

Electrode Placement Guide



Neck



Ankle/Foot



Ankle/Foot



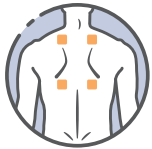
Shoulder



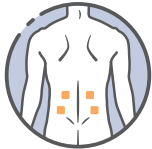
Elbow



Upper Arm



Upper Back



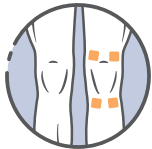
Lower Back/
Lumbar



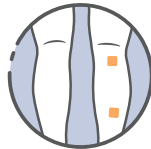
Hip



Wrist/Hand



Knee/Joint



Calf

Note:

- **Do not** place electrodes on both legs or feet at the same time. Only treat 1 at a time.
- **Only** place electrodes according to Electrode Placement Guide.

Warranty



Etekcity warrants all products to be of the highest quality in material, craftsmanship, and service, effective from the date of purchase to the end of the warranty period. Warranty lengths may vary between product categories.

Customer Support

If you encounter any issues or have any questions about your new product, please contact our helpful Customer Support Team. Your satisfaction is our goal!

Distributed by Etekcity Corporation

1202 N. Miller St., Suite A
Anaheim, CA 92806

Email: support@etekcity.com

Toll-Free: (855) 686-3835

Support Hours

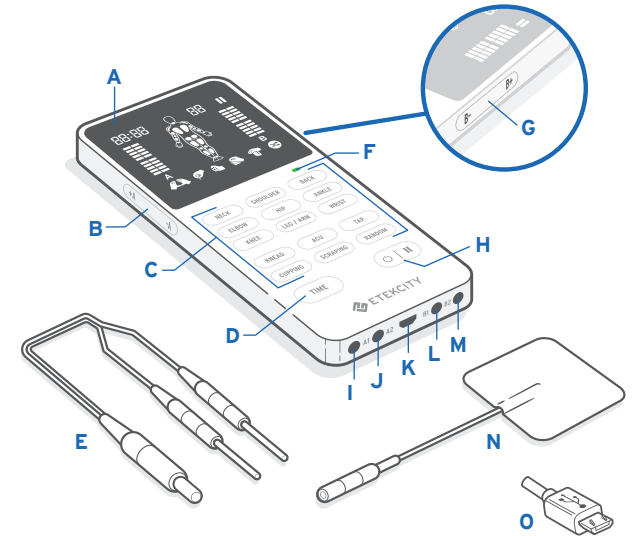
Mon-Fri, 9:00 am-5:00 pm PST/PDT

*Please have your order invoice and order ID ready before contacting Customer Support.

ETEKCITY

TENS Unit ETU-134

— QUICK START GUIDE —



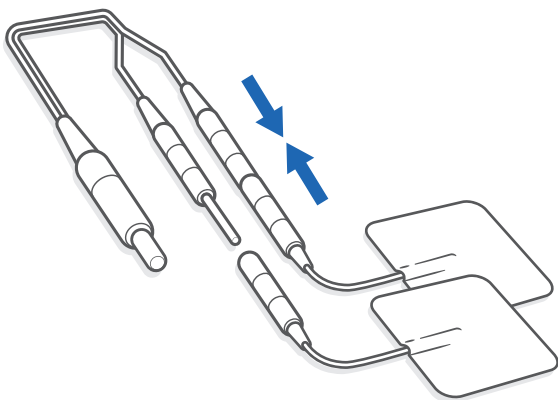
- | | |
|---|---------------------------|
| A. Display | I. A1 Output |
| B. A Channel Intensity Increase/Decrease | J. A2 Output |
| C. Therapy Modes [15] | K. Micro USB Port |
| D. Time Button | L. B1 Output |
| E. Lead Wires | M. B2 Output |
| F. Battery Indicator | N. Electrode Pad |
| G. B Channel Intensity Increase/Decrease | O. Micro USB Cable |
| H. Power/Pause Button | |

Using the TENS Unit

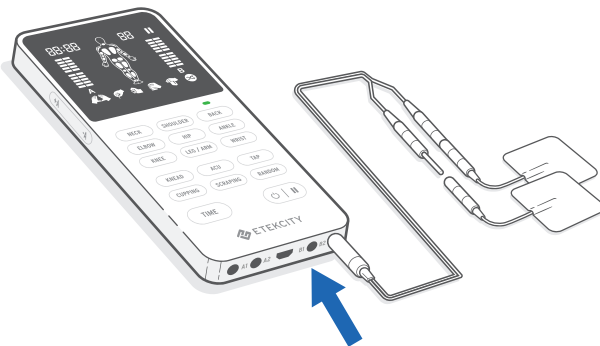
Note: Before first use, fully charge the TENS unit.


1. Connect the lead pins to the connectors on the electrodes. Then, place the electrodes on your skin (with the TENS unit turned **OFF**). Each wire has 2 leads with pin-inserted connectors. Make sure the metal on the pins is not exposed.

Note: This TENS unit has 4 independent channels (A1, A2, B1, B2). Make sure you know which channel(s) you want to use before you connect wires to the TENS unit.



2. Insert the lead wire plugs into the sockets on the TENS unit. You can use up to 4.



3. Press  to turn on the TENS unit. Wait 2 seconds for the TENS unit to fully turn on.
4. Select 1 of 15 therapy modes. The selected icon will flash on the screen and show the corresponding number.

Note:

- You can only use 1 therapy mode at a time.
- The TENS unit will automatically default to the last mode selected.



5. Optionally, press **TIME** to increase the time by 10-minute increments for up to 60 minutes. The time will show on the screen. The default time is 20 minutes.
6. Press **+A** or **B+** to begin the treatment. Press again to increase the intensity.

Note:


- Intensity can be adjusted independently for A and B channels.
- Press **+ / -** repeatedly on the left side and right side to raise or lower intensity for channel A (A1 and A2 output) and channel B (B1 and B2 output).
- Lowering both intensities to 0 will reset the timer.

Caution:

- **Do not** remove electrode pads by pulling on the wire. Peel gently from any corner.
- **Do not** place electrodes on the carotid artery, throat, backbone, or spine.
- If you feel pain, dizziness, discomfort, or nausea while using the TENS unit, stop using immediately and call your physician or medical practitioner. **Do not** exceed your comfort level.

7. Press  to pause the treatment at any time. Press  again to resume.

Note: If no buttons are pressed for 3 minutes, the TENS unit will turn off automatically.

8. Press and hold  for 2 seconds to turn off the TENS unit at any time.
9. Unplug the electrodes from the TENS unit. Then peel the pads off the skin gently and replace on the plastic film. **Never** remove pads from skin before turning off the TENS unit.