

10. Portable powered muscle stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

#### **Chapter 4 : WARNINGS**

1. The long-term effects of chronic electrical stimulation are unknown.
2. Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
3. Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
4. Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
5. Stimulation should not be applied transcranially.
6. Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
7. Stimulation should not be applied over, or in proximity to, cancerous lesions.

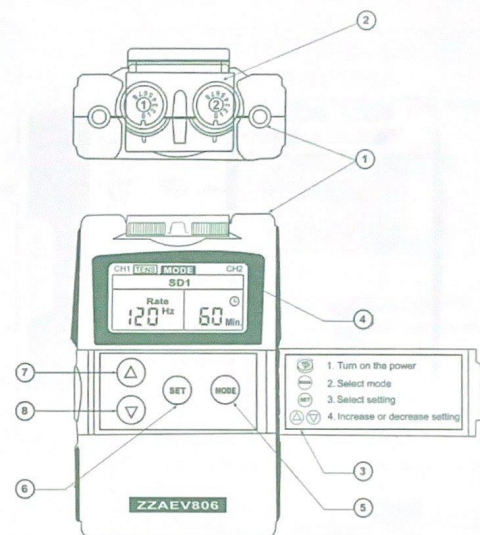
#### **Chapter 5: CONTRAINDICATION**

Electrical stimulators should not be used on patients with cardiac demand pacemakers.

#### **Chapter 6: ADVERSE REACTIONS**

Skin irritation and burns beneath the electrodes have been reported with the use of electrical stimulators. If irritation occurs, discontinue use and consult your physician.

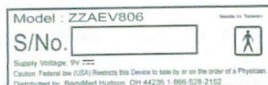
#### **Chapter 7 : CONSTRUCTION**



#### **FRONT**

- (1) LEAD CONNECTOR
- (2) INTENSITY CONTROL (OUTPUT ON/OFF SWITCH)
- (3) PANEL COVER
- (4) LIQUID CRYSTAL DISPLAY
- (5) MODE CONTROL
- (6) SET CONTROL
- (7) INCREMENT CONTROL
- (8) DECREMENT CONTROL

## II. LABEL



The label attached to the back of device contains important information about this device-model, supply voltage and caution. Please do not remove.

### Chapter 11 : GRAPHIC SYMBOLS

1. Degree of Electrical Protection BF
2. Do not insert the plug into AC power supply socket.
3. Timer
4. Low Battery
5. Increment
6. Decrement

### Chapter 12: OPERATING INSTRUCTIONS

- 1) Insert the 9V battery into the ZZAEV806's battery compartment. Make sure to remove the plastic seal on the 9V battery. Line up the positive and negative terminals on the battery with their corresponding terminals in the ZZAEV806. Make sure that both Intensity control (ON/OFF Switch) knobs are in the off position.
- 2) Insert the lead wires into the lead wire sockets on top of the ZZAEV806
- 3) Open the electrode package. Then insert each lead wire pin into the pig tail of the electrodes
- 4) Place the electrode on your body as directed by your physician.
- 5) Slowly turn on the ZZAEV806 by rotating the Intensity control (ON/OFF Switch) knobs.

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- 6) Select the mode and settings as directed by your physician.
- 7) Slowly increase or decrease the intensity as directed by your physician by rotating the Intensity control (ON/OFF Switch) clockwise to increase, counter clockwise to decrease.
- 8) After Treatment, Turn the ZZAEV806 off by rotating the Intensity control (ON/OFF Switch) counter clockwise to the zero setting.

### Chapter 13 : PARAMETER CONTROLS

#### PULSE DURATION

Wider pulse duration settings will deliver stronger stimulation for any given intensity setting. As mentioned in the Controls section, by using a combination of intensity and pulse duration, it is felt that various pulse widths are capable of stimulating different groups of nerve fibres.

The wider pulse duration is needed to recruit motor fibres, whereas the narrow pulse duration is used on the more sensory fibres. The choice of which pulse duration to use is partially dependent upon the Treatment Mode and Protocol selected.

#### PULSE RATE

The Pulse Rate (hertz or pulses per second) chosen depends greatly upon the type of electrode placement given to the patient.

When using contiguous and dermatome electrode placements (i.e. stimulating directly through the area of pain or localized enervation), a quick pulse rate (setting greater than 80Hz on the Pulse Rate Control) is desired. The patient should not perceive individual pulses but rather have the sensation of steady continuous stimulation.

When using point treatments, it has been suggested that slow pulses be utilized (less than 10Hz). With this setting the patient should be able to slightly perceive individual pulses.

When using multiple electrode placement strategies, such as combinations of point and contiguous electrode placements, the quicker pulse rates are suggested.

Despite above recommendations, these individual patients may require slight variations of the above settings, according to the nature of their condition.

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### **TREATMENT MODE**

Normal or Conventional TENS offers the practitioners complete control over all the various treatment parameters of the instrument.

Burst Mode is analogous to the Low Rate TENS technique except the low frequency individual pulses are replaced by individual "bursts" of 7-10 individual pulses. It is thus a combination of Conventional TENS and Low Rate TENS. In Burst Mode, the treatment frequency is adjustable at the range between 0.5Hz – 5Hz.

Modulated Mode attempts to prevent nerve accommodation by continuously cycling the treatment intensity. When using Modulated Mode increase the intensity only when the unit is at the maximum intensity of the modulation cycle. If the intensity is increased during a low intensity period of the cycle, the patient may turn up the control very slowly, so that they may feel the intensity any higher.

### **INTENSITY**

Each patient responds differently to different levels of intensity, due to varying degrees of tissue resistance, enervation, skin thickness, etc. Intensity instructions are therefore limited to the following settings:

Perception – The intensity is increased so that the patient can feel the stimulation, but there is not any muscular contraction.

Slight Contraction – Intensity is increased to a barely visible muscular contraction that is not strong enough to move a joint. When using low pulse rate settings, this will show as individual twitches. At higher pulse rates there will simply be increased muscle tension.

Strong muscular contraction is typically not used in TENS therapy. However, muscular contraction may be useful if the pain involves a cramped or spastic muscle. The TENS can be used as a traditional muscle stimulator in the circumstances to quickly break the spasm. Use a quick pulse rate, wide pulse duration and set the intensity to visible contraction (still within patient tolerance). Twenty or thirty minutes of such a tetanized muscular contraction will generally break the spasm. In all cases, if the patient complains that the stimulation is uncomfortable, reduce intensity and/or cease stimulation.

### **TIME DURATION**

The onset of pain relief should occur shortly after the intensity setting has been determined. However, in some cases, pain relief may take as long as 30 minutes to achieve, especially when using point electrode placements and slow pulse rates.

TENS units are typically operated for long periods of time, with a minimum of 20 – 30 minutes and in some post-operation protocols, as long as 36 hours.

In general, pain relief will diminish within 30 minutes of the cessation of stimulation. Pain relief obtained through point electrode placements may last longer (perhaps because of the presence of endorphins).

### **CONTRACTION / RELAXATION**

The contraction time and relaxation time of EMS is adjustable. Stimulation will continue at the setting contraction time and cease also at the setting relaxation time. Then the cycle starts over again – Stimulation, Contraction and Relaxation.

### **RAMP**

In order to achieve a comfortable exercise and avoid startle because of electrical shock, each contraction course may be ramped so that the signal comes on gradually and smoothly. The intensity of electrical current will reach the setting level within the Ramp time, however, it can not reach the expected level if the contraction time is less than the ramp time.

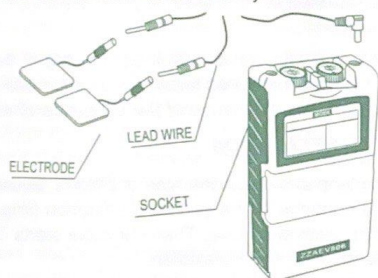
### **OUTPUT MODE**

The output of both channels are adjustable. It can be in the pattern of synchronous or alternate. Stimulation of both channels will occur at the same time when simultaneous pattern is selected. At alternating mode, the stimulation of the CH2 will occur after the 1st contraction of CH1 is finished.

## **Chapter 14 : ATTACHMENT OF ELECTRODE**

### **LEAD WIRES**

The wires provided with the system insert into the jack sockets located on top of the device. Holding the insulated portion of the connector, push the plug end of the wire into one of the jacks (see drawing); one or two sets of wires may be used.



After connecting the wires to the stimulator, attach each wire to an electrode. Use care when you plug and unplug the wires. Jerking the wire instead of holding the insulated connector body may cause wire breakage.

#### **CAUTION**

Do not insert the plug of the patient lead wire into any AC power supply socket.

## **Chapter 15: LEAD WIRE MAINTENANCE**

Clean the wires by wiping with a damp cloth. Coating them lightly with talcum powder will reduce tangling and prolong life.

## **Chapter 16 : ELECTRODE OPTIONS**

The electrodes are disposable and should be routinely replaced when they start to lose their adhesive nature. If you are unsure of your electrode adhesive properties, order replacement electrodes. Replacement electrodes should be re-ordered through or on the advice of your physician to ensure proper quality. Follow application procedures outlined in electrode packing, to maintain optimal stimulation and to prevent skin irritation.

## **Chapter 17: ELECTRODE PLACEMENT**

The placement of electrodes can be one of the most important parameters in achieving success with TENS or EMS therapy. Of utmost importance is the willingness of the physician to try the various styles of electrode placement to find which method best fits the needs of the individual patient.

Every patient responds to electrical stimulation differently and their needs may vary from the conventional settings suggested here. If the initial results are not positive, speak to your physician about alternative stimulation settings and/or electrode placements. Once an acceptable placement has been achieved, mark down the electrodes sites and the settings, so the patient can easily continue treatment at home.

## **Chapter 18: TIPS FOR SKIN CARE**

To avoid skin irritation, especially if you have sensitive skin, follow these suggestions:

1. Wash the area of skin where you will be placing the electrodes, using mild soap and water before applying electrodes, and after taking them off. Be sure to rinse soap off thoroughly and dry skin well.
2. Excess hair may be clipped with scissors; do not shave stimulation area.
3. Wipe the area with the skin preparation your physician has recommended. Let this dry. Apply electrodes as directed.
4. Many skin problems arise from the "pulling stress" from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from centre outward; avoid stretching over the skin.
5. To minimize "pulling stress", tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.
6. When removing electrodes, always remove by pulling in the direction of hair growth.
7. It may be helpful to rub skin lotion on electrode placement area when not wearing electrodes.
8. Never apply electrodes over irritated or broken skin.

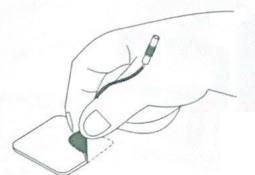
## **Chapter 19: APPLICATION OF RE-USABLE SELF ADHESIVE ELECTRODES**

### **Application**

1. Clean and dry the skin at the prescribed area thoroughly with soap and water prior to application of electrodes.
2. Insert the lead wire into the pin connector on the pre-wired electrodes.
3. Remove the electrodes from the protective liner and apply the electrodes firmly to the treatment site. Make sure that the unit is turned off prior to applying the electrodes.

### **Removal**

1. Turn off the unit prior to removing the electrodes.
2. Lift at the edge of electrodes and peel; do not pull on the lead wires because it may damage the electrodes.
3. Place the electrodes on the liner and remove the lead wire by twisting and pulling at the same time.



### **Care and Storage**

1. Between uses, store the electrodes in the resealable bag in a cool dry place.
2. It may be helpful to improve repeated application by spreading a few drops of cold water over the adhesive and turn the surface up to air dry. Over Saturation with water will reduce the adhesive properties.

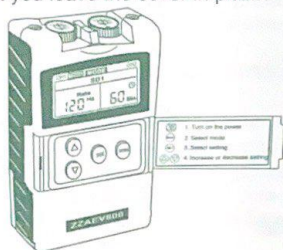
### **Important**

1. Do not apply to broken skin.
2. The electrodes should be discarded and re-ordered from your physician when they are no longer adhering.
3. The electrodes are intended for single patient use only.
4. If irritation occurs, discontinue use and consult your physician.
5. Read the instructions for use of self-adhesive electrodes before application.

## Chapter 20 : ADJUSTING THE CONTROLS

### 1. Panel Cover:

A lid covers the controls for selecting mode and adjusting settings. Your medical professional may wish to set these controls for you and request that you leave the cover in place.

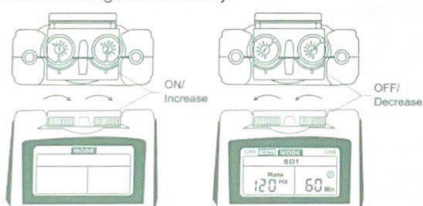


### 2. Power On/Off Switch and Intensity Controls:

If both controls are in the off-position, the device is switched off. By turning the controls clockwise, the appropriate channel is switched on and the indicator of power (CH1 or CH2) will reveal on the LCD.

The current strength of the impulses transmitted to the electrodes increases further when the control is turned clockwise.

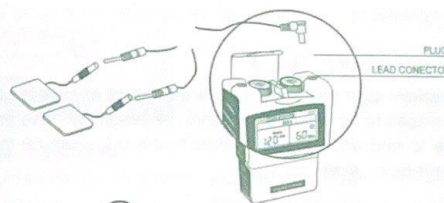
To reduce the current strength or switch the device off, turn the control counter clockwise to the required setting or off-position, respectively. The controls are protected by a cap to avoid unintentional change of intensity.



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### 3. Lead Connector

Connection of the electrodes is made with the two-lead connector (lead wires). The device must be switched off before connecting the cables. Both intensity controls must be at the Off position. Electrodes must be pressed firmly on the skin.



### 4. Mode Control

There are 5 TENS modes (B, N, M, SD1, SD2) and 2 EMS modes (S, A) available. The mode can be selected by pressing the "Mode" control. When a TENS mode is selected, the LCD shows "TENS" on the top. When EMS mode is selected, the LCD shows "EMS" on the top.

### 5. Set Control

By pressing the "Set" control, you may enter the setting you intend to make adjustment. You may start to set the value by pressing the "Increment" and "Decrement" controls when the value is flashing.

### 6. Increment Control

This button controls the increase of settings. When pressing this button, the parameter will increase.

### 7. Decrement Control

This button controls the decrease of parameter. When pressing this button, the parameter will decrease.

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## 8. Timer

The unit has a timer of 1-60 minutes and Continuous. It can be adjusted by pressing the "Set" and "Increment" or "Decrement" controls. The treatment time will countdown automatically in one minute increments. Its output will be shut off when time is up.

## 9. Low Battery Indicator

A low battery sign will show up on the liquid crystal display when it needs to be replaced as soon as possible. The unit may continue to operate for a few more hours depends on the setting intensity level.

## 10. Steps to Set a TENS Program

The settings can be adjusted according to the following steps.

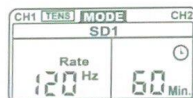
### a. Turn on the Intensity

After the electrodes are placed firmly on skin and the lead wires are plugged in the socket of device, turn the on/off control clockwise. The menu will reveal on LCD. Notice the indication of power and function on the LCD.

### b. Select a Mode

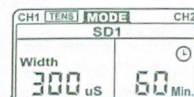
Select a mode by pressing the "Mode" control. The mode you selected will show up on the top of liquid crystal display. There are 5 modes of your option including -B(Burst), M(Normal), M (Modulation), SD1 and SD2. When a TENS mode is selected, it shows "TENS" on the top of liquid crystal display.

After a mode is selected, always press "Set" to enter next setting, and press "Increment" or "Decrement" to adjust its value.



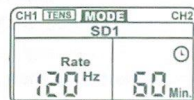
### c. Set Pulse Width

Pulse Width is adjustable from 50  $\mu$ s to 300  $\mu$ s. Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. If no instructions regarding the pulse width are given in therapy, set the control to the suggested 70-120  $\mu$ s setting.



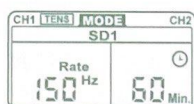
### d. Set Pulse Rate

Pulse rate is adjustable from 2Hz to 150 Hz. Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. Unless otherwise instructed, turn the pulse rate control to the 70-120 Hz range.



### e. Set Timer

The treatment time is adjustable from 1 to 60 minutes or C (Continuous). Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. Press "Increment" control when the timer shows 60 minutes, it will be switched to continuous stimulation.



Continuous

## 11. Steps to Set a EMS Program

The settings can be adjusted according to the following steps.

### f. Turn on the Intensity

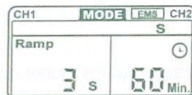
After the electrodes are placed firmly on skin and the lead wires are plugged in the socket of device, turn the on/off control clockwise. The menu will reveal on LCD. Notice the indication of power and function on the LCD.

### g. Select Mode

There are two EMS modes of option, S(Synchronous) or A (Alternate). Select a mode by pressing the "Mode" control. When an EMS mode is selected, the LCD shows "EMS" on the top.

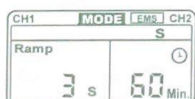
After a mode is selected, press "SET" control to enter next setting. You may adjust the setting only when it is flashing. Then press the "Increment" or "Decrement" control to change the settings.

The settings will be stored in 2 seconds after selected.



### h. Set Ramp Time

The ramp time controls the time of output current that increase from 0 to the setting level, and from the setting value to 0. When the ramp time is set, each contraction may be ramped up and down in order that the signals come on and come off gradually and smoothly. The ramp time is adjustable from 1 to 8 seconds.

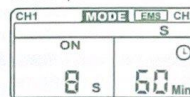


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### i. Set On Time

The On Time controls the time of stimulation. By pressing the "Set" control, the contraction time can be adjusted. Both channels' stimulation is cycled on and off by the contraction and relaxation settings. The range is adjustable from 2 seconds to 90 seconds.

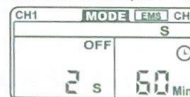
As the "ON" time including the ramp up and ramp down time, the setting of it should be no less than two times of the "Ramp" time. (ON TIME  $\geq$  Ramp up + Ramp down)



### j. Set Off Time

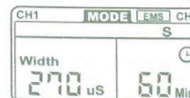
The Off Time controls the time of relaxation. By pressing the "SET" control, the relaxation time can be adjusted. Both channels' stimulation is cycled on and off by the contraction and relaxation settings. The range is adjustable from 0 second to 90 seconds.

In Alternate mode, the OFF Time should be equal or more than the ON Time. (OFF TIME  $\geq$  ON TIME)



### k. Set Pulse Width

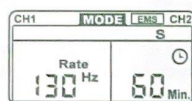
Pulse Width is adjustable from 50  $\mu$ s to 300  $\mu$ s. Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. If no instructions regarding the pulse width are given in therapy, set the control to the suggested 70-120  $\mu$ s setting.



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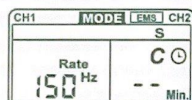
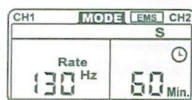
#### I. Set Pulse Rate

Pulse rate is adjustable from 2Hz to 150 Hz . Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. Unless otherwise instructed, turn the pulse rate control to the 70-120 Hz range.



#### m. Set Timer

The treatment time is adjustable from 1 to 60 minutes or C (Continuous). Press "SET" control to enter this menu, then press "Increment" or "Decrement" to adjust the setting. Press "Increment" control when the timer shows 60 minutes, it will be switched to continuous stimulation.



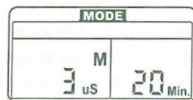
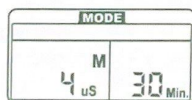
Continuous

#### 12. Compliance Meter

This unit can store 60 sets of operation records. Total treatment time up to 999 hours can be stored.

##### Check & Delete Individual Record

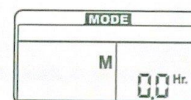
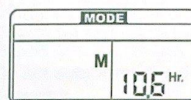
Press "Mode" control and turn on the power simultaneously. The LCD will show the number of records and operation time. Press the "Increment" and "Decrement" button to check each record.



To delete a record, press "SET" control for 3 seconds.

##### Check & Delete Accumulative Record

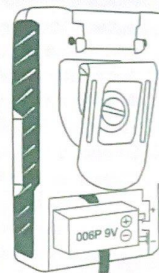
At the individual records menu, press "Mode" control to switch to accumulative record menu. Press the "SET" control first, then press the "Mode" control simultaneously for 3 seconds and all of the records will be deleted followed by a beeper sound.



#### 13. Check/Replace the Battery:

Over time, in order to ensure the functional safety of the unit, changing the battery is necessary.

1. Make sure that both intensity controls are switched to off position.
2. Slide the battery compartment cover and open.
3. Remove the battery from the compartment.
4. Insert the battery into the compartment. Note the polarity indicated on the battery and in the compartment.
5. Replace the battery compartment cover and press to close.



## Chapter 21: BATTERY INFORMATION

### PRECAUTIONS

1. Remove battery if equipment is not likely to be used for some time.
2. Please recycle the used battery in accordance with domestic regulation.
3. Do not throw the used battery into fire.  
If you use rechargeable batteries, please follow the instructions.

### **RECHARGEABLE BATTERIES (NOT INCLUDED)**

Prior to the use of a new unit, the rechargeable battery should be charged according to the battery manufacturer's instructions. Before using the battery charger, read all instructions and cautionary markings on the battery and in this instruction manual.

After being stored for 60 days or more, the batteries may lose their charge. After long periods of storage, batteries should be charged prior to use.

### **BATTERY CHARGING**

- (1) Plug the charger into any working 110 or 220/240v mains electrical outlet. The use of any attachment not supplied with the charger may result in the risk of fire, electric shock, or injury to persons.
- (2) Follow the battery manufacturer's instructions for charging time.
- (3) After the battery manufacturer's recommended charging time has been completed, unplug the charger and remove the battery.
- (4) Batteries should always be stored in a fully charged state.

To ensure optimum battery performance, follow these guidelines:

- (a) Although overcharging the batteries for up to 24 hours will not damage them, repeated overcharging may decrease useful battery life.
- (b) Always store batteries in their charged condition. After a battery has been discharged, recharge it as soon as possible. If the battery is stored more than 60 days, it may need to be recharged.
- (c) Do not short the terminals of the battery. This will cause the battery to get hot and can cause permanent damage. Avoid storing the batteries in your pocket or purse where the terminals may accidentally come into contact with coins, keys or any metal objects.

#### **(d) WARNINGS:**

1. Do not attempt to charge any other types of batteries in your charger, other than rechargeable batteries made for your charger. Other types of batteries may leak or burst.
2. Do not incinerate the rechargeable battery as it may explode!

## **Chapter 22 : MAINTENANCE, TRANSPORTATION AND STORAGE OF THE DEVICE**

1. Non-flammable cleaning solution is suitable for cleaning the device.  
Note: Do not smoke or work with open lights (for example, candles, etc.) when working with flammable liquids.
2. Stains and spots can be removed with a cleaning agent.
3. Do not submerge the device in liquids or expose it to large amounts of water.
4. Return the device to the carrying box with sponge foam to ensure that the unit is well-protected before transportation.
5. If the device is not to be used for a long period of time, remove the batteries from the battery compartment (acid may leak from used batteries and damage the device). Put the device and accessories in carrying box and keep it in cool dry place.
6. The packed TENS device should be stored and transported under the temperature range of -20°C ~ + 60°C, relative humidity 20%~95%, atmosphere pressure 500 hPa~ 1060 hPa.

## **Chapter 23: SAFETY-TECHNICAL CONTROLS**

For safety reasons, review the following checklist before using your ZZA806.

1. Check the device for external damage.
  - deformation of the housing.
  - damaged or defective output sockets.
2. Check the device for defective operating elements.
  - legibility of inscriptions and labels.
  - make sure the inscriptions and labels are not distorted.
3. Check the usability of accessories.
  - patient cable undamaged.
  - electrodes undamaged.
  - Battery is not corroded

Please consult your distributor if there are any problems with device and accessories.