



USER MANUAL

AUVON[®] TENS Massager

Relaxation, Anywhere, Anytime

Model SM9126

Device Name: TENS & PMS

INCLUDED IN THIS STANDARD PACKAGE

- AUVON® TENS Massager
- Set of Electrode Wires (1/2 Wire)
- USB Cable & USB Adapter
- User Manual
- Happy Card
- Electrode Pads

FEATURES

- 2 output with 24 modes
- 20 level intensity
- 20 minutes default timer, can adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge the battery
- AC adapter 110~240V, USB Charger 5V

SAFETY PRECAUTIONS AND WARNINGS

DO NOT USE THIS UNIT UNDER THESE CONDITIONS

Consult with your physician before using this unit. The unit may cause lethal rhythm disturbances in certain susceptible individuals. If you have had a recent surgical procedure, the stimulation may disrupt the healing process.

Before using your unit, inspect these things.

1. Cord is not broken.
2. Pad gel is not damaged.
3. Electrode cord connection is not broken.
4. Unit is intact and working.
5. There is no battery leakage.

DO NOT USE ON THESE INDIVIDUALS

- Pregnant women
- Do not use on children or infants because the device has not been evaluated for pediatric use
- Keep out of the reach of young children because the electrode cord could cause strangulation
- Persons incapable of expressing their thoughts or intentions.
- Persons incapable of operating the unit by themselves.
- Use with caution if you have a tendency to bleed internally, such as following an injury or fracture.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician

- Use caution if stimulation is applied over the menstruating uterus.

NEVER APPLY THE PADS TO THESE BODY AREAS:

- The head, the mouth, or any area of the face.
 - The neck or any area of the throat because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
 - Do not use near the heart, or on genital area.
 - Both sides of the thorax simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances which could be lethal.
 - On the calves of both legs at the same time because this may cause cardiac disturbance.
 - On the bottom of both feet at the same time because this may cause cardiac disturbance.
- Open wounds or rashes or over swollen, red, infected or inflamed areas or skin eruptions (such as varicose veins, phlebitis, thrombophlebitis and thrombosis), or on top of or close to cancerous lesions, or over areas of skin that lack normal sensation.

DO NOT USE THIS UNIT DURING THESE ACTIVITIES

- When in bath or shower;
- While sleeping;
- While driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.

PAIN MANAGEMENT WARNINGS

- If you have had medical or physical treatment for your pain, consult with your physician before using this unit.
- If your pain does not improve, becomes serious chronic or severe, or continues for more than five years, stop using the unit and consult with your physician.
- The mere existence of pain functions as a very important warning telling us that something is wrong. Therefore, if you suffer from any serious illness, consult your physician in order to confirm that it is advisable for you to use this Power Relief unit.

PRECAUTIONS REGARDING THE PADS

- Do not move the pads to another location while the unit is on.
- Therapy won't work with just one pad. You **MUST USE TWO PADS** at the same time.

- Make sure the components are connected well and the pads are fixed on the part of the body you wish to treat or the therapy may not be effective.
- Pad should not touch any metal object, such as belt buckle, necklace, or other metal worn under clothing.
- Do not overlap pads or put pads on top of each other. It may weaken or stop therapy, or the unit may stop working. Gel pads may also stick together and cause gel to be removed when separating.
- Do not share pads with another person. This may cause a skin irritation or infection. Pads are intended for use by one person.
- Do not leave pads attached to the skin after treatment.
- Do not bend or fold because the gel may get damaged and it won't stick or function properly.
- To avoid damage to the adhesive surface to the pads, put the pads only on the skin or on the plastic pad holder provided to avoid damage to the adhesive surface of the pads.
- Always place clean pads in accordance with illustrations provided.
- Do not apply ointment or any solvent to the pads or to your skin because it will disrupt

the pads from functioning properly. The self-adhesive pads will adhere to your skin.

HOW DOES IT WORK?

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

1. The gentle electrical pulse moves through the skin to nearby nerves to block or shut out the pain message from the source of the pain to reaching the brain.
2. The gentle electrical pulse increases the production of the body's natural painkiller, such as endorphins.
3. Furthermore, it is thought that the electrical stimulation improves blood circulation as well. Muscles contract and relax with the flow of the electrical stimulation. With the repeated contracting and relaxing, the blood flows in and out and the blood circulation improved.

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. Plug into one of the ports on the

device. For additional relief use the second port and repeat procedure to put on another two pads. Make sure both pads on the skin and not overlapping. Make sure your skin is free from any dirt, oil or lotion.

3. Turn the device on by sliding the on/ off switch on the top of the unit. The unit will be now activated.

4. Press the mode button to try different modes. Then press the center button to choose the waves within that selection.

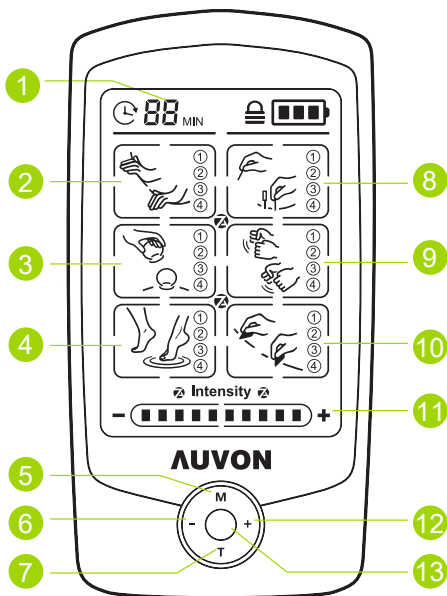
Remember the strength will default to the lowest setting by each mode selection.

Note: Center button can also be used as a lock key. Press and hold it for 3 seconds to lock the screen, 3 seconds again to unlock the screen.

5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button.

6. Recommended application is 10-60 minutes. Increase 10 minutes by each setting. The time remaining is automatically counted down. Then the unit will automatically turn off after time finish.

ILLUSTRATIONS OF THE DEVICE AND ACCESSORIES





* The AUVON[®] TENS Massager is with 6 Massage Modes, and totally 24 Sub-mode Choices.



①	Massage Time
②	Knead Massage
③	Cupping Massage
④	Deep Tissue Massage
⑤	Mode Selection
⑥	Intensity Decrease (-)
⑦	Time Selection
⑧	Acupuncture Massage
⑨	Tapping Massage
⑩	Scrapeing Massage
⑪	Adjustable Intensity / Strength (Include 20 Levels, each indicator bar represents 2 strength levels)
⑫	Intensity Increase (+)
⑬	Sub-mode Choices Selection under 6 Massage Modes



Mode Description:

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

PMS: It is intended to be used to stimulate healthy muscles in order to improve and facilitate muscle performance.

Icon & Mode		Name	Description
	1	Lateral palm kneading (TENS)	Simulating Tuina is a hands-on body treatment which opens the flow of Qi through the meridians
	2	Flat palm kneading (TENS)	
	3	Crosscut fist kneading (TENS)	
	4	Vertical fist kneading (TENS)	
	5	Acupuncture (TENS)	Simulating acupuncture provides the same sensation without needles, by utilizing electronic pulses to achieve the sensation of different needle depths.
	6	Moxibustion (TENS)	
	7	Acupuncture kneading-1 (PMS)	
	8	Acupuncture kneading-2 (TENS)	

Icon & Mode		Name	Description
	9	Rubbing reduction (PMS)	Stimulating cupping, relatively constant stimulation contracts muscles.
	10	Tapping (PMS)	
	11	Fibrillation massage-1 (PMS)	
	12	Fibrillation massage-2 (TENS)	
	13	Lifting-pinching manipulation (TENS)	Simulating tapping is intended to produce a hard thumping sensation that massage your muscles, which can give you an invigorated and revitalized feeling.
	14	Vibrating manipulation (TENS)	
	15		
	16		

Icon & Mode		Name	Description
	17	Thai massage (PMS)	Simulating Shiatsu, it is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massage techniques.
	18	Shiatsu (TENS)	
	19		
	20		
	21	Scrapeing (PMS)	It is a similar feeling like scraping the skin with a smooth edged instrument for relaxation.
	22	Sensitive parts massage mode (TENS)	
	23		
	24		

RECOMMEND MASSAGE POINTS



LOWER BACK

Modes

1,4,5,6,7,10,11,12,15,16



SCIATIC

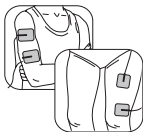
Modes 1,2,3,4,5,8



DELTOID

Modes 2,3,, 19,20,23,24

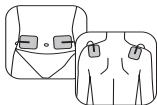
Attach one pad in front and one in back of the muscle.



UPPER ARM & THIGH

Modes 1,2,3,4,5,6,7,15,16

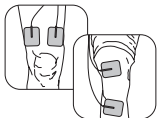
Attach both pads on either side of the area with pain



WAIST/SHOULDER

Modes

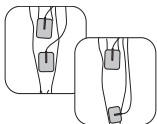
1,4,5,6,7,10,11,12,14,15,16



KNEE

Modes 1,2,3,4,5,6,7,10

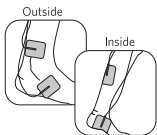
Attach both pads above the knee or above and below joint with pain.



CALF

Modes 1,2,3,4,5,6,7,8,14,15

Attach both pads on the calf/leg where you feel pain. (Do not place electrode pads simultaneously to the calves of both legs.)



ANKLE/FOOT

Modes 1,2,14,15

Attach pads per the illustration, on the left/ on the outside of your ankle/foot for pain.

Attach the pads per illustration on the right/ on the other side of your ankle/foot.

*The resistance of skin varies from different locations. If you use the two ports of AUVON TENS Massager at the same time while in two different locations, there will be inconsistencies in the strength. This is a normal phenomenon.

TROUBLE SHOOTING

If this Happens...
Pad gel does not stick to skin.

Possible causes...	Try this solution...
1. Have you removed the transparent film from the pad?	1. Peel off film on the adhesive surface of pads.
2. Is the pad wet? or Is your skin too wet?	2. Dry the pad. Or dry the skin.
3. The pad gel may be damaged.	3. Replace the pad.
4. Is there too much hair on your skin?	4. Shave the immediate area for proper pad adhesion.
5. Are you using pad during perspiring?	5. Dry the pad stuck area.
6. Have the pads been washed too long and/or too frequently?	6. Leave the pad in freezer for overnight.
7. Were the pads stored under high temperature, high humidity, or direct sunlight?	7. Replace both pads.

If this Happens...

The intensity is not felt or very weak intensity level.

Possible causes...	Try this solution...
1. Are you using only 1 pad?	1. Put the other pad on your skin. You must use both pads for therapy to work.
2. Have you removed the transparent film from the pad?	2. Peel off film on the adhesive surface of pads.
3. Are the pads stacked together or do pads overlap?	3. Check placement of pads. Refer to pad placement guide.
4. Is the cord properly connectd to the unit?	4. Connect cord plug correctly into the jack at bottom of this unit
5. Is the intensity setting getting weak?	5. Press the "+" button.
6. Is the gel damaged?	6. Replace pad.

If this Happens...

Power cut off during use.

Possible causes...	Try this solution...
1. Are the power weak?	1. Recharge your device.
2. Is the cord broken?	2. Replace cord.

If this Happens...

The skin turns red or the skin feels irritated.

Possible causes...	Try this solution...
1. Is the adhesive surface of pads dirty or dry?	1. Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running water.
2. Is the rapy time too long?	2. Use less than 25 minutes.
3. Are the two pads attached properly to the body?	3. Refer to the Pad Placement Guide and attach correctly.
4. Is the pad surface worn out?	4. Replace both pads at the same time.

If this Happens...

Only one side of the output can work properly.

Possible causes...	Try this solution...
1. One of the lead wires defective	Contact AUVON Customer Servie to resolve the concern.
2. Defective TENS unit.	

TENS Pads Holder

features



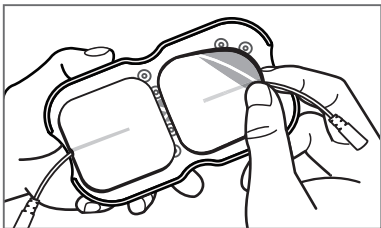
High quality
ABS material to
make sure your
use safely.



Wide
compatibility
for patches in
different sizes.

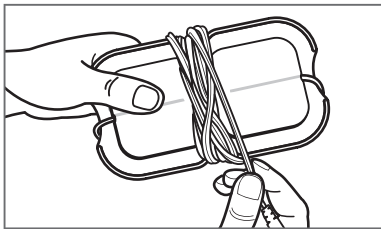
The shape of salient point designed
specially to lessen damage to the
patches.

Instruction



Step 1

Stick the electrode patches on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as the picture shown.

MAINTENANCE AND CARE

I. When you are finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.

2. After usage, please cover the pads with the protective film and put them back in their zip lock bags. Applying a few drops water before and after usage will increase the longevity of the pads. Or stick the electrode patches on the holder and wind the thread around the holder.
3. Charge the unit at least every 3 month in event it is not used regularly. You can also use the unit with wall charger or directly from your computer using the USB cable.

Warning :

The stimulator has no any output when it is being charged. You must take off the electrode pads from your body before the stimulator charged.

Operation environmental for adapter

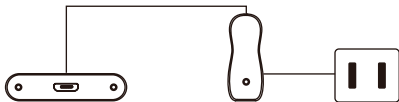
Normal working ambient temperature	5~40°C
Normal working ambient humidity and Atmosphere pressure	≤80%RH; Atmosphere Pressure: 700 ~1060hPa
Store and transport ambient temperature	-20~55°C
Store and transport ambient humidity and Atmosphere pressure	≤93%RH; Atmosphere Pressure: 700 ~1060hPa

Charger	Input:100-240V 50/60Hz 0.18A Max Output: DC5V==250mA Class II ,not applied part, not suitable for use in the presence of a flammable anaesthetic mixture with air or with oxygen or nitrous oxide, continuous operation
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The combination of stimulator and AC adaptor is considered as medical electrical system. The AC adaptor is not considered as part of ME equipment ME system

Charging the Battery

1. Turn off the controller.
2. Connect the controller and the charger with USB extension cord. Plug charger into any power outlet. The charging process will last approximately 1-2 hours.



- Note:**
1. Only charge the controller when battery is completely drained the first 2 times.
 2. Unplug charger from power outlet when charging is complete.
 3. When massage strength decreases, it indicates that the device needs charging.
 4. Recharge it and then continue to use the device. Do not use the controller when charging.

General technological characteristics	- Input	100-240V AC 50/60Hz 0.25A
	- Output	DC5V==550mA
Complied standards		IEC60950
How it is connected to the device		

CUSTOMER SERVICE

- 24-Month Limited Warranty
- Lifetime Technical Support



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