

FORE-CARE™

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR TENS



■ SE-35

USER MANUAL



READ BEFORE USE

CE₀₁₂₃

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GENEXEL MEDICAL

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1. Introduction

Thank you for purchasing the Genexel Medical Instrument, Inc. TENS SE-35. This TENS allows you to enjoy the many benefits of personal massage at home, at work or almost anywhere.

Please read this instruction manual thoroughly before using this TENS to ensure safe and correct use.

Please keep this instruction manual for future reference.

2. Important Safety Information

1. This TENS must not be used in combination with the following medical devices:

- ① Electronic implantation medical devices, such as pacemakers
- ② Electronic life support equipment, such as an artificial heart-lung devices and respirators.

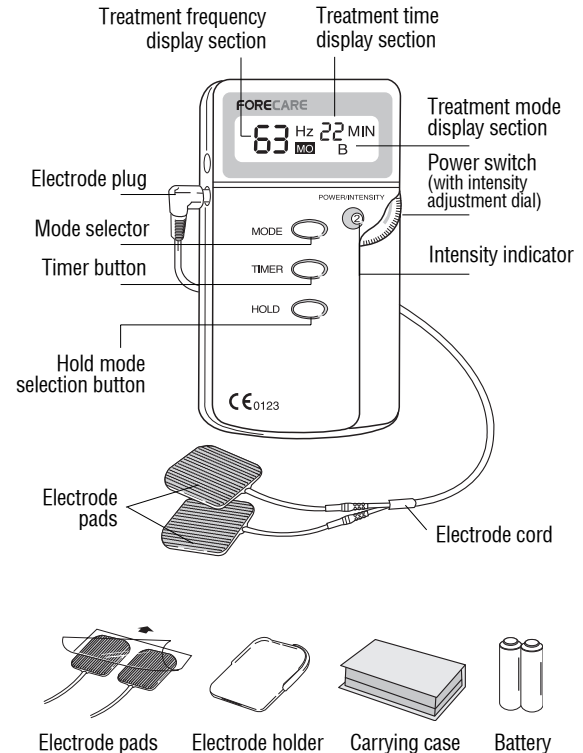
2. Consult with your doctor before using the TENS under any of the following circumstances:

- ① Acute disease
- ② Malignant tumor
- ③ Infectious disease
- ④ Pregnancy
- ⑤ Cardiac dysfunction
- ⑥ High fever
- ⑦ Abnormal blood pressure

- ⑧ Skin problems
 - ⑨ Persons receiving medical treatment and especially those who experience physical side effects from medical treatment.
3. Electronic medical devices attached to the body, such as electrocardiographs may not operate properly when used with this TENS.
 4. Never use near the heart, above the neck, on the head, in the mouth or pubic region, or on diseased skin.
 5. Do not use simultaneously with other massager units or in combination with ointments (including spray types, etc.).
 6. Do not disassemble or modify any part of the unit or electrode pads.
 7. This TENS must be used in accordance with the instructions. Any misuse of the TENS may cause injury. This massager is not intended for any of the following indications.
 - ① Pain management
 - ② Nerve therapy
 - ③ Treatment of muscle spasm
 - ④ Prevention or retardation of muscle atrophy
 - ⑤ Muscle growth
 - ⑥ Girth reduction
 - ⑦ Loss of inches to body contour
 - ⑧ Body shaping
 - ⑨ Spot weight reduction
- Discontinue use immediately if discomfort is experienced.

8. This TENS is not intended for use on people incapable of expressing their thoughts.
9. Do not use while driving a car, operation machinery etc.
10. Do not use while sleeping.
11. To avoid electrical shock:
 - ① Never move or relocate electrode pads while the unit is on. Always turn power off when handling the electrode pads.
 - ② Do not allow electrode pads to contact metal objects such as belt buckles and jewelry.
 - ③ Make sure skin is dry. Do not use while bathing or in place where humidity exceeds 85% RH.
12. Apply electrode pads taking care that they do not overlap.
13. Always keep the electrode pads clean. Avoid touching the adhesive surface with your fingertips.
14. Avoid excessive bending and pulling of the electrode cord.
15. Hold the plug when removing the electrode cord from the unit. Do not pull on the electrode cord.
16. Do not drop the massager or subject it to vibration.
17. After use, unplug the electrode cord from the unit and house it in the electrode holder.
18. Be sure to always turn the power OFF after use and before removing electrode pads from the skin.

3. Part Names and Accessories



4. Features

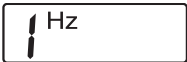
- Computerized microprocessor controlled.
- 3 types of massage mode.
- 'Hold' function to repeat a specific signal.
- 15/30 minute timer
- Automatic power off to save energy
- Compact pocket size

5. What the SE-35 Does

This TENS is an electrically powered device intended for medical purposes, such as to relieve minor muscle aches and pains at home, at work or almost anywhere.

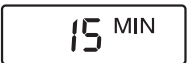
6. Descriptions on LCD display

Hz



It informs that current output waveform has frequency of 1Hz.

MIN



15 MIN is displayed when treatment time is set as 15 minutes.



30 MIN is displayed when treatment time is set as 30 minutes.

MODE

When treatment mode is selected, it is displayed as follows;

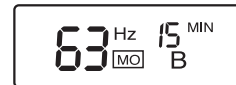


HOLD



It informs that current output waveform is repeatedly delivered.

The following is displayed on LCD when each mode - MODE A, MODE B, MODE C - is selected. After the power is turned on, though the timer is not set, treatment time is automatically set as 15 minutes.



ERROR

Error is displayed when SE-35 breaks down.



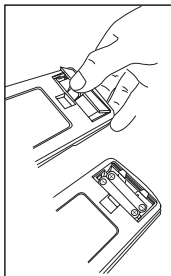
Please stop using SE-35, and contact with the service department.

7. Battery Installation / Replacement**1. Installation**

Open the battery cover as shown in the figure. Use two 1.5 volt batteries (LR03, AAA type).

Please ensure that the batteries are inserted with the correct polarity.

Replace the battery cover and press it to close.

**2. Replacement:**

Replace all batteries when low battery indicator appears.



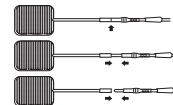
Only discard empty batteries. They should not be disposed of in the household waste, but at appropriate collection sites or at your retailer.

8. Preparing and Setting the Electrodes

1. Clean skin in the area where the electrode pads will be placed. Skin must be dry.

2. Securely connect the electrode pads to the electrode cord.

⚠ **Caution** : Make sure electrode cord is not plugged into electrode jack of the unit.



3. Peel the protective vinyl off the electrode pads.

4. Apply the adhesive pads of the electrodes directly to the skin on the part of the body you wish to massage. Refer to the illustration on page 12 to 14.

Both electrode pads must be applied for the treatment to work.

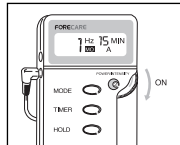
⚠ **Caution** : To avoid electrical shock, make sure the power is turned off when placing electrode pads on skin. Remove all metals in the area to be stimulated. Non-removable metal should be well insulated.

5. When replacing electrode pads, only use electrode pads supplied by Genexel Medical Instrument, Inc. (Part No. 30104)

9. Treatment Method

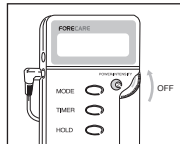
1. Make sure the unit is turned off, and then insert the plug of the electrode cord into the electrode jack.
2. Turn the power switch on by turning the intensity dial clockwise until a flick sound is heard, and then Mode A appears on the LCD. Select the treatment mode by pressing the mode select button.

Mode A	Combination of tapping and pressing
Mode B	Combination of pressing and kneading
Mode C	Tapping



3. Increase the intensity by gradually turning the intensity adjustment dial until you feel comfortable.
4. Terminating the Treatment

The unit will automatically stop after about 15 or 30 minutes. However, be sure to turn the power to “OFF” by turning the intensity dial counter-clockwise until a flick sound is heard.



5. Timer button
Treatment time is automatically set as 15 minutes. Whenever Timer button is pressed, treatment time is changed 15 to 30 minutes, 30 to 15 minutes,
6. Hold button
Press Hold button if you want to repeat a specific signal. Press Hold button again if you want to cancel the repetition function.

7. Standard Intensity, Time and Cycles

Intensity

The way in which the intensity is felt differs depending on the person, as well as a person's physical condition. In addition, the intensity also varies according to the degree of discharge of the battery as well as the condition of the electrodes. Therefore, while using adjust the intensity adjustment dial to position where you feel most comfortable.

⚠ Caution : This TENS may cause uncomfortable skin sensation and redness.

Time

A standard time is 15 minutes per area. Keep each treatment to within 30 minutes.

Cycles

A standard number of treatments per day is 1-2. Some people may feel fatigue during the first week of use. In this case, lower the intensity, shorten the treatment time, and also limit the number of treatments to one a day.

10. Maintenance and Storage**1. Maintenance and storage of the unit**

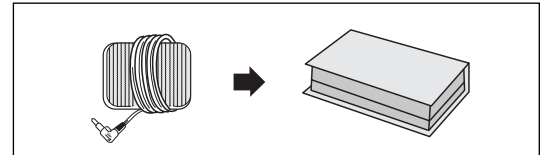
- Clean the unit with a cloth dampened with water or a neutral cleanser and then wipe with a dry cloth. Do not use volatile liquids such as benzene, thinner, or gasoline for cleaning.
- Use and store the unit away from intense electromagnetic fields such as TV, Radio, etc.
- Do not expose the unit to high temperature, high humidity, and direct sunlight.
- Store the unit where there is no moisture. Keep the unit away from children.
- Take the battery out of the unit when it will not be used for a long time.

2. Maintenance and storage of electrode pads

- If the electrode pads become soiled, the adhesive power may decrease and the skin might become irritated. If this should happen, moisten the surface of the electrode pads with 1-2 drops of water and wipe away the soiled portion,

this will allow a temporary restoration of the adhesive power of the electrode pads. However, too much water will have the opposite effect, causing the adhesive power to further decrease.

- Avoid storing the electrode pads in areas subject to high temperature, high humidity, and direct sunlight.
- After use, always attach the electrode pad to electrode holder as shown to prevent them from drying out and losing their adhesive properties.



11. Reference Points for Various Symptoms

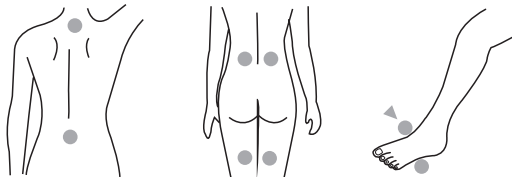
Stiff shoulders



Lumbago



Neuralgia

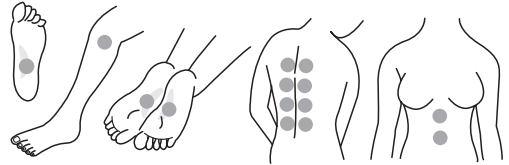


Intercostal

Sciatica

Legs

Fatigue recuperation



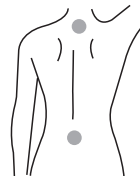
Legs

The whole body

Headache, stuffy in the head



Insomnia



12. Limited Three Year Warranty

Your TENS SE-35 is warranted to be free from manufacturing defects for a period of three year under normal use. The three year warranty excludes the electrode pads. The electrode pads are warranted to be free from material and workmanship defects when received with the TENS. The electrode pad warranty terminates after initial use. This warranty extends only to the original retail purchaser.

Should repair be needed within the warranty period, ship the unit prepaid to **Genexel Medical Instrument, Inc. #133-3, Pyungchon-dong, Dongan-gu, Anyang-city, Kyunggi-do, Korea.**

ATTN: Service Dept. Be sure to include the model number of your unit and your phone number on any correspondences.

The above Warranty is Complete and exclusive. The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you.

Any implied warranties arising by the operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, So the above limitation may not apply to you)

This warranty gives you specific legal rights and you may

have other rights which vary from state to state. As a condition to operation of your warranty, the enclosed registration card must be completed and sent to us within one month from the date of purchase.

FOR CUSTOMER SERVICE CALL 82-31-421-0389

13. FCC Information

Warnings

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

Note

Potential For Radio / Television Interference(for U.S.A. only)
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which

can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Potential For Radio/Television Interference(for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", NMB-003 édictée par le ministre des communications.

14. Specifications

Power source	LR03("AAA") 1.5V × 2 batteries, DC 3V
Display method	Digital display system / LCD 5 digits
Pulse rate	1 ~ 91 P/sec
Pulse width	80 μ s
Power consumption	Approximately 240mW
Battery life	Approximately 15 hours of continuously use
Mode	Mode A, Mode B, Mode C
Timer	15/30 minutes
Hold	To repeat specific signal
Operation environment	+10°C ~ +40°C, less than 85% RH
Storage environment	-10°C ~ +50°C, less than 95% RH
Dimension	60mm(W) × 110mm(H) × 18.5mm(D)
Weight	Approximately 90g (including 2 batteries)
Accessories	Instruction manual Electrode Code One pair of electrode pads Electrode holder LR03 ("AAA") 1.5V × 2 batteries Carrying case



At the end of the product's useful life, please disposal of it at appropriate collection points provided in your country.