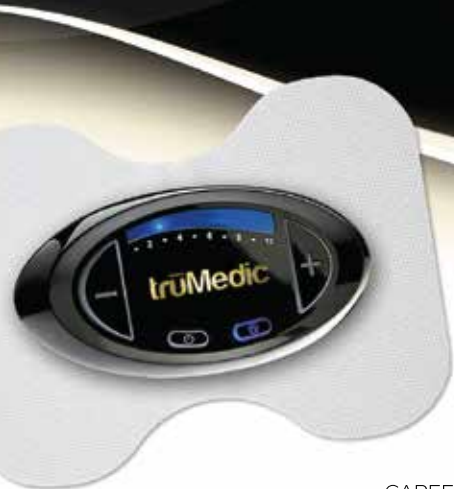


# trūMedic MICRO TENS II

MODEL TM-600DC



## INSTRUCTION BOOKLET

PLEASE READ ALL INSTRUCTIONS  
CAREFULLY AND THOROUGHLY BEFORE USE

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# truMedic® MicroTens II™ at a Glance

*Thank you for purchasing the premier wireless Mini TENS unit on the market!*

Whether you need to soothe sore muscles, alleviate pain, or stimulate your muscles and joints, the truMedic® MicroTens II™ is a TENS unit anyone can use! The sleek and compact design is made for your convenience. You can easily carry it in your purse, car, pocket or backpack for use anywhere!

## WHY USE A TENS UNIT?

**Electrotherapy is one of the most effective forms of muscle therapy.** This treatment uses electrical energy to stimulate your muscles and nerves to **reduce stress and pain**. Electronic pulse massagers are popular among athletes, physical therapy patients, the elderly, and anyone else who needs to **strengthen their muscles and deal with chronic or occasional pain**.

At truMedic®, we realize that muscle tightness and soreness can happen anywhere, so it's important that you have a portable device to meet your needs. The truMedic® MicroTens II™ is designed for convenience and accessibility. More portable it couldn't be. It's extremely safe and easy to operate. It is FDA 510k OTC (over the counter) approved for purchase and use without a prescription.

## How do I use truMedic® MicroTens II™ unit

*Electrotherapy? That sounds complicated!*

No worries! If you can navigate your cell phone or tv remote, then the truMedic® MicroTens II™ won't be difficult to use. This Instructional Guide will help you take advantage of the features and functions you need to begin relieving your pain. It is simplicity itself.



## WHAT'S IN THE BOX?

- One truMedic® MicroTens II™ unit
- (1) self-adhesive butterfly electrode pads
- (1) pair AAA batteries

## BONUS ITEMS:

- Free set of 1.5" x 1.5" electrode pads
- 2nd set of batteries
- Adapter lead-wires
- Convenient carry pouch



## SYSTEM COMPONENTS

Once you unpack the truMedic® MicroTens II™, you'll notice how compact and portable this device is. It's the size of a belt buckle, but don't let the size fool you - This unit has the power to conquer your pain.



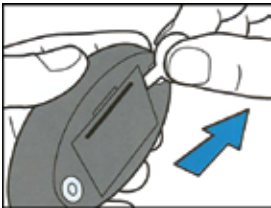
## SYSTEM OVERVIEW AND SETUP

### UNPACKING THE DEVICE

Remove the MicroTens II™ components from the packaging. Verify that all components listed in System Components, are present.

### POWERING THE DEVICE

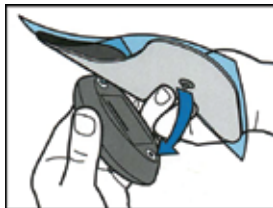
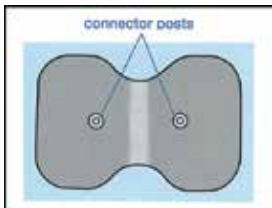
The MicroTens II is powered by two (2) AAA batteries. Remove the “pull tab” located on the back of the device, extending out from the battery compartment. This will allow the batteries to give power to the device when the Power Button is pressed.



To replace batteries, remove battery compartment cover on back of the device, remove existing batteries and insert fresh batteries inside the battery compartment. Replace the battery compartment cover.

## CONNECTING THE ELECTRODE PAD

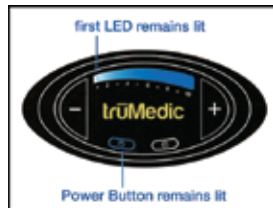
Remove the electrode pad from the electrode pouch. The electrode pad has two (2) connector posts or studs.



Insert the posts into the back of the Micro Tens II™ device. They will snap into place.

## TURNING THE DEVICE ON

Press and Release the Power Button located on the front of the device along the bottom edge of the device. The device will go through a system check which is indicated by the LED lights ramping up and ramping down.



Upon completion of the system check, the first LED light will remain lighted as well as the Power Button.



## PROGRAM / PROTOCOL SELECTION

When the Power Button is lighted, this will indicate the device is set to Program 1 or (P1), the default program. See chart for program specifics.

Before increasing intensity, if you press the Timer/Sleep Mode Button located next to the Power Button, it will light up.

The Power Button will not be lighted. This will indicate you have selected Program 2 or (P2). It is an 8-hour timed program. See chart for program specifics.

Program 1 (P1)	Program 2 (P2)
30-minute program	8-hour program
15-minutes at 100 Hz	20-minutes at 80 Hz
15-minutes at 10 Hz	20-minutes at 8 Hz
End	40-minutes at rest
	Repeats cycle 7x
Total = 30 minutes	Total = 8 hours

NOTE: 1 Hz = 1 pulse per second (pps)



After P1 or P2 is complete, the MicroTens II™ will automatically turn itself off. During the REST time of P2, the intensity will be off. It will feel like the device has shut down, but it has gone into “rest mode” for 40-minutes of rest before resuming 20-minutes of stimulation.



The use of stimulation to relieve pain varies from person to person. If your pain relief starts to feel less effective try increasing the intensity or replacing the electrode pad.

## INTENSITY CONTROL

Two buttons on the device control intensity. The intensity always begins at zero (0) when the device is powered “On” or when the battery has been removed and replaced.

Press the Increase (+) button after choosing a program. The LED display will flash and show the intensity is changing.

Each press of the button will increase the intensity by 5 volts.

Press the key to a number as high as you desire that is still comfortable. The maximum intensity is achieved after pressing the Increase (+) Intensity button 39-times. Press the Decrease (-) button to lower the intensity.



## POWERING THE DEVICE OFF

The device will automatically power off when the program is completed.

To turn the device off manually before the program has completed its cycle, press and hold the Power Button for 3-seconds until the power is off, indicated by the LED lights turning off.



## INSTRUCTIONS FOR USE

- 1. Remove the MicroTens II™ and components** from the packaging.
- 2. Remove the Pull Tab** located on the back of the device and extending out from the battery compartment.
- 3. Remove the electrode pad** from the protective pouch.
- 4. Connect the MicroTens II™ to the electrode pad** with the stud snaps of the electrode pad connecting to the snap receivers on the device.
- 5. Turn the MicroTens II™ ON.**

The device will be set to zero (0) intensity.  
See chart on page 7 for more information.  
To select P2, press the Timer / Sleep Mode button.  
P2 is an 8-hour program. See chart on page 7 for more information.
- 6. Remove the protective liner** from the electrode pad and place electrode pad on the body, over the area of pain.
- 7. Increase (+) the intensity** to the desired level of pain relief. Higher settings will block more pain. Each press of the + or - button will increase or decrease the intensity by +/- 5.4 volts.

# ELECTROTHERAPY

## ELECTROTHERAPY TREATMENT IS POPULAR FOR PEOPLE WHO NEED:

**Pain management.** Whether it's a sports related injury or just the natural wear and tear of your muscles, electronic pulse massage therapy may help manage chronic pain.

**Muscle stimulation.** Because electrotherapy stimulates muscles, nerves, and coordination, subjects experience an improvement in stress.

**Improved mobility.** Electrotherapy increases blood flow to all areas of treatment. Rejuvenated body tissues improve overall mobility. It's a benefit that you can't see, but your body will feel!



## POSITIONS OF USE



YOU CAN PLACE  
THE ELECTRODE PADS  
ON MANY AREAS OF YOUR BODY

*MicroTens II™ is NOT to be used on  
the head, neck or chest.*

### MUSCLES

Athletes and those suffering from arthritis really feel the painful effects of tight muscles. Use electrotherapy to massage these areas to bring relief and comfort. Experiment with the placement of the pads to find the position that brings the most relief.



## **FOREARMS**

Carpal tunnel is devastating for many musicians such as pianists and other string players. Even if you don't play an instrument, carpal tunnel is extremely painful and greatly limits your ability to use your hands and arms. TENS therapy can help alleviate the pain from this and similar ailments. This can be a sensitive area for some people, so be sure to start out treatment at the lowest setting and increase gradually.



## **ABS AND ARMS**

Using electrotherapy to help exercise ab muscles as well as triceps and biceps has been a popular practice among some exercise enthusiasts. Try using the unit on various muscle groups and you will find that the pleasant pulses relax the area and relieve pain from too much exercise and strain.



## SHOULDERS

Improper posture, book bags, sports injuries, and natural wear and tear can all create stress in our shoulders. This type of muscular stress can potentially be dangerous if it's chronic due to the proximity to the neck. To relieve yourself of discomfort and pain, use the truMedic® MicroTens II™ unit on your shoulders.



## WAIST

Sitting for too long, having weak hip flexors, or exercising can all aggravate pain in our hips and waist. Relieve this pain by placing the electrode pad directly over the area of discomfort on the hip, waist or lower back. You'll love how electrotherapy relieves your stress.





## THIGHS

Most sports enthusiasts know the incredible stress and strain that your thigh muscles can experience. Since these large muscles are so crucial to mobility, it's important to take care of them and help them relax. Placing the electrode pads on the top and back side of your thighs is an easy way to let the pulse therapy relax and de-stress this area.



## FEET

Wearing high heels, running, walking, or unexpected trauma can cause muscle spasms and pain in our feet. These muscles are some of the smallest in our body, but some of the most important. To relieve your feet after the daily walking and exercise that you do, attach truMedic® MicroTens II™ to the soles of your feet. You can also use the unit on your ankles and the top of your feet.

## BEST PRACTICES

*So now that you know how to use the truMedic® MicroTens II™ and are familiar with all of the benefits it offers, it's time to learn the best practices for an even better experience!*

**To enhance and ensure the desired results, each treatment should last approximately 10-15 minutes.**

This ensures that the muscles and deep tissue are stimulated enough to elicit positive results. While there are typically no side effects to longer treatment, a treatment that lasts less than 10 minutes won't allow your system to adapt to the positive changes. The perfect sweet spot for the greatest benefits is 10-15 minutes for most people! See what works for you.

**Purchase electrode pad replacements as needed.**

The electrode pads aren't permanent. They're disposable and will lose their ability to stick to your body over time. You can purchase pad replacements at [www.truMedic.com](http://www.truMedic.com). To ensure the best experience possible, always use genuine truMedic accessories.

**Contact TruCore Distributors, Inc for ordering information for replacement part(s) at (888) 264-1766**

### Device

- When not in use, make certain the device is turned off.
- Turn the power off when cleaning the device.
- DO NOT immerse the device in liquid.
- Avoid spilling liquids on the device.
- The surface of the device and conductive snaps on the back may be wiped with a soft cloth or sponge dampened with mild soap solution.
- Avoid caustic cleaners.

### Electrode

- For single person use only!
- Clean the adhesive surface after use to achieve better adhesion. Moisten the gel with a drop of water and allow it to dry briefly. Then stick the electrode pad back on the protective film.
- The length of time electrode pads remain usable depends on their storage, skin preparation and use. Store electrode pads in a cool, dry place.
- Replace electrode pads when it is no longer sticky or shows cracks/blemishes.
- Be sure to use only truMedic® original self-adhesive electrode pads as provided with the MicroTens II unit.

### Device will not turn on

- Check to see if battery Pull Tab has been removed from back of device.
- Check for proper battery installation.
- Replace batteries.

### No Stimulation

- Make sure you have attached the electrode pad with both snaps on back of device.
- Make sure you remove the protective liner from the electrode pad.
- Increase intensity level until you feel a tingling sensation. Continue increasing until you achieve the amount of pain relief desired.

## HELPFUL HINTS

- Electrotherapy, like medications, should be dosed correctly. Too much stimulation does not equal better or more rapid results.
- If the stimulation becomes uncomfortable, causing a stinging sensation when using the device and the electrode pad, remove and replace with new electrode pad. As the hydro-gel wears out or dries out, it will become less conductive. This varies from person to person. Each electrode pad is designed for multiple uses when used as directed.

## TECHNICAL SPECIFICATIONS

- **Name and model:** truMedic® MicroTens II™ Model # TM-600DC
- **Channel:** Single Channel
- **Output Voltage:** 0-200V +/- 10%
- **Pulse intensity:** 0-200V in steps of 5V
- **Pulse Width:** 100 MS
- **Power Source:** 2 AAA batteries
- **Auto. Cut-out:** P1 - 30 Min P2 - 20 Min on 40 Min off - total 8 Hr
- **Operating Conditions:** + 50°F (10 °C) to +104° (40 °C), 40-90% max. Relative humidity
- **Storage Condition:** +14°F (10 °C) to +140° (60 °C), 30-95% max. Relative humidity
- **Weight:** 2 oz. (56.7 g) (batteries included)
- **Dim.:** 3.75 in. x 1.75 in. (95.25 mm x 44.45 mm)

*Read instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow instructions can cause harm to user or device.*

*Please read the following information carefully before using the truMedic® MicroTens II™.*

## CONTRAINDICATIONS

### **Who should not use the MicroTens II™?**



Do not use this device if you have a cardiac pacemaker, implanted defibrillators or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Do not use this device if the cause of pain is undiagnosed. The pain may mean a more severe health problem.

## Warnings for proper use and safety

- If you are in the care of a physician, consult with your physician before using this device;
- If you have had medical or physical treatment for your pain, consult with your physician before using this device;
- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure;
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins);
- Do not apply stimulation over, or in proximity to, cancerous lesions;
- Do not apply stimulation when in the bath or shower;
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury; and
- Do not use the device on children, as it has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals;
- Apply stimulation only to normal, intact, clean, healthy skin.

## Precautions for the safe use of truMedic® MicroTens II™

- TENS is not effective for pain of central origin, including headache;
- TENS is not a substitute for pain medications and other pain management therapies;
- TENS devices have no curative value;
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
- The long-term effects of electrical stimulation are unknown;
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head;
- The safety of electrical stimulation during pregnancy has not been established;
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture;
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;



- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children; and
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.

## Adverse Reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face; and
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.



## LIMITED WARRANTY

The truMedic® Micro Tens II™ is warranted against defects in material and workmanship for 90 days from the date of purchase.

The manufacturer, at its sole discretion, will repair or replace, at no charge, defective parts provided the device has been properly packaged and returned postage prepaid to the manufacturer. This warranty is rendered void if damage to the device results from mishandling, misuse, abuse, or if the device is disassembled.

Furthermore, no warranty will apply to damage resulting from the customer's use of parts, fittings, or accessories not specified by the manufacturer, or from service or modifications performed by unauthorised personnel. This warranty shall not apply to lead wires, electrode pads, or batteries.



## FREE WARRANTY UPGRADE

GO TO [HTTP://VIP.TRUMEDIC.COM](http://vip.trumedic.com)

**YOU MUST REGISTER YOUR PRODUCT WITHIN 10 DAYS TO QUALIFY FOR A FREE UPGRADE TO YOUR WARRANTY FROM 90 DAYS TO ONE FULL YEAR AT NO COST!**

**WHEN YOU REGISTER, YOU BECOME A VIP MEMBER AND GET THESE EXCLUSIVE BENEFITS:**

- ✓ **FREE** Extended Warranty from 90 Days to One Full Year at **NO CHARGE!**
- ✓ Discount on new product releases.

**HAVE QUESTIONS? Give us a call on our toll-free hotline: (888) 264-1766.**

*Thank You! We look forward to welcoming you into the VIP User's Group Today!*

*Team truMedic®*

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**truMedic<sup>®</sup>**

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