

Mini TENS

Your guide to natural, drug-free pain relief

20 Minute Treatment – Single Patient Use

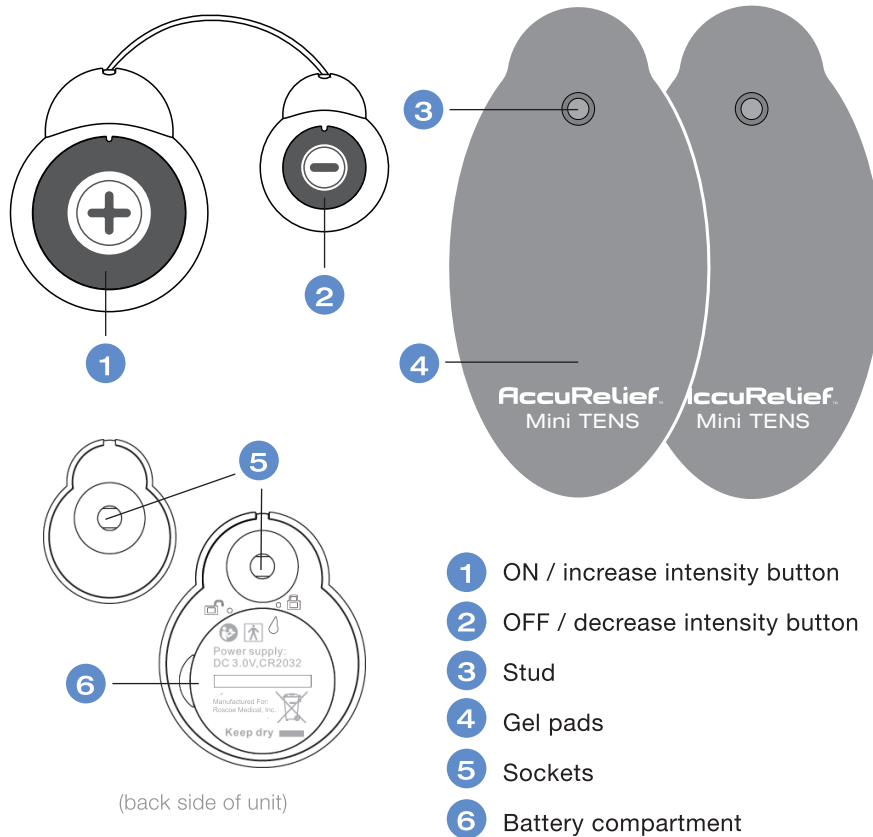
Model ACRL-1000



The purpose of this reference guide is to assist you in correctly operating your AccuRelief™ Mini TENS ACRL-1000 unit. This guide is not intended to replace or substitute the AccuRelief™ Mini TENS User Manual. **PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE.** Read, understand and practice the IMPORTANT SAFETY PRECAUTIONS AND WARNINGS found on pages 6 – 12 of your user manual.

For more information about your AccuRelief™ Mini TENS unit, visit us online at www.accurelief.com or call 1-800-328-2935.

AccuRelief™ Mini TENS Unit

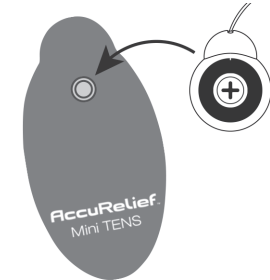


1 PULL PROTECTIVE STRIP FROM BATTERY



The AccuRelief™ Mini TENS ships with the battery installed. Before operating, pull the plastic protective strip from the back of the positive + electrode.

2 ATTACH GEL PAD



Snap the gel pad stud into the socket on the back of the positive + and negative - buttons of the TENS unit.

3 PLACE GEL PAD ON TREATMENT AREA

Removed the TENS unit and attached electrode gel pad from the protective film. Place gel pad onto skin, placing each pad at least 2" apart.



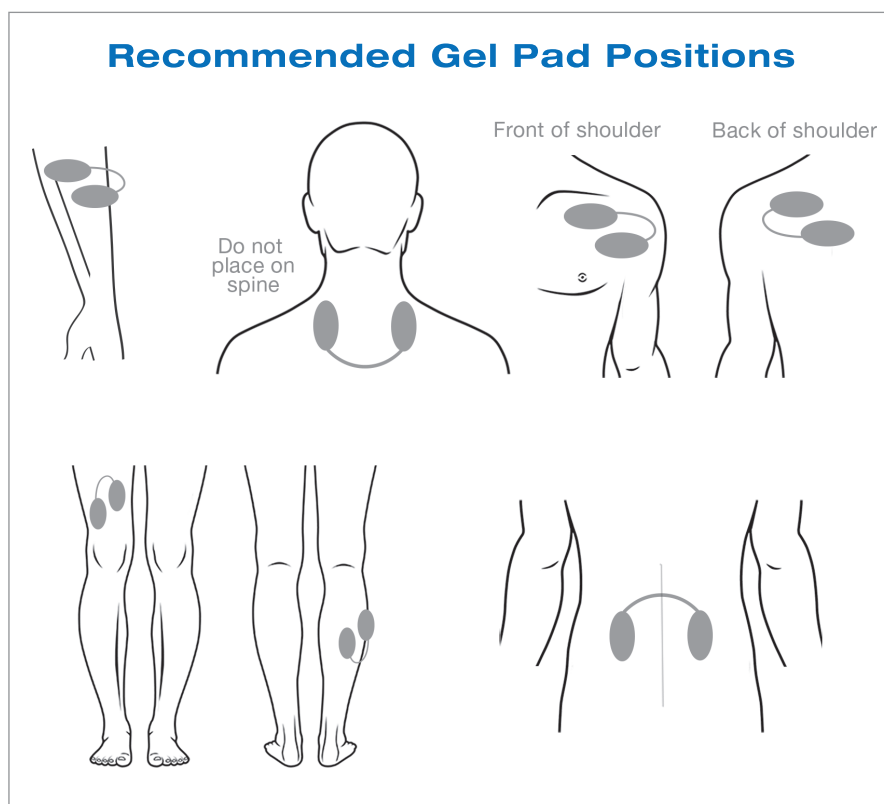
4 OPERATING THE MINI TENS UNIT

To turn on device, **press and hold the + button until you hear a long, mildly audible beep.** Press the + and - button to reach desired level of intensity. Device will turn off automatically after 20 minutes. To end session early, continue to push the - button until you hear two mildly audible beeps.



Mini TENS

The pain reliever ACRL-1000 is a TENS stimulator and can treat many different types of pain. This page shows diagrams of recommended placement of gel pads for the most common forms of pain. For other areas of pain, place the gel pads on either side of the painful area.



Apply pads to normal, healthy, dry and clean skin of adult patients because it may otherwise disrupt the healing process.

If you experience any skin irritation or redness after a session, do not continue stimulation in that area of the skin.



Never remove the self-adhesive electrodes from the skin while the device is turned on.

WHAT IS TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. It is a noninvasive, drug-free method of controlling pain. TENS uses tiny electrical impulses sent through the skin to the nerves to modify 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 DOES TENS WORK?

Scientific theory suggests that electrical stimulation therapy may work in several ways:

- The gentle electrical pulses move through the skin to nerves nearby the sources of pain, shutting out the pain message from ever reaching the brain.
- The gentle electrical pulses increase the production of endorphins, the body's natural pain killer.

WHAT CONDITIONS CAN TENS HELP RELIEVE?

TENS provides pain relief for a number of different pain conditions associated with exercise, normal work and household activities. This product is designed for temporary relief of muscle, joint and bone pain in the:

- Neck
- Shoulder
- Back
- Waist
- Upper Extremities (arms)
- Lower Extremities (leg)

REPLACEMENT PARTS:

Battery – 3V CR2032
 AccuRelief™ Mini TENS Supply Kit - ACRL-0002
 includes 8 electrode pads