Wireless TENS Pain Reliever

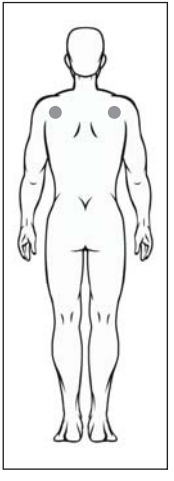
Recommended practices:

- Duration of 20 minute for each body area.
- Frequency of 1-2 times per day per area.
- Start from the lowest intensity and gradually adjust to a comfortable level on a scale level from 1 to 15.
- Be sure the area to be treated is free of perspiration, dirt and abrasions.
- Good skin care is important for a comfortable use of device. Be sure the treatment site is clean of dirt and body lotion, and wipe with an alcohol pad if needed.
- Keep electrode pads in the storage holder immediately after use. Keeping pads clean will extend their lifespan, which will vary and depend on the frequency of use. Avoid touching the adhesive area of pads with fingertips, the grease on which will shorten the pad lifespan.
- The electrode pads are disposable and should be replaced when they lose their adhesiveness.

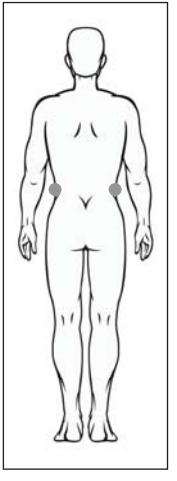
Troubleshooting

Problem	Check points	Possible solution
The unit does not switch on	Is the battery exhausted?	Replace the battery.
	Is the battery installed correctly?	Insert the battery observing correct polarity.
No output stimulus/sensation	Have you removed the transparent protective film from the gel pad?	Remove the protective film.
Output stimulus/sensation is weak	Is the gel pad stuck on the skin properly?	Re-attach the gel pad correctly.
	Is the gel pad dirty?	Clean the gel pad with a damp, lint free cloth.
	Is intensity too weak?	Use a higher intensity level.
	Is the gel pad positioned properly?	Change the position of the gel pad.
The skin becomes red and/or you feel a stabbing pain	Is the intensity too high?	Choose a lower intensity or different program.
	Are you using the pad on the same site every time?	Re-position the pad. If at any time you feel pain or discomfort stop use immediately.
	Is the gel pad too dry?	Please gently wipe with a damp, lint free cloth and then re-apply.
	Is the gel pad stuck onto the skin properly?	Ensure the pad is stuck securely on the skin.
	Is the gel pad dirty?	Please clean the gel pad using a damp, lint free cloth.
	Is the surface of the gel pad scratched?	Please replace it with new gel pad.
Output current stops during therapy	Has the gel pad come off the skin?	Turn off the power and stick the gel pad firmly to the skin.
	Has the battery been exhausted?	Please replace them with new battery.

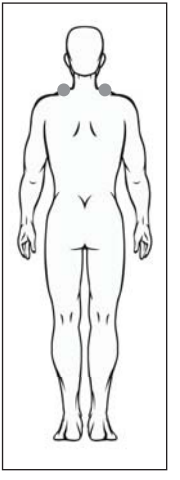
Positions for use



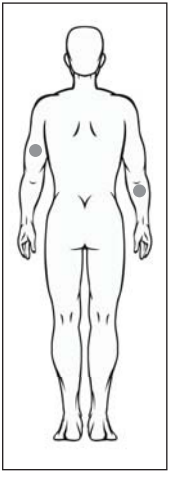
Back



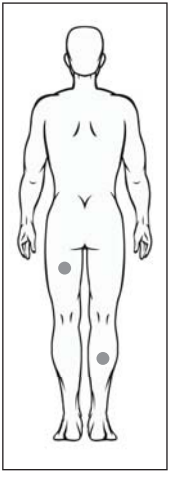
Waist



Shoulder



Arms



Leg

Mode Selection

Remark: Modes are selected by pressing the "+" or "-" buttons for 3 seconds. Pressing the "+" button for 3 seconds will select modes in the below order. Similarly, pressing the "-" button for 3 seconds will select the desired mode in the opposite order. When the mode is changed from one to another, the light will flash twice.

MODE	MODE	DURATION (mins)
MODE 1	Combination	20
MODE 2	Massage	20
MODE 3	Acupuncture	20
MODE 4	Tapping	20
MODE 5	Scraping	20

Specification

- Size: 11.7 x 7.1 x 1.1 cm
- Weight: 19 g
- Power supply: DC 3V, CR2032 battery
- Output voltage: 40 V at 500 Ω
- Pulse width: 100 μS
- Frequency: 0-200 Hz
- Timer: 20 min
- Intensity: 15 levels
- Mode: 5 pulse modes
- Operating condition: -10 ~ 40 °C, 30% ~ 85% humidity
- Storage condition: -10 ~ 50 °C, 10% ~ 95% humidity
- Transportation condition: -10 ~ 50 °C, 35% ~ 85% humidity

Compatibility EMC

1) This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.
2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
4) Caution: this machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacture's declaration – electromagnetic emission

The WT1/A is intended for use in the electromagnetic environment specified below. The customer of the user of the WT1/A should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The WT1/A use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.

Compatibility EMC

Guidance and manufacture's declaration – electromagnetic emission		
The WT1/A is intended for use in the electromagnetic environment specified below. The customer of the user of the WT1/A should assure that it is used in such an environment.		
Emission test	**Compliance**	**Electromagnetic environment – guidance**
RF emission CISPR 11	Class B	The WT1/A is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Complies	

Compatibility EMC

Guidance and manufacture's declaration – electromagnetic immunity			
The WT1/A is intended for use in the electromagnetic environment specified below. The customer or the user of the WT1/A should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment - guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient /burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input /output lines	±2kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.

Guidance and manufacture's declaration – electromagnetic immunity			
The WT1/A is intended for use in the electromagnetic environment specified below. The customer or the user of the WT1/A should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment - guidance**
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 sec	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the WT1/A requires continued operation during power mains interruptions, it is recommended that the WT1/A be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz /60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE U_T is the a.c. mains voltage prior to application of the test level.			

Compatibility EMC

Guidance and manufacture's declaration – electromagnetic immunity			
The WT1/A is intended for use in the electromagnetic environment specified below. The customer or the user of the WT1/A should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment - guidance**
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the WT1/A, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance** $d = 1{,}2\sqrt{P}$

Guidance and manufacture's declaration – electromagnetic immunity

The WT1/A is intended for use in the electromagnetic environment specified below. The customer or the user of the WT1/A should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1{,}2\sqrt{P}$ 80 MHz to 800 MHz $d = 2{,}3\sqrt{P}$ 800 MHz to 2,5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, [a] should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Compatibility EMC

a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the WT1/A is used exceeds the applicable RF compliance level above, the WT1/A should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the WT1/A

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the WT1/A.

The WT1/A is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the WT1/A can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the WT1/A as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz $d = 1{,}2\sqrt{P}$	80 MHz to 800 MHz $d = 1{,}2\sqrt{P}$	800 MHz to 2.5 GHz $d = 2{,}3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

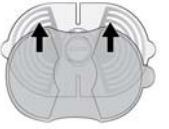
For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

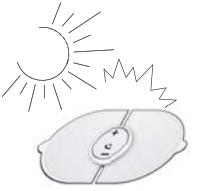
NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Maintenance and Cautions

CAUTIONS REGARDING SAFETY





- Do not immerse device in water or any liquid. Do not drop device or throw it from a height.
- After using the device, please re-attach unit to protective transparent film.
- Always use the protective film when pads are not in use.
- Do not use any chemical to clean the main unit or gel pad. In case you need to clean them, please wipe with a damp, lint free cloth.
- Do not let the pad dry out or expose to sunlight.
- Keep the device and gel pad clean.

Explanation of Symbols on Unit

Read the instructions (actual symbol colours are white on a blue background).

This symbol indicates that this product is a Type BF device.

Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

Symbol for “Manufacturer”.

This product complies with MDD93/42/EEC requirements.

Symbol for “European Representative”.

Keep Dry.

Model Reference.

Guarantee

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no serviceable parts inside this device. Any attempted repair by unauthorised persons invalidates the warranty. In the unlikely event that you experience a problem, please return it to the retailer where you made the purchase, along with your receipt. This does not affect your statutory rights.

Harvard Medical Devices Ltd.
Unit 1002, 10th Floor, Railway Plaza,
39 Chatham Road South, Tsimshatsui,
Kowloon, Hong Kong.

EC REP Kinetik Medical Devices Ltd.
Medicity Nottingham, D6 Building West,
Thane Road, Nottingham. NG90 6BH

Made in PRC


Kinetik WT1/A UK IB 20170919