



universal TENS™

natural choice for pain relief



Operator's Manual



Welcome

Thank you for your Universal TENS™ purchase.

You've taken the first step towards a healthier, relaxed and pain-free body. Universal TENS™ is a safe, effective and non-invasive method of controlling acute and long-term pain. It can also be used as treatment in the management of post-surgical traumatic pain problems. Universal TENS™ harnesses mild electrical impulses that are transmitted through the skin via surface electrodes to modify the body's pain perception.

What is Pain?

Pain is the body's process of informing us that something is wrong.

To feel pain is important, without this feeling, abnormal conditions may go undetected, creating damage or injury to critical parts of the body.

Although pain is essential in warning our body of trauma or malfunction, nature may have gone too far in its design. Pain begins when a coded signal travels to the brain where it is decoded and analysed. The pain message travels from the injured area of the body along a small diameter of nerves leading to the spinal cord. At this point, the message is switched to a different kind of nerve that travels up the spinal cord to the brain area. The brain then analyses the pain message, refers it back and the pain is felt.

Continued long-term chronic pain has no useful value apart from its importance in diagnosis.

What is Universal TENS™?

A non-invasive, drug free method of managing acute and long-term pain.

Transcutaneous Electrical Nerve Stimulation (TENS) provides a non-invasive, drug free method of managing acute and long-term pain.

There are millions of small nerve fibres throughout the body and it only requires a few impulses to produce chronic pain. In addition to small fibres which allow the sensation of pain to be felt, the body is also made up of larger diameter nerve fibres. These larger nerve fibres transmit more pleasant sensations such as touch or warmth, assisting us to form an impression of our environment. Stimulating the larger nerve fibres using Universal TENS™ may have the effect of inhibiting the transmission of pain along the smaller nerve fibres to the spinal cord (known as the pain gate theory).

The NHS recommends TENS to reduce pain and muscle spasms caused by a wide range of conditions.

The Universal TENS™ Machine

with Dual Channel Functionality

The Universal TENS™ Machine offers 11 pre-set clinically proven treatment programmes.

- Universal TENS™ gives you more treatment options than any other TENS machines with 2 separate channels
- Dual functionality allows you to treat 2 different areas at the same time, on different intensity levels
- 11 pre-set clinically proven treatment programmes to choose from
- Provides relief for chronic and post-operative pain quickly and effectively
- Supplied with 20 top-quality reusable skin electrodes of varying shapes and sizes for different treatment areas
- Works with all Universal TENS™ garments



Made in the UK



Medically Certified

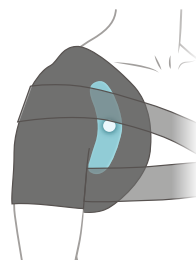


Dual Functionality

Universal TENS™ Electrode Garments

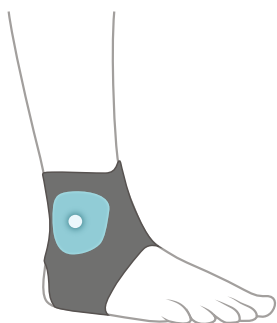
Fast acting, wearable everyday pain relief

Our garments contain specifically-placed electrodes surrounded by silver fibre to conduct TENS relief to the area of your pain. Easy to use and washable, simply slip on your chosen garment, adjust to size, and feel your pain subside.



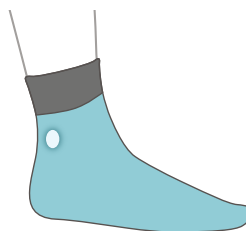
Shoulder Support 13246

Provides relief if you suffer from pain, stiffness or hypermobility in the shoulder or upper back.



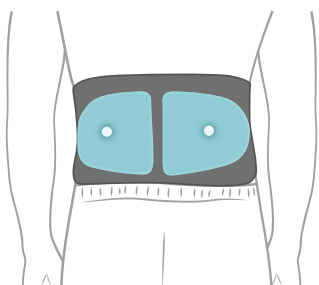
Foot Wrap 13243

Provides relief if you suffer from plantar fasciitis or pain in the arch, ball, heel or toe of your foot.



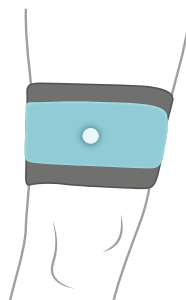
Socks 13245

Provides relief if you suffer from plantar fasciitis or pain in the arch, ball, heel or toe of your foot. As well as improving blood circulation for those with diabetes.



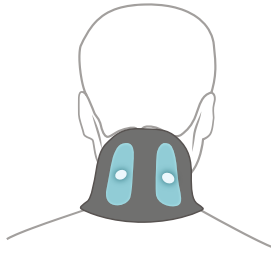
Back & Abdomen Belt 13242

Provides relief if you suffer from sciatica, musculoskeletal pain, endometriosis, menstrual cramps or bowel issues.



Leg Wrap 13248

Provides relief if you suffer from muscle cramp, shin splints, tendinitis or other general aches and pains.



Neck Wrap 13244

Provides relief if you suffer a dull ache in your neck, or stiffness when moving the neck or head.



Non-conductive material

Soft, breathable material provides support to the area of discomfort.



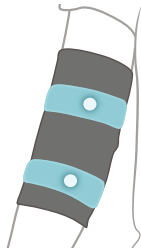
Conductive silver fibres

TENS relief is conducted throughout these areas of silver fibre.



Electrode

TENS relief is concentrated in these specifically selected areas.



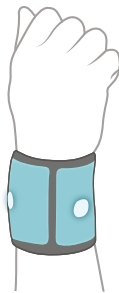
Elbow Support 13250

Provides relief if you suffer from tendonitis, tennis elbow, or other sprains and strains.



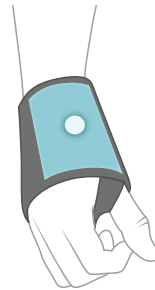
Arm Wrap 13251

Provides relief if you suffer from muscle pain, sprains, bursitis, or other aches and pains.



Wrist Support 13247

Provides relief if you suffer from tendonitis, or general sprains, strains and injury.



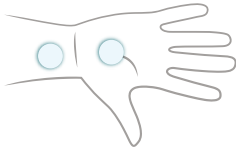
Hand Wrap 13249

Provides relief if you suffer from tendonitis, carpal tunnel syndrome, or general sprains and strains.

Universal TENS™ Electrode Pads

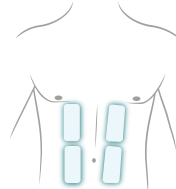
For effective targeted relief

Universal TENS™ Electrode pads effectively stimulate the nerves, intercepting pain signals and acting as a natural form of pain relief. You can wear electrode pads on any part of your body that is comfortable, excluding over the heart and on the face. Electrodes tackle pain at the source. Common locations for placing electrodes are shown below.



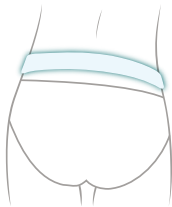
Set of 4

30mm 80183

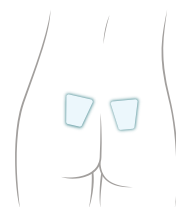


Set of 4

40mm x 90mm 81749

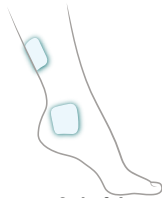


Lower back 91691



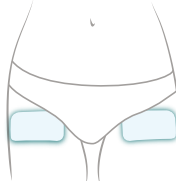
SACRUM - Set of 4

70mm x 65mm 92504



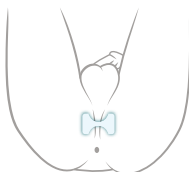
Set of 4

40mm x 40mm 81748



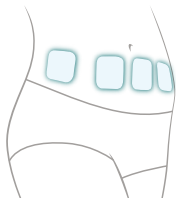
Set of 4

50mm x 100mm 81751



PERINEUM - Set of 4

53mm x 40mm 92503



Set of 4

50mm x 50mm 81752

Care Instructions

The effectiveness of your Universal TENS™ garment is guaranteed for 260 washes!

You Universal TENS™ garment is woven with conductive silver fibre. To preserve its effectiveness please follow these care instructions. If using your garment daily, keep it fresh by leaving it open to the air when not in use.

When its time to wash your garment, follow these washing instructions:



1. Unclip the electrode wires before washing your Universal TENS™ garment
2. Hand wash below 40°C for a maximum of 5 minutes
 - Wash separately
 - Do not use strong chemicals to wash your Universal TENS™ garment as these can react with the silver fibre
3. Gently twist to remove excess water and allow to air dry
4. After drying, simply fold and store your Universal TENS™ garment in a ventilated place
 - Avoid direct sunlight which can affect the elastic fibre

Universal TENS™ electrode pads can last 10-15 uses.

Electrode pads need to be replaced regularly to maintain their effectiveness. They may need replacing after 10-15 sessions, but you can choose to replace them when they begin to lose their adhesiveness.

Always apply your skin electrodes onto clean skin. Some people like to keep their pads in the fridge to make them last longer.

When your electrode pads are wearing out, dab a bit of water on the adhesive side of the pad to improve their stickiness.

Contact Us

Address

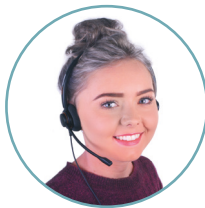
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sales@stressnomore.co.uk



Our friendly team of experts are available
Monday - Friday (8am - 6pm)
Saturday (9am-3:30pm).

Visit [StressNoMore.co.uk](https://www.stressnomore.co.uk) to see the
full range of Universal TENS™

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