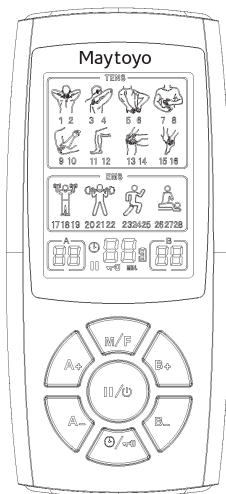


Maytoyo

TENS & EMS DEVICE

Model:KRES1080



Pain Relief Anywhere and Anytime

Register within 2 weeks after receiving your tens unit, EXTEND your warranty to 2 YEARS and get spare pads.

Visit link or scan the QR code & Complete registration

 <http://www.maytoyo.com/warranty.html>



CUSTOMER SERVICE

 support@maytoyo.com

 <http://www.maytoyo.com/>

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Please Download User Manual on Below Link:

 <http://maytoyo.com/downloads>

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1. SAFETY INFORMATION

1.1 General Introduction

Thank you very much for using our Nerve Muscle Stimulator. For you use this device safely, please read this user manual carefully before your first use.

Please keep this user manual with your device for future reference.

This device is a portable electrotherapy device, featuring three therapeutic modes: Transcutaneous Electrical Nerve Stimulator (TENS), Electrical Muscle Stimulation (EMS) and Massage, which are used for pain relief and electrical muscle stimulation. The stimulator sends gentle electrical current to underlying nerves and muscle group via electrodes applied on the skin. The parameters of the device are controlled by the buttons on the touch screen panel. The intensity level is adjustable according to the needs of the individual user.

1.2 Medical Background

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 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 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.

EXPLANATION OF EMS

Electrical Muscle Stimulation (EMS) is an internationally accepted and proven way of treating muscular injuries. It works by sending electronic pulses to the muscle needing treatment; this causes the muscle to exercise passively. This device has low frequency and in conjunction with the square wave pattern allows direct work on muscle groupings. This is widely used in hospitals and sports clinics for the treatment of muscular injuries and for the reeducation of paralyzed muscles, to prevent atrophy in affected muscles and improving muscle tone and blood circulation.

HOW EMS WORKS

The EMS units send comfortable impulses through the skin that stimulate the nerves in the treatment area. When the muscle receives this signal, it contracts as if the brain has sent the signal itself. As the signal strength increases, the muscle flexes as in physical exercise. When the pulse ceases, the muscle relaxes and then this cycle is repeated until therapy is completed.

The goal of electrical muscle stimulation is to achieve contractions or vibrations in the muscles. Normal muscular activity is controlled by the central and peripheral nervous systems, which transmit electrical signals to the muscles. EMS works similarly but uses an external source (the stimulator) with electrodes attached to the skin for transmitting electrical impulses into the body. The impulses stimulate the nerves to send signals to a specifically targeted muscle, which reacts by contracting, just as it does with normal muscular activity.

1.3 Indication for use (IFU)

TENS:

The device is designed to be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), lower extremities (leg), abdomen and bottom due to strain from exercise or normal household work activities.

EMS:

The device is designed to be used to stimulate healthy muscles in order to improve or facilitate muscle performance.

IMPORTANT SAFETY INFORMATION

Read instruction manual before operating. Be sure to comply with all "Contraindications", "Warnings", "Cautions" and "Adverse reactions" in the manual. Failure to follow instructions may cause harm to user or device.

1.4 Contraindications

- 1) This device should not be used for symptomatic local pain relief unless etiology is established or unless a pain syndrome has been diagnosed.
- 2) This device should not be used when cancerous lesions are present in the treatment area.
- 3) Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins, etc.).
- 4) Electrodes must not be applied to sites that might cause current/stimulation to flow through the carotid sinus region (anterior neck) or trans-cerebrally (through the head).
- 5) Patients with an implanted electronic device, such as a cardiac pacemaker, implanted defibrillator, or any other metallic or electronic device should not use this device without first consulting a doctor.
- 6) This device should not be used over poorly enervated areas.
- 7) This device should not be used on patients with serious arterial circulatory problems in the lower limbs.
- 8) This device should not be used on patients with abdominal or inguinal hernia.
- 9) Patients with heart disease, epilepsy, cancer or any other health condition should not use this device without first consulting a physician.

1.5 Warnings, Cautions, and Adverse Reactions

Warnings

1. Apply stimulation only to normal, intact, clean, healthy skin.
2. Do not apply stimulation when in the bath or shower.
3. Do not apply stimulation while sleeping.
4. Do not use this device during pregnancy unless directed by your physician.
5. Stimulation should not be applied over the neck, mouth or eyes. Severe spasm of the laryngeal and pharyngeal muscles may occur, and the contractions may be strong enough to close the airway or cause difficulty in breathing.
6. Stimulation should not be applied across the chest in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
7. Stimulation should not be applied across the head.
8. Stimulation should not be applied over the carotid sinus nerve, particularly in patients with a known sensitivity to the carotid sinus reflex.
9. Replacement of a component could result in an unacceptable risk. Please contact us if you have any problem with the device.
10. Keep this device out of the reach of infants, toddlers, and children.
11. Do not recharge, use or leave the battery and device in any high temperature environment such as a location near fire or in direct sunlight which may cause the battery to overheat, ignite or rupture.
12. There is potential hazard from simultaneous connection of a patient to a high frequency surgical equipment and the stimulator that may result in burns and possible damage to the stimulator.
13. Operation in proximity (e.g., 1 m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
14. When the device is transferred to another patient, replace used pads with new pads.
15. Please avoid the use of the equipment as much as possible in the following occasions or conditions, as it may result in incorrect operation: talking on a mobile phone; near the signal emission base station for broadcasting, television, communication, radar, navigation, etc.; near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging.
16. Use of accessories, transducers and cables other than those specified or provided by the manufacturer of the equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

17. Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

18. The device delivers a current density, in order to mitigate potential adverse events:

- 1) Please Do not turn on the device before connecting the wires, electrode pads.
- 2) Before the machine is turned on, the electrode pads should be pasted to the appropriate area, the machine and wire should be properly connected.
- 3) During normal use, do not touch the hydrogel on the electrode pads, do not pull out the wire plug, do not pull out the electrode pads. All these actions must be performed after shutting down.

Cautions

1. This device is for single patient use only.
2. Keep yourself informed of the contraindications.
3. This device is not intended for use on an unattended patient who is noncompliant, emotionally disturbed, has dementia, or a low IQ.
4. This device should not be used while driving, operating machinery, close to water or during any activity in which involuntary muscle contractions may put the user at undue risk for injury.
5. Never use the device in rooms where aerosols (sprays) are used or pure oxygen is being administered.
6. Do not use this device at the same time as other equipment which sends electrical pulses to your body.
7. Do not confuse the electrode cables and contacts with your headphones or other devices, and do not connect the electrodes to other devices.
8. Do not use sharp objects such as pencil point or ballpoint pen to operate the buttons on the control panel.
9. Check the wires and associated connectors before each use.
10. Turn the device off before applying or removing the electrodes.
11. Electrical stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
12. Do not use it in the presence of explosive atmosphere or flammable mixture.

Adverse Reactions

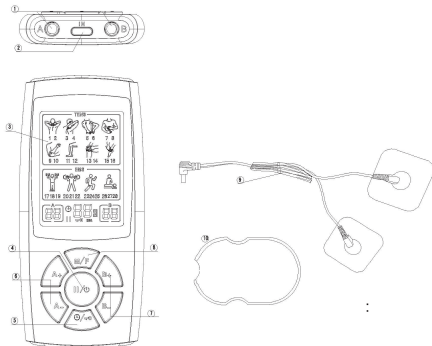
1. Potential allergic reactions due to the electrical stimulation or gel including skin irritation, redness, burning or hypersensitivity. If skin irritation occurs, discontinue use and consult your physician.
 2. Discomfort occurs due to improper stimulation levels, reduce the stimulation intensity or turn the device off directly.
 3. Headache and other painful sensations during or following the application of electrical stimulation near your eyes, to your head and face.
- *** You should stop using the device and consult with your physician if you experience any adverse reactions from the device. ***

Notes

1. Please note that the original recognized accessories, detachable parts and material which are approved by standard.
2. Please note that the adapter you choose for battery charging must complies with ANSI/AAMI/ES60601-1 or IEC 60950 standards.

2. DEVICE PRESENTATION

2.1 Illustration of the Device















- 1. A/B output connector
- 2. USB port
- 3. LCD screen
- 4. Long press: On/off switch
Short press: Pause/Start
- 5. Long press: Lock Control
Short press: Timer adjustment
- 6. Channel A intensity adjustment and channel A selector
- 7. Channel B intensity adjustment and channel B selector
- 8. Long press Function selector (TENS, EMS)
Short press: Mode adjustment
- 9. Electrode wires
- 10. Pads-sticking board

TENS/EMS/Modes

• 01-16 TENS modes

• 17-28 EMS modes

TEMS	MODE	Human parts	Intended Use
	01	neck	It is used for the symptomatic relief of chronic intractable pain and the temporary relief of pain associated with sore and aching muscles, due to strain from exercise or normal household and work activities
	02	neck	
	03	shoulder	
	04	back	
	05	waist	
	06	waist	
	7	abdomen	
	8	abdomen	
	9	Arm	
	10	hand	
	11	thigh	
	12	calf	
	13	knee	
	14	Joint	
	15	leg	
	16	leg	
EMS	MODE	Human parts	Intended Use
	17	Up Arm	It is used for relaxation of muscle spasm, increase of blood flow circulation, prevention or retardation of disuse atrophy, muscle re-education, maintaining or increasing range of motion, and immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
	18	Up Arm	
	19	Down Arm	
	20	back	
	21	waist	
	22	abdomen	
	23	thigh	
	24	calf	
	25	leg	
	26	neck	It is used for relaxation of muscle spasm
	27	back	
	28	waist	

2.2 Illustration of the Accessories

Features of the Device

- LCD display
- A/B dual output
- Adjustable timer up to 90 minutes -
- 28 modes TENS & EMS
- Rechargeable internal Li-on battery
- 40 level intensity settings
- Allows 2- 4 pads to be applied to the different targeted areas at the same time
- Power source-Rechargeable Li-on battery Applied part:
- self-adhesive electrode pads

Important Information

Degraded sensors and electrodes, or loosened electrodes, can degrade performance or cause other unsafe issues.

Included in this package

- Tens Device × 1pc
- Oval pads × 2 pcs
- Palm pads × 6 pcs
- Rectangular pads × 2 pcs
- Electric wire × 2 pcs
- USB cable × 1 pc
- Instruction manual × 1pc
- Pads holder × 1pc
- Storage Bag × 1pc
- Lanyard × 1pc

3. Operating instructions

1. Connect the pads to the wire by snapping them on, then remove the protective film.


Note: adding a few drops of water on the pads will increase their longevity.

2. Place pads where the massage sensations are desired. And plug into one of the ports on the device. For additional relief use the second port and repeat steps 1&2 for two additional pads.

Note: Make sure both pads on the skin and not overlapping.

Make sure your skin is free from any dirt, oil or lotion.

TIPS: when you use two pads(one channel)or four pads(two channels)at the same time, make sure you have placed all the pads on your body prior to energizing the unit or you won't be able to increase intensity.

3. Start up: Turn the device on by short press  in the middle of the unit panel.


4. Select channel A: Press the left "A+ or A-" to choose channel A (if "A" is flashing in the LCD screen, then you can select the intensity and modes for channel A)

5. Select mode:

Short press the "M/F" to select different modes in TENS & EMS functions, long press "M/F" to switch from TENS & EMS functions.

NOTE: Intensity level defaults to zero when starting unit or when changing modes for your safety.

6. Adjust intensity: Press the left "A+ or A-" button to increase / decrease the strength for channel A. Long press "A+" or "A-" button for 2 sec. Enter into the quick increase/decrease intensity, and release the button quickly when it comes to your desired intensity.

7. Time Setting: Press the "clock" button  at the bottom of the LCD panel to set from 10-90 mins for channel A(The timer can be increased by 10 minute intervals and the unit will automatically turn off after the set time has finished.)


8. Select channel B: Press the left "B+ or B-" to choose channel B (if "B" is flashing in the LCD screen, then you can select the intensity and modes for channel B)


9. Select mode:


Short press the "M/F" to select different modes in TENS & EMS functions, long press "M/F" to switch from TENS & EMS functions.

NOTE: Intensity level defaults to zero when starting unit or when changing modes for your safety.

10. Adjust intensity: Press the left "B+ or B-" button to increase / decrease the strength for channel B. Long press "B+" or "B-" button for 2 sec. Enter into the quick increase/decrease intensity, and release the button quickly when it comes to your desired intensity.

11. Pause the device. Short Press the ON/OFF switch button  during working. repeat short press again to resume the device

12. Lock buttons, long press  to lock the buttons (Can't setup), long press again to unlock the buttons (Can setup)

13. Turn off the device on by long press the on/ off switch  in the middle of the unit panel.

4. CLEANING AND CARE

4.1 Tips for Skin Care

Follow these suggestions to avoid skin irritation, especially if you have sensitive skin:

1. Wash the area of skin you will be placing the electrodes on with soap. Rinse thoroughly and dry the area completely before and after placing electrodes.
2. Excess hair may be clipped with scissors; do not shave stimulation area.
3. Many skin problems arise from the “pulling stress” from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from center outward; avoid stretching over the skin.
4. To minimize “pulling stress”, tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.
5. When removing electrodes, always remove by pulling in the direction of hair growth.
6. It may be helpful to rub skin lotion on electrode placement area during treatment down time when you are not wearing electrodes.
7. Never apply electrodes over irritated or broken skin.

4.2 Cleaning the Device

1. Clean the device after use with a soft, slightly moistened cloth.
2. Do not use any chemical cleaners or abrasive agents for cleaning.

4.3 Electrodes

1. Use this device only with the leads and electrodes provided by the manufacturer.
2. Check your electrode pads before every use. Replace them if needed. Reusable electrode pads can cause slight skin irritation, lose adhesion properties and deliver less stimulation if overused.
3. The ordering information of the electrodes pads: Available for purchasing on Amazon, or other e-commerce platforms. But it specifies the manufacturer of the electrode pads, the manufacturer is the best choice for you. Be free to contact the seller if you need.
4. The electrode pads type: It is a kind of hydrogel and medical silicone.

TO REMOVE YOUR ELECTRODES:

1. Lift the corner of the electrode and gently remove it from the skin.
2. It may be helpful to improve repeated electrode application by spreading a few drops of cold water over the adhesive side and turn the surface up to air dry. Over saturation with water will reduce the adhesive properties.
3. Between uses, place the electrodes back onto the protective sleeve and insert them into the re-sealable bag and store in a cool dry place.

CAUTION:

1. Do not pull on the electrode wire. Doing so may damage the wire and electrode.
2. The electrodes should be discarded when they are no longer adhering to the skin.

4.4 Cleaning the Electrode's Cords

Clean the electrode cords by wiping them with a damp cloth.

Coating then lightly with talcum powder will reduce tangles and prolong their life.

4.5 Maintenance

1. Maintenance and all repairs should only be carried out by an authorized agency. The manufacturer will not be held responsible for the results of maintenance or repairs by unauthorized persons.
2. The user must not attempt any repairs to the device or accessories. Please contact the seller if you have any problems.
3. Opening of the equipment by unauthorized agencies is not allowed and will terminate any claim to warranty.
4. Check the unit before each use for signs of wear and/or damage. Replace worn items as required.

5. Please clean the main machine frequently. Use a piece of soft dry cloth to wipe the dirt on the main machine. Don't wash with water or clean with the detergent, thinner, volatile oil, etc. that contains chemical substances.
6. The gel surface of the massage pad should be kept clean and avoid dirt like dust, oily substances, sticky substances, etc., otherwise the stickiness will be decreased.
7. Please put the massage pads back to the pad holders or paste the protective films back onto the pads after use.
8. When the stickiness of the massage pad becomes weak due to dirt or if there is a tingling sensation in the skin, please use a piece of damp cloth dipped in a little water to gently wipe the gel surface. After drying, the stickiness will recover, but if water is overused, the stickiness will be decreased.
9. Please don't wipe the gel surface with a paper towel.
10. Please Do not scrape the gel surface with nail, brush, etc.
11. Massage pads are consumables with the service life of generally 20-30 times. If the pads are not sticky or the stimulator becomes weak, please change the pads in time.
12. The batteries for this product are built-in polymer batteries. If it is not used for a long time, please charge it every 6 months.

Safekeeping

1. Please do not put the main machine in the place exposed to sunlight, high temperature, humidity, lots of dust, or the place close to fire, easy to vibrate or shock.
2. Please put where children can't reach it.

Cleaning and Storage

Environmental conditions of transport and storage:

Temperature: -20 ~ +60 °C ,

Humidity: Humidity does not exceed 85%

Use a lightly moistened cloth to clean the device and wipe gently.

- Make sure the device is off when you clean it.
- Do not let water to get into the device.

5. Trouble Shooting

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.

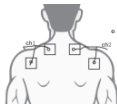
PROBLEM	CAUSE	SOLUTION
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. The gel pads are too dry. wires are damaged.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application. Use a new set of pads.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. There is a loose connection. The intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. (two pads minimum) One pad alone will not work. Make sure all connections are secure from the unit to the wires and the wires to the pads.
Adhesive gel pads Do not stick to skin even after cleaning and moistening	Adhesive material ran out.	Adhesive gel pads need to be replaced.
Unit does not turn on or the screen is dim.	Battery is low.	Recharge the battery.
Unit does not charge	Wall adapter or USB cord.	Charge your unit using USB cord only using any USB power outlet.
Only feel stimulation one channel.	<ul style="list-style-type: none">Your device features the AB independent channel.	<ul style="list-style-type: none">Try to set the mode and/or the intensity on each channel.Try to use a new set of wires.

6. Recommend Use Position

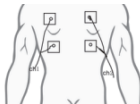
Neck



Shoulder



Back



Neck



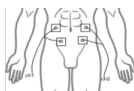
Hip



Neck



Abdomen



Waist/Foot



Hand



Joint



Medical Disclaimer

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. The information contained here is intended to provide broad consumer understanding and knowledge of product offered.

The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your health care provider.

Contact

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Made in China