

trūMedic<sup>TM</sup>  
MICROTENS<sup>TM</sup>  
QUICK START GUIDE

MODEL TM-500A



INSTRUCTION  
BOOKLET

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# TRUMEDIC MICRO TENS TM-500A... AT A GLANCE

## WELCOME!

*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 TM-500A 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 medical treatment uses electrical energy to stimulate your muscles and nerves to **maximize blood flow and recovery**. 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 TM-500A 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 MY TRUMEDIC MICRO TENS UNIT TM-500A

*Electrotherapy? That sounds complicated!*

No worries! If you can navigate your cell phone or tv remote, then the truMedic MicroTens TM-500A 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 TM-500A unit
- (2) self-adhesive electrode pads
- (2) 3V CR2032 Batteries

## PRIOR TO USE

Once you unpack the truMedic MicroTens TM-500A, 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.

The truMedic MicroTens TM-500A comes with the electrode pad attached to the unit for your convenience.



- First, without removing the electrode pad, bend it downward to expose the battery compartment cover and slide the cover forward.
- Insert battery in the correct direction (+ Up) and slide the battery compartment cover back into place until you hear a click.
- To check that the battery has been installed correctly press the ON/UP button once and the LED will light, then press the OFF/DOWN button to switch the unit off. Remove the plastic protector before placing on skin.

## **To replace the pad:**

- First remove the electrode pad:

Place the pad surface on the plastic card on which it arrived then set on a flat surface, hold the pad down by placing a finger firmly on the back of the pad and pull up on the device. This will un-snap the pad from the device.

- Without removing the plastic protector from the pad, place the new pad on the flat surface with the snap side facing up and press the device contacts onto the snaps until seated. Remove the plastic protector before placing on skin.

## Ready to experience all of the incredible benefits for yourself?

The truMedic MicroTens TM-500A provides high frequency electronic waves with adjustable intensity levels to temporarily relieve pain associated with sore and aching muscles and to reduce stress and tension.

### 1. Parts of the Unit



## 2. Determine the area of treatment.

Common areas for treatment include the shoulders, neck, back, legs, wrists, ankles and more.

## 3. Treatment

### **NOTE: Before applying the unit to your skin.**

Make sure the area of skin where you intend to place the truMedic MicroTens TM-500A is clean and thoroughly dry. For best results and to get the most use from your electrode pads, trumedic recommends that you clean the area of the skin with an astringent or alcohol wipe in order to remove any soap residue, oils, creams, dirt, etc.

Please review the safety notes before using the unit ( see pgs 19-24 )

You can now remove the plastic shield from electrode by holding the edge of electrode and peeling off the clear plastic shield. **Do not discard it!**

## 4. Use and Functions

4.1 Once the plastic is removed from the pad place the unit directly on the prepared area of the skin and press firmly.

4.2 Switch the device on by pressing UP/ON button, LED Lamp lights up brightly.

By pressing UP/ON button again, the device starts to work at the lowest level of intensity.

The device has 10 levels of intensity for strength of treatment. Select these intensity levels by simply pressing UP/ON button the appropriate number of times.

4.3 The device has an automatic cut-out function which switches it off automatically after 20 minutes of treatment.

4.5 Treatment may be discontinued at any time by pressing Down/Off button repeatedly ( depending on the level of intensity ) until the sensation stops and the LED lamp is off.



## 5. After Treatment Session

5.1 Care should be taken when removing the complete unit especially the first time so as to not pull hairs or irritate skin.

5.2 When the treatment session is complete, remove the pad from the skin by taking the electrode pad at the edge and pulling carefully. (Do not grasp and pull by the unit) and place unit immediately back on the protective plastic.

5.3 Handle the pad carefully and avoid contact with fabric or rug, etc

5.4 Never remove the unit when it is switched on.

5.5 Notes for safety and care :

- Do not switch on the unit before the electrode pad is positioned on the body.
- Keep the electrode pad from direct sunlight.
- Take care, that no water penetrates the unit.

*Now that you know how simple the truMedic Micro TENS Unit is to use,  
it's time to begin relieving all your pain and stress!  
Simply sit back, relax, and let the unit 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.

## POSITIONS OF USE



**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 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 Micro TENS UNit on your shoulders.



## 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 pad at your waist/lower back. 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 after the daily walking and exercise that you do, attach truMedic MicroTens TM-500A to the soles of your feet. You can also use the unit on your ankles and the top of your feet.

*So now that you know how to use the truMedic MicroTens TM-500A 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.

**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.



# CLEANING AND MAINTENANCE

## Device

- The device does not require any special maintenance.
- Remove the battery before cleaning the device.
- Never use aggressive cleaning products or stiff brushes.
- Clean the device with a soft, possibly slightly moistened cloth. Do not allow water to penetrate the device. Do not use the device again until it is completely dry.
- Remove the battery from the device if it is not going to be used for some time.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- With the electrode pad on the protective plastic film, store the device in a cool, dry place.

## 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 back on the protective film.
- The length of time the electrodes remain usable depends on their storage, skin type and use. Store the electrode in a cool, dry place.
- Replace electrode when it is no longer sticky or shows cracks/blemishes.
- The electrode is good for 20~30 times of use, 20 min each time.
- Be sure to use only truMedic original self-adhesive electrode pads as provided with the MicroTens TM-500A unit.

Contact TruCore Distributors, Inc for ordering information  
for replacement part(s) at 800.694.7082

## TROUBLESHOOTING GUIDE

Problem	Cause	Remedy
Led fails to light up	No battery in the device or the battery is dead Battery not inserted correctly Device not switched on Insulating film has not been removed	Replace battery Insert Battery again (+up) Switch device on Remove insulating film from between battery and device
Led lights up weakly	Battery low	Replace battery
Low output from device	Electrode pad dirty Device not applied properly	Clean/replace electrode pad Re-apply Device
LED function normal but no power output	Battery dead Electrode pad dirty or short-circuited	Replace battery Check electrode pads and replace if necessary
Device switches off prematurely	Battery dead Electrode pad worn out or dirty Device not applied properly	Replace battery Check electrode pads and replace if necessary Re-apply device

## TECHNICAL SPECIFICATIONS

- **Name and model:** truMedic MicroTens TM-500A
- **Channel:** Single Channel
- **Output Voltage:** 0~30V +/-20% ( at 500 Ohm load)
- **Pulse intensity:** Adjustable from 0~60mA +/-20%
- **Pulse Width:** 150~250uS
- **Power Source:** 1 Lithium Coin Cell battery (CR2032)
- **Auto. Cut-out:** 20 minutes
- **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:** 0.5 oz (12.3 g) (battery included)
- **Dim.:** 2.3 in x 1.2 in x 0.5 in (59 x 30 x 12.15 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 TM-500A.*

## CONTRAINDICATIONS

***Do not use this Device if any of the following conditions are present.***



Do not use this device if you have a cardiac pacemaker, implanted defibrillators or any other implanted metallic or electronic device.

Do not use this device if you have undiagnosed chronic pain.

## Warnings for proper use and safety

- If you are under the care of a Physician, consult with your Physician before using this device.
- The long-term effects of this device are not known.
- Do not place the truMedic MicroTens TM-500A on or close to your heart.
- Do not place the truMedic MicroTens TM-500A around or close to your neck. Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also effect hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.
- Do not place the truMedic MicroTens TM-500A on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the truMedic MicroTens TM-500A over or close to sores.
- Do not use this device while sleeping.
- Do not use if you feel numbness.
- Do not use these devices in or close to water.
- Use the truMedic MicroTens TM-500A only on normal, healthy, clean and dry skin.
- Do not use it on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this device.
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not use the device on children without pediatrician's advice.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.

## Precautions for the safe use of TruMedic MicroTens TM-500A

- Read this User Manual before using this device for the first time.
- Keep this manual available whenever you use this device.
- This device is intended for individual person use only.
- This device is not effective for pain associated with Central Pain Syndromes, such as headaches.
- This device is for pain caused by muscle soreness, and should be placed only around muscles where pain originates.
- The pain may indicate that you have some other health problem. You should know the reason and source of your pain before using these devices. Do not solely rely on the treatment of this device for pain.
- The safety of using the truMedic MicroTens TM-500A during pregnancy or birth has not been established.
- The effectiveness of this device depends greatly on a person's individual physical condition. It may not always be effective for every user.
- If you have had medical or physical treatment for your muscle pain, consult with your treatment provider before using this device. You should contact your physician prior to using this device following recent surgical procedures. Stimulation may disrupt the healing process.

## Adverse Reactions

- Skin irritation and burns under the pads have been reported by some people who have applied electronic stimulators to their skin.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.
- Some people may feel skin irritation or experience a very sensitive feeling in the skin due to electrical stimulation. If this occurs, stop using these devices and consult your Physician.
- If skin under the pad feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered a skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the stimulator again until after the excessive redness has disappeared.
- Turn off your device ! if the stimulation feels unpleasant or does not provide pain relief.
- Keep this device out of the reach of children.
- Use this device only with the pads and accessories recommended by the manufacturer.
- Do not use this device when driving, operating machinery or when swimming.
- Before removing the truMedic MicroTens TM-500A, be sure to turn it OFF, to avoid unpleasant stimulation.

- If your pain does not improve, (!) or if it continues for four to six days, stop using this device and consult your Physician.
- 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.



## WARRANTY

This truMedic MicroTens TM-500A carries a three month warranty from the date of purchase.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

The warranty applies to the main device and necessary parts and labor relating thereto. Battery, electrodes, and other accessories are warranted to be free from defects in workmanship and materials at the time of delivery.





## 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!**
- ✔ 50% Off Coupon (single use) Good for purchase of ANY NUMBER of replacement electrode pads and accessories ( sent to your email within 3 weeks from registration ).
- ✔ 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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