

ELECTRONIC TENS UNIT PULSE
MASSAGER
QUICK START GUIDE

MODEL PL-009

INSTRUCTION
BOOKLET



truMedic[®]

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ELECTRONIC PULSE MASSAGER AT A GLANCE

WELCOME!

Thank you for purchasing the truMedic Electronic Pulse Massager PL-009, the premier TENS unit on the market!

Whether you need to soothe sore muscles, alleviate pain, or stimulate your muscles and joints, the truMedic Electronic Pulse Massager PL-009 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, or backpack for use anywhere!

WHY USE A TENS UNIT?

Electrotherapy is one of the most effective forms of muscle therapy. This medical treatment uses electrical energy to stimulate your muscles and nerves to **maximize blood flow and recovery**. Electronic pulse massages 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 PL-009 is designed for convenience and accessibility. It's extremely safe and easy to operate. It is FDA 510k OTC (over the counter) approved for purchase and use without a prescription.

LET'S GET MOVING

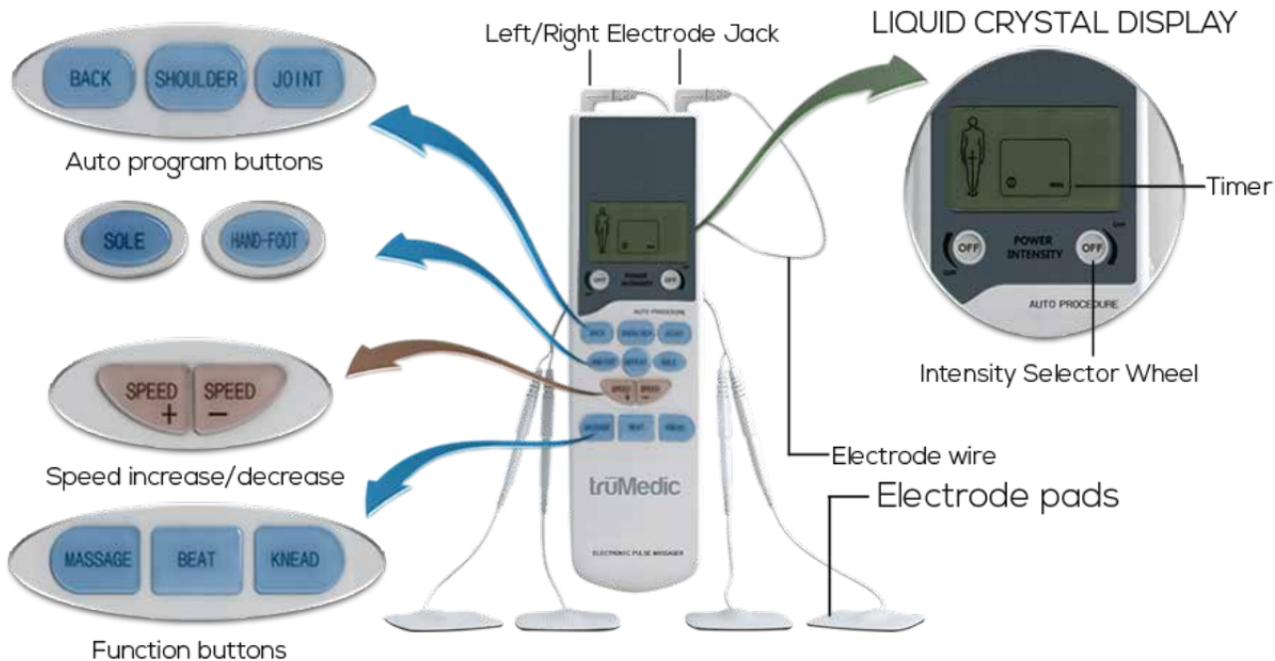
Once you unpack the PL-009, you'll notice how compact and portable this device is. It's the size of a remote control, but don't let the size fool you - This unit has power settings from very mild to **EXTREMELY powerful**.

- Insert 4 AAA batteries into the back of the device by beginning with the top battery positive side facing left, then alternating right, left, right as you install the batteries below the first one.

MAKE SURE BOTH INTENSITY WHEELS ARE SET TO "OFF"!



- Plug in the lead wire into the unit on the left or right side. without removing the electrodes from the plastic card, plug two electrodes into the lead wire. The electrode pads may require some pressure to connect to the lead wire.
- Remove the electrodes from the plastic storage sheet and place them on a test area (the forearm works well) 2 - 4 inches apart.
- Raise the wheel on same side you plugged in the lead wire to "1" and verify that the letter "P" appears on the LCD screen. Raise the intensity wheel SLOWLY to increase intensity. If a "P" does NOT appear on the screen, check or replace batteries.
- Turn off the unit, place the pads on the desired area for treatment and turn the unit on to "1". Next, select one of the "Auto-Procedures" or "Massage", "Beat", or "Knead" buttons and slowly raise the intensity wheel to the desired level.
- You may choose to use either the left side, or the right side of the unit, or both, but the electrodes **must be used in pairs** to work. That is, you cannot use one electrode from each side of the unit.
- Your truMedic Electronic Pulse Massager is ready to use!



Ready to experience
all incredible benefits for yourself?
The PL-009 Electronic Pulse Massager provides:

- High-frequency electronic pulses designed to relieve pain and reduce stress.
- Pre-set massage programs with specific benefits for each muscle group. Each one offers adjustable speed and intensity.

TO OPERATE THE PRODUCT:

Determine the area of treatment.

Common areas for treatment include the shoulders, neck, back, legs, wrists, ankles and more. Later, we'll cover more of the treatment areas that the PL-009 Electronic Pulse Massager can handle, so that you're familiar with treatment strategies.

Attach electrode pads to the desired area.

Once you decide which muscles or joints you wish to treat, attach two of the electrode pads (after plugging them in to the lead wires). Our high-quality pads attach easily to the treatment area, so there is no need to press down too hard. The pads were designed to remain attached during the treatment. The pads are covered with a gel that facilitates the transfer of the micro-currents to your skin. Over time, these pads will wear out and must be replaced.

YOU CAN EXTEND THE LIFE OF THE PADS BY FOLLOWING THESE PRACTICES:

- Always wipe your skin with a cotton swab moistened with rubbing alcohol before attaching the pads. This will remove the natural oils or any dirt from your skin.
- Always replace the pads on the plastic sheet when not in use. The life of the pads can be reduced significantly if they are exposed to air between uses, or if they touch any other surface, such as clothing or bedding, for example.
- When the pads begin to lose adhesion, you can extend the life even more by applying a small amount of TENS gel to the face of the electrode prior to use.

Turn the Power/Intensity switch to 1.

This turns on your device. The letter P should appear on the screen, letting you know that the Electronic Pulse Massager is ready to begin treatment.

Select an automated massage program.

One of the features of the truMedic PL-009 is the preset massage programs. Each muscle group responds differently to various electronic pulses, and we've organized these programs for your convenience. You can use ANY mode on ANY area to be treated, these are only suggestions.

Adjust the speed as needed.

Once you've selected a massage program, adjust the intensity find the setting that feels best. You have full control over the speed and frequency of pulses to ensure that you're getting the desired results.

*Now that you know how simple the truMedic PL-009 is to use,
it's time to begin relieving all your pain and stress!
Simply sit back, relax, and let the massager do its work.*

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 and joints, 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 joint 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!

Strengthened blood flow. Improved blood flow in targeted areas can help to increase flexibility, and reduce stress.



A HISTORY OF MASSAGE THERAPY

The benefits of massage therapy are nothing new. In fact, they're older than you, your parents, and grandparents!

Massage therapy has been used in cultures throughout the world for many centuries. In fact, it has even been called the "art of rubbing" in ancient Rome. Cultures ranging from China, Japan, Egypt, and Greece all have a documented history of massage therapy as part of their medicinal practices.

By the Renaissance, massage therapy was widely used throughout Europe, especially Sweden. It's no coincidence, then, that the two physicians who introduced massage therapy to the United States in the 1850s had actually studied in Sweden!

And of course, once electrotherapy was discovered, it was added to the massage therapy options available.



WHY MASSAGE THERAPY IS SO POPULAR

First, there is little to no risk! Whether you're trying to increase relaxation, alleviate pain, or strengthen your neurological system, there are little to no drawbacks to massage therapy, especially in a controlled environment with electrotherapy. Frequent pulses, vibrations, and deep circular movements massage deep tissue and elicit physiological benefits. There is very little risk for a high reward.

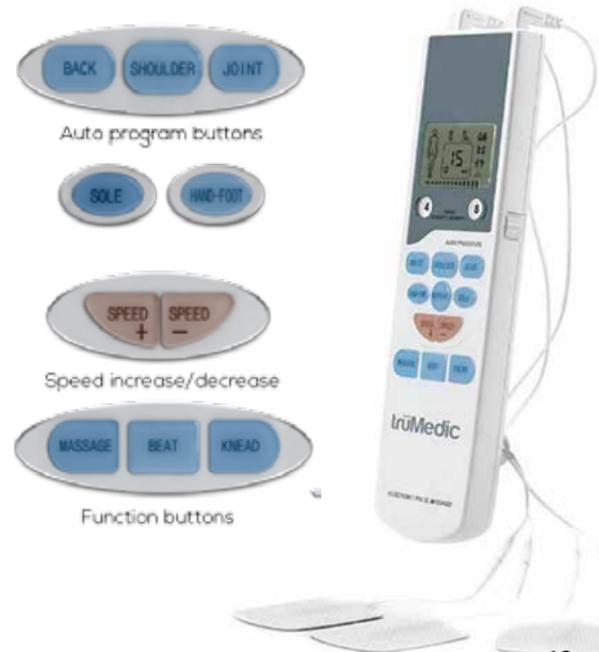
ADVANCED FEATURES

Ready to take things to the next level?

Now that you've enjoyed the benefits of electrotherapy, it's time to make sure you're taking advantage of everything that the Electronic Pulse Massager PL-009 has to offer!

As you already know and have experienced, the massager uses transcutaneous electrical nerve stimulation to treat, soothe, and enhance your body's normal healing patterns. What you might not know, however, is how flexible and customizable the PL-009 massager is for your needs.

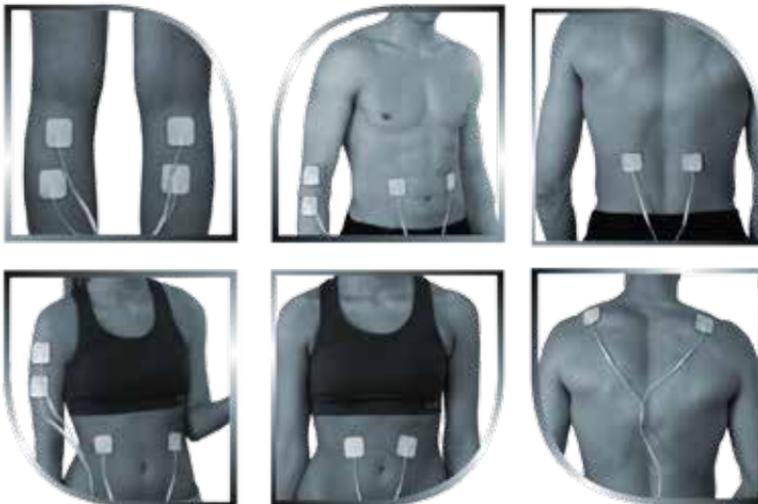
Aside from the preprogrammed massages and adjustable speeds on the top part of the unit, you can choose the **"Massage", "Beat", or "Knead" settings**. These modes are not preprogrammed combinations of pulses, but rather stay on one sensation. You can then choose the one you like the best and customize the speed and intensity to your liking.



What is the function of the "Repeat" button?

The repeat button does NOT repeat a session from the beginning, rather, while using the device in one of the "Auto-Procedure" modes, such as "Shoulder", "Back", etc the program will cycle at regular intervals from one program (set of pulses and waveforms) to another. If you feel one program that you do not want to change, pressing the repeat button will cause the unit to stay on the current program and will not let the unit cycle through to the next program

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



JOINTS

Athletes and those suffering from arthritis really feel the painful effects of tight joints. 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 strain 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 Electronic Pulse Massager PL-009 on your shoulders. Start with the pads on either side of the center of pain. Adjust the distance of the pads to center the treatment on the source of the pain.



WAIST

Sitting for too long, having weak hip flexors, or exercising can all aggravate pain in our hips and waist. To relieve yourself of tension or any pain, attach the electrode pads around your waist and lower back. Space the pads from 2 inches to 6 inches apart. You'll love how electrotherapy relieves your stress.



THIGHS

Bicyclists 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 of the daily walking and exercise that you do, attach the electrodes to the soles of your feet. You can also use the pads on your ankles and the top of your feet.

So now that you know how to use the Electronic Pulse Massager PL-009 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. Using the massager for anything shorter won't allow your system to adapt for positive changes while there are typically no side effects to longer use. The perfect sweet spot for the greatest benefits is 10-15 minutes for most people! See what works for you.

To maximize results, use at least once a day – or more, if desired.

Think of electrotherapy as a type of massage. Daily exercise is good, but too much is detrimental. You'll definitely want to use the Electronic Pulse Massager PL-009 at least once a day to see consistent results. Only using it once a week or every once in a while doesn't allow you to take advantage of its benefits.

Intensity and speed are up to you.

Your level of comfort will determine the intensity and speed used. The Electronic Pulse Massager PL-009 should never be uncomfortable – it is a massage, after all! Some people might be tempted to think that higher speeds and intensities mean better results, but it's the consistent use and application that yields the best results.

Clean the device consistently for your safety.

Bacteria from your skin and sweat can grow on the electrode pads. To ensure cleanliness, wipe the device with water or a neutral detergent after each use. This will prevent the growth of unwanted germs and dirt.

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 to ensure the best experience possible. Always use genuine truMedic accessories.

TROUBLESHOOTING AND FAQ

At truMedic, we are confident that you will be satisfied with the benefits that the TENS unit PL-009 has to offer. Unfortunately, sometimes machines don't work the way we want them to – but we're here to help!

Simply call 888 264 1766 for assistance if needed.

Here are a few commonly asked questions:

Why aren't I experiencing any benefits?

Remember that your body is a complex organism. While you might feel rejuvenated after your first treatment, it takes time for long lasting benefits to become apparent. Similar to exercise, those who stick to a regular regimen experience the best results. Since the 1850s, many have experienced the immeasurable benefits of electrotherapy, and now you can too from the comfort of your home! The Electronic Pulse Massager PL-009 is your premier electronic therapy device on the market.

Why is the stimulation weak or nonexistent?

Since the Electronic Pulse Massager PL-009 is such a powerful device, the lack of stimulation means that it probably isn't connected properly. Ensure that all of the electrode pads are closely connected with the skin and that all wires are plugged into the device. Make sure you are using the electrodes in pairs of two or four. Make sure each pair is connected to one lead wire. Disconnect the cables and try reconnecting – ensure that the electrodes don't touch each other. Make sure the batteries are charged. Weak batteries are the MAIN cause of weak / non-existent pulses.

Why is my skin red or feeling numb?

If your skin is feeling numb, then either the treatment is too powerful, or you may be overusing the device. Reduce usage or lower the intensity of the treatment. If your skin becomes red, or a rash develops, you may be having a reaction to the gel on the pads. THE PADS ARE CERTIFIED LATEX-FREE. However, particularly sensitive people may experience redness or rash, if this happens, discontinue use immediately and consult a medical professional. Either reduce the time of treatment or reduce the intensity.

Why won't my pads stick to my skin?

Over time, the pads will lose their adhesion and must be replaced, this is normal. Our pads are specifically designed to be long-lasting and are made using solid-core carbon and American-sourced gel, certified latex-free for maximum uses. Not only does this provide a sanitary experience, it ensures that the electrode pads are always working for your convenience. You can extend the life of the pads by wiping your skin with a cotton swab moistened with rubbing alcohol prior to use and by moistening the pads with a drop of electrode gel as they begin to lose adhesion.

Why won't my device turn on?

Have you checked the batteries? Remove and reinstall them, ensuring that they are installed correctly. The unit is "ON" when a "P" appears in the window, but DOES NOT begin treatment until you choose a treatment type and increase the intensity

If your device doesn't work out of the box, please call truMedic at 888 264 1766 for diagnosis and replacement, if necessary. Many problems can be resolved with a single phonecall.

CONSIDERATIONS



CAUTION:

The Electronic Pulse Massager PL-009 is not a replacement for professional medical advice or counseling. Always seek the advice of a medical professional before any type of self-treatment.

PRODUCT WARRANTY INFORMATION

truMedic warrants this product for a period of 90 days. All parts and labor are included during this period. Should you require repair or replacement during this initial 90 day warranty period, please contact truMedic at 888 264 1766 or email service@truMedic.com for return information. Please retain your sales receipt, as it will be required to receive service under this warrantee. Out-of-warrantee service is provided on a case-by-case basis. A fee for repair or replacement may apply on out of warrantee work.

SAFETY WARNINGS

DANGER!

Do not use this device if you have an implanted defibrillator or implanted metallic devices. Such use could cause electrical shock, burns, electrical interference or death. Simultaneous connection of a patient to a h.f. surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.

WARNING!

IF YOU HAVE ONE OF THE FOLLOWING CONDITIONS, PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE PURCHASING OR USING THIS DEVICE.

Acute disease, malignant tumor, infective disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician.

No modification of this equipment is allowed.

NOTICE!

- Do not use this device while driving.
- Do not use this device while sleeping.
- Do not use this device in high humidity areas such as a bathroom.
- Keep the device away from wet, high temperature and direct-sunlight place.
- Keep this device out of reach of children.
- Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.
- Do not attempt to move the electrode pads while the device is operating.
- Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.

DO NOT APPLY STIMULATION OF THIS DEVICE IN THE FOLLOWING CONDITIONS:

- Across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal;
- Over painful areas. Please consult with your physician before using this device if you have painful areas;
- Over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin;
- In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic Stimulator may not operate properly when the electrical stimulation device is in use;
- While operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
- On children.

BE AWARE OF THE FOLLOWING:

- To consult with your physician before using this device. The simulation with the device may:
 - i. cause lethal rhythm disturbances to the heart in susceptible individuals, and,
 - ii. disrupt the healing process after a recent surgical procedure;
- That the device is not effective for pain of central origin, including headache;

- That the device is not a substitute for pain medications and other pain management therapies;
- That the device has no curative value;
- That the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;(6) that the user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);
- If the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician;
- To use caution if the user has a tendency to bleed internally, such as following an injury or fracture;
- Use caution if stimulation is applied over the menstruating uterus;
- Use caution if stimulation is applied over areas of skin that lack normal sensation;
- Stop using the device if the device does not provide pain relief; and,
- Use this device only with the leads, electrodes, and accessories that the manufacturer recommends.
- Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Dispose of the device in accordance with local laws and regulations.
- This unit has been thoroughly tested and inspected to assure proper performance and operation!
- This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

ENVIRONMENTAL CONDITION FOR OPERATING

Temperature range: -10~40 °C

Humidity: 30~85%RH

Atmospheric pressure: 70~106kPa

ENVIRONMENTAL CONDITION FOR TRANSPORT AND STORAGE

Temperature range: -10~50 °C

Humidity: 10~95%RH

Atmospheric pressure: 70~106kPa

SPECIFICATIONS



Function buttons



Auto program buttons



The unit includes 3 basic buttons of Massage, Beat, and Knead. Pressing one of them will have the pulse output to simulate the corresponding activity. For example, when the button of Knead is pressed, the unit will have a pulse output that simulates the activity of Knead.

In addition to the above three basic buttons, this unit also has 5 functional buttons of Back, Shoulder, Joint, Hand-Foot, and Sole. One of these 5 buttons is linked to an automatic program. The setup of these 5 automatic programs is based on the different sensation and sensitivity on these 5 different body areas. Please refer to the following Table 1 and Figures 1-3 for more details.

Table 1: Relation between the hardware buttons and software-controlled outputs of PL-009

HARDWARE BUTTON	SOFTWARE OUTPUT
Left ON/OFF	Using the left potentiometer switch to turn on or off the left output of the device
Right ON/OFF	Using the right potentiometer switch to turn on or off the right output of the device
MESSAGE	Simulating the activity of Massage, as shown in Figure 1
BEAT	Simulating the activity of Beat, as shown in Figure 2
KNEAD	Simulating the activity of Knead, as shown in Figure 3
BACK	An output mixture of the BEAT output for 30 second, the KNEAD output for 30 second, the MESSAGE output for 30 second, the BEAT plus KNEAD outputs for 30 second, and the MESSAGE output for 30 second
SHOULDER	The BEAT output
JOINT	An output mixture of the MESSAGE output for 30 second, the MESSAGE plus BEAT outputs for 30 second, the BEAT output for 30 second, the KNEAD output for 30 second, the BEAT output for 30 second, and the KNEAD output for 30 second
HAND-FOOT	An output mixture of the BEAT output for 60 second, the KNEAD output for 30 second, the MESSAGE plus BEAT outputs for 30 second, the MAASAGE output for 30 second, and the BEAT output for 30 second
SOLE	An output mixture of the MESSAGE plus BEAT outputs for 30 second, the BEAT output for 30 second, the MESSAGE output for 30 second, the BEAT output for 60 second, and the KNEAD output for 30 second
REPEAT	The repeat of the last output selected
SPEED +	The increase of the output intensity
SPEED -	The decrease of the output intensity

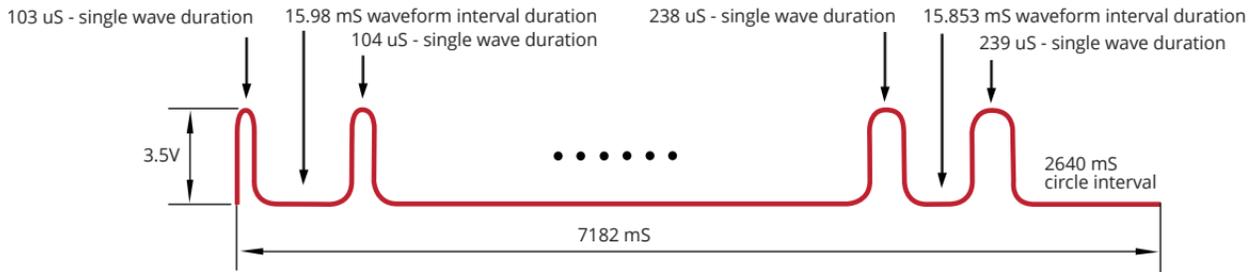


Figure 1. The software-controlled output corresponding to the button of MESSAGE.

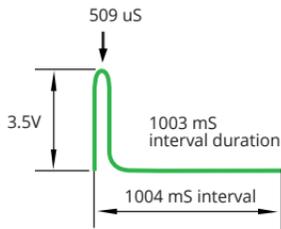


Figure 2. The software-controlled output corresponding to the button of BEAT.

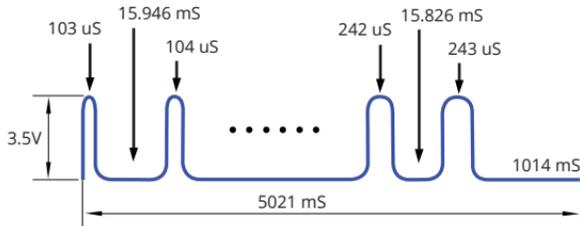


Figure 3. The software-controlled output corresponding to the button of KNEAD.

UNIT SPECIFICATIONS

- **Power Source:** 6V (4 AAA Batteries)
- **Number of Alternating Output Channels:** 2
- **Timer Range (minutes):** 15 min
- **Weight:** 6.37oz (batteries and wires included)
- **Dimensions (in.):** [W x H x D] 2.24 x 7.80 x 0.91
- **Waveform:** Monophasic
- **Shape:** Rectangular
- **Maximum Output Voltage:** 16V@500 Ω
61V@ 2 k Ω
170V@10 k Ω
- **Maximum Output Current:** 30mA @500 Ω
28mA@ 2 k Ω
27mA@10 k Ω
- **Duration of primary (depolarizing) phase:** 40 msec
- **Pulse Duration:** 120—680 μ s
- **Frequency:** 1-100Hz



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- ✓ 50% off coupon 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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