

# Belifu

## TENS



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### **Customer Service:**

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## **NOTICE:**

Do not use this device for undiagnosed pain symptoms until consulting a physician.

**PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE.**

Read, understand and practice the contraindications, warnings, cautions and operating instructions found on pages 3-22 of the instruction manual. Always follow the operating instructions prescribed by your health-care provider.

Please keep this user manual with your device for future reference.

## **Chapter 1: Introduction**

### **Intended Use of Device**

To be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arms), and lower extremities (leg) due to strain from exercise or normal household work activities.

### **Patient Population**

The “Patient” is an intended operator.

Adults who suffer from sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arms), and lower extremities (leg) due to strain from exercise or normal household work activities can use this Device.

However, it should not be used by children, pregnant women, or anyone who has an implanted metallic or electronic device. Ask your physician if you have any questions related to your health.

## **Chapter 2: Included in this package**

- 5 sets of self-adhesive electrode pads (75\*45mm)

<u>COMPONENT</u>	<u>WT%</u>
Crosslinked Acrylic resin	15 ~ 25
Polyhydric Alcohol	40 ~ 60
Electrolytic salt	< 10
Additives (Stabilizer etc.)	< 0.5
De-ionized water	20 ~ 40

- 5 sets of leads wire with dia. 2.5mm plug
- USB cable and please use an AC adapter with IEC60601-1 certified (the equipment does not come with a power adapter)

Input voltage range:100Vac-240Vac

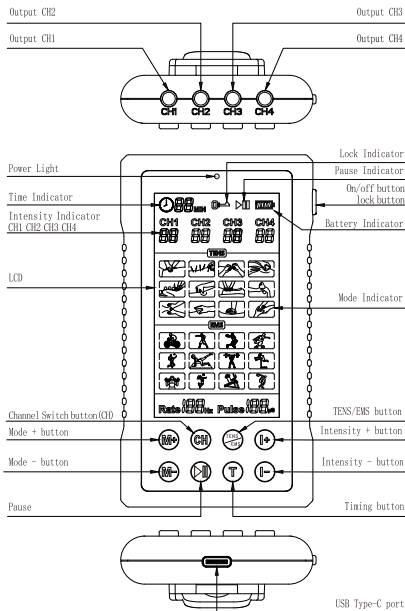
Input frequency range:50Hz/60Hz

Output voltage range:4.75-5.25Vdc

Output current range:475mA-525mA

- User Manual
- Storage Bag

## Chapter 3: Illustrations of the Device

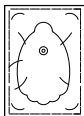


## Chapter 4: Illustrations of the Accessories

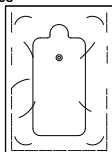
### Illustrations of the Accessories



Electrode Pads



Electrode Pads



Electrode Pads



USB Cable



Leads wire

## Chapter 5: Features of Product

- LCD display
- Backlight
- 4 independent channels
- Adjustable timer up to 80 minutes
- 24 different operating modes
- Rechargeable internal polymer battery
- 30 level intensity settings
- Allows 2-16 pads to be applied to the different targeted areas at the same time
- 4 outputs are isolated, so all channel CH1 CH2 CH3 and channel CH4 has the same 100% power
- Applied part: self-adhesive electrode pads

## Specification

This equipment belongs to Type BF of Class II

### Power

Input voltage: DC5V

Rated current:  $\leq 50\text{mA}$

Rated power:  $\leq 0.25\text{W}$

Li-ion battery: 3.7 V dc

### Important Information

Use of accessories, detachable parts, and materials not described in the instructions for use; Interconnection of this equipment to other equipment not described in the instructions for use; Modification of the equipment, may all result in unsafe result.

Degraded sensors and electrodes, or loosened electrodes, can degrade performance or cause other unsafe issues.

## Chapter 6: How to Use the Device

- Environmental operating conditions: Temperature:  $-5 \sim +40^{\circ}\text{C}$   
Humidity: Does not exceed 85% Atmospheric pressure range of 800 hPa to 1 060 hPa
- Please make sure the device is on the OFF position when setting up the unit, adjusting the pads, or making a new connection.
- DO NOT turn on the unit before you place pads on your skin.

### **Before using the device, please check following carefully:**

1. Check the pads for any damages or irregularities.
2. Check the electrode wires for any damages or irregularities.
3. Check the electrode pads any damages or irregularities.
4. Check for any physical damage on the unit.

### **Step 1: Connect the electrode to the device**

The Belfiu Tens is equipped with four isolated channels CH1 CH2 CH3 & CH4. This will allow you to set separate modes and separate intensities on each channel. Before connecting the wires to the unit, decide which channel you wish to use (channel CH1 CH2 CH3 or CH4). You also can use all CH1, CH2, CH3, CH4 channels together, connect the electrode wires to all outputs.

Note: Ensure that the electrode wires are fully inserted into the output and secured. Make sure the wires are not loose. A loose connection will lower the power output of your device, potentially causing unreliable connection.

### **Step 2: Connect the electrode pads to the wires**

1. Each wire has two leads with Snap-On connectors. Snap the wire connectors onto the snap buttons on the pads. Make sure that at least one pair (2 pieces) of pads is attached to the same wire. One pad alone will not work.
2. Check the snap connections to ensure they are fastened.

- Please make sure the device is on the OFF position when setting up the unit, adjusting the pads, or making a new connection.
- DO NOT turn on the unit before you put pads on your skin.
- Use at least one pair of pads. One pad alone will not work.

### **Step 3: Place pads on your body.**

1. Remove the plastic films on the pads.
2. Place pads on the muscle you wish to treat.
3. Be sure to place the adhesive side of pad on your skin.

- Check if the adhesive side of on the pad is clean after removing the plastic film.
- Again, please make sure that you use one pair of pads at the same time.
- Make sure that at least two pads are connected to one wire, and are placed close to each other on your muscle.
- Make sure your skin has been cleaned of all dirt, oil, or lotions.
- Make sure the pads are stick adhered closely on your skin.
- Do not overlap pads or place one pad on top of another one.
- **DO NOT place pads on artery, throat, bones or wound.**
- **DO NOT place pads near heart, on both sides of thorax or chest.**

#### **Step 4: Turn on the device**

Long press the “ON/OFF” switch located on the right side of the unit to the turn on the device.

Verify the channel indicator on the screen to make sure the device is on the same channel you wish to use. The “CH1” letter will blink to indicate channel CH1 is working. If you choose other channels (CH2,CH3,CH4), the other channel letter will blink to indicate the other channels (CH2,CH3,CH4) is working.

#### **Step 5: Select modes and intensity**

Once the device is turned on, it will show all icons to ensure that all icons are displaying properly. The unit will automatically set to channel CH1, mode 1, with zero intensity. You could select the mode and intensity for the channel you wish to use. You have the option to use one channel alone or all channels.

## For channel CH1,CH2, CH3, CH4, use output(s)CH1, CH2, CH3, CH4

1. To select the mode, press“M+”or “M-”(Mode)button to select the 24 modes displayed on the screen. when you select a mode.The selected mode will blink.
2. Press “I+”(intensity)button to increase the intensity. When changing the mode, the intensity level will automatically reset zero.
3. Keep increasing the intensity by pressing the intensity “I+” increase button to get to the desired level.

The model is divided into two combinations: TENS and EMS modes, when you select a mode.The selected mode will blink. when you choose different mode the “Rate”and“Pulse” on screen will show the different data. Press(TENS/ EMS)button to select the TENS programs or EMS programs .

- We recommend starting at the lowest level of intensity and gradually increase to a level that is comfortable.
- The intensity should be set at a level where you will experience some muscular vibration and involuntary muscle movements.

### Step 6: Adjust timer

The timer will increase in the increment of 10. Press the “T” time button to adjust timer from 10 minutes up to 80. Keep pressing the time to set to 80 minutes.

### Step 7: Pause

Press the“⏸” pause button to pause all working state, press the“⏸” again to reinstate the device to working status.

### **Step 8: Lock the tens**

Short press the "ON/OFF" button to lock the tens when you complete the above steps then enjoy a massage. Short press again to unlock the screen.

### **Step 9: Turn off the device**

Long press the "ON/OFF" button located at the right side of the unit to turn off the device.

### **Step 10: Remove the pads from your skin**

Remove the pads from your skin slowly and place them back on the provided pad holder or the protective plastic film.

- **DO NOT remove the pads before you turn off the equipment.**

**Step 11: Take off the pads from wires. Unplug wires from device.**

## **★ WARM TIPS FOR SKINCARE**

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 skin preparation wipes. Let the area 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 7: Maintenance**

Please clean the main machine frequently. Use a piece of soft dry cloth to wipe the dirt on the main machine. Don't wash with water or clean with the detergent, thinner, volatile oil, etc. that contains chemical substances.

The gel surface of the massage pad should be kept clean and avoid dirt like dust, oily substances, sticky substances, etc., otherwise the stickiness will be decreased.

Please put the massage pads back to the pad holders or paste the protective films back onto the pads after use.

When the stickiness of the massage pad becomes weak due to dirt or if there is a tingling sensation in the skin, please use a piece of damp cloth dipped in a little water to gently wipe the gel surface. After drying, the stickiness will recover, but if water is overused, the stickiness will be decreased.

Please don't wipe the gel surface with a paper towel.

Please do not scrape the gel surface with nail, brush, etc.

Massage pads are consumables with the service life of generally 20-30 times. If the pads are not sticky or the stimulator becomes weak, please change the pads in time.

The batteries for this product are built-in polymer batteries. If it is not used for a long time, please charge it every 6 months.

### **Safekeeping**

Please do not put the main machine in the place exposed to sunlight, high temperature, humidity, lots of dust, or the place close to fire, easy to vibrate or shock.

Please put where children can't reach it.

### **Cleaning and Storing Pad**

Clean: After using pads on your body, please drop a little clean water on the sticky side and use fingertips to clean it softly

- Please turn off the device and disconnect the pads with wires first before you clean the pad.
- Do not use nails or other sharp objects on the sticky side.
- Do not use chemical liquids on sticky side.

Storage: Place pads on pad holder or place plastic film on the sticky side of pad to keep the gel moisture.

- Do not keep device in areas subject to direct sunlight, high or low temperatures, humid area, near to fire, vibration, or shock.
- Do not keep the device at places that can be easily reached by children.

## **Chapter 8: Mode Description**

We suggest that you initially experiment using each of the 24 modes. The mode or combination of the modes that gives you the most desirable sensations and comfort is the most appropriate one to use for your current therapy session.

Recommended application duration is 2-3 times per day for 40-60 minutes per application, over 10 days for one course.

<b>Mode</b>	<b>Name</b>	<b>Description</b>
1	Tuina	Simulation of Tuina is a hands-on body treatment which help with pain relief and relaxation
2	Acupuncture	Simulation of acupuncture provides the same sensation without needles, by utilizing electronic pulses to achieve the sensation of differing needle depths.
3	Tapping	Stimulating tapping is intended to produce a hard thumping sensation that massages your muscles, which can give you an invigorated and revitalized feeling.
4	Guasha	Simulating Guasha with a low frequency setting provides the user with a scratching and kneading sensation. Guasha releases unhealthy elements from injured areas and stimulates blood flow and healing. Guasha is effective in acute and chronic internal organ disorders. Help relieve pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc.
5	Cupping	Mimic the sensation of suction created on the skin. Simulating cupping, relatively constant stimulation contracts muscles. Cupping is a traditional Chinese therapy in which heated glass cups are applied to the skin, creating suction as a way of stimulating the flow of energy.
6	Shiatsu	Shiatsu is simulation of a type of finger and palm pressure, stretches, and other massage techniques. Shiatsu can help facilitate healing from many minor ailments, such as headaches and back pain to digestive, sinus and skin problems.
7	Knead with Fingers	It is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques. Can enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation, recreational and well-being.
8	Foot Massage	Help for foot pain caused by plantar fasciitis, scarring, collagen breakdown, and micro-tears, Heel spurs, foot muscles and ligament strains.
9	Lumbar	Stimulate pain points in the lumbar area for pain relief or muscle relaxation.

10	Body Building	Stimulating muscles repeatedly with electricity may eventually result in muscles that are strengthened and toned to some extent.
11	Palm Pressure	Stimulating muscles repeatedly with electricity may eventually result in muscles that are strengthened and toned to some extent.
12	Kneading	Random combination of basic modes
13	Bicycle	Using tens unit for shoulder pain or shoulder related injuries is very similar to using it for any other part of the body. Electrodes are placed on or near where you feel the pain and the settings adjusted properly until relief is achieved.
14	Boxing	Stimulating with a low frequency setting provides the user with a scratching and kneading sensation.
15	Basketball	Stimulate pain points in the hand area for pain relief or muscle relaxation.
16	Football	Stimulate pain points in the leg area for pain relief or muscle relaxation.
17	Badminton	Stimulate pain points in the hip, sciatica nerve for pain relief or muscle relaxation.
18	Yoga	Stimulate pain points specifically in the ankle for pain relief or muscle relaxation.
19	Weightlifting	Stimulate pain points in the Foot area for pain relief or muscle relaxation.
20	Hurdle	Stimulate pain points in the lumbar area for pain relief or muscle relaxation.
21	Dumbbells	Stimulate pain points in the knee area for pain relief and muscle relaxation.
22	Volleyball	Stimulate pain points in the wrist area for pain relief or muscle relaxation.
23	Fitness	Stimulate pain points in the body area for pain relief or muscle relaxation.
24	Discus	Random combination of basic modes.

## Chapter 9-1:TENS Electrode Placement Guide

**Neck Pain**



**Chronic Hip Pain**



**Frozen Shoulder**



**Lower Back Pain**



**Tennis Elbow**



**Carpel Tunner Syndrome**



**Stomach Pain**



**Erector Spinalis**



**Sciatica**



**Knee Pain-Post OP**



**Degenerative Arthritis-Knee Pain**



**Lower Leg Pain**



**Foot Pain**



**General System Nerves, Muscle, Tiredness & Bad Blood Circulation**



**Ankle Pain**



## Chapter 9-2:EMS Electrode Placement Guide

**Sddl**



**QUADRICERS & GRACILIS**



**ABDOMINALS**



**FRONT EDLTOIDS**



**HAMSTRINGS**



**OBLIQUE**



**BICEPS**



**GLUTEUS MAXIMUS**



**LATISSIMUS DORSI**



**VASTUS MEDIALIS**



**GALVES**



**TRAPEZIUS**



**VASTUS LATERALIS**



**FOREARMS**



## Trouble Shooting

PROBLEM	CAUSE	SOLUTION
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	<ul style="list-style-type: none"> <li>Adhesive gel pads are not adhering firmly to the skin.</li> <li>The gel pads are too dry.</li> <li>wires are damaged</li> </ul>	<ul style="list-style-type: none"> <li>Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.</li> <li>Use a new set of pads.</li> <li>Use a new set of wires.</li> </ul>
Unit is on, but no sensation is felt in the pads	<ul style="list-style-type: none"> <li>Both pads are not firmly on the skin.</li> <li>There is a loose connection.</li> <li>The intensity level needs to be increased</li> </ul>	<ul style="list-style-type: none"> <li>Make sure both pads are firmly pressed to the skin. (two pads minimum) One pad alone will not work.</li> <li>Make sure all connections are secure from the unit to the wires and the wires to the pads.</li> <li>Increase the intensity level</li> </ul>
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive material ran out.	Adhesive gel pads need to be replaced.
Unit does not turn on or the screen is dim.	Battery is low	Recharge the battery
Unit does not charge	Wall adapter or USB cord.	Charge your unit using USB cord only using any USB power outlet.
Only feel stimulation one channel	<ul style="list-style-type: none"> <li>Your device features the AB independent channel.</li> <li>Bad wire.</li> </ul>	<ul style="list-style-type: none"> <li>Try to set the mode and/or the intensity on each channel.</li> <li>Try to use a new set of wires.</li> </ul>

*Please feel free to contact us by sending emails to [support@belifu.com](mailto:support@belifu.com) or FB: [@Belifu](#) if you need any further assistance.*

## **Chapter 10: Medical Disclaimer**

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. We cannot and do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your health care provider before purchasing any product(s). The information contained here is intended to provide broad consumer understanding and knowledge of product offered.

The information should not be considered complete and should not be used in place of a visit, call, consultation or advice or your health care provider. Should you have any healthcare-related questions, please call or see your health-care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

### **Disposal Information**

Please contact the local authorities to determine the proper method of disposal of the used equipment and accessories.

## **Chapter 11: Warnings**

This part is about the safety information. It is intended to help you use it safely, prevent injury and avoid situation which could result in damage on the device. It is important for you to read this information carefully.

1. Please note that the original recognized accessories, detachable parts and material which are approved by standard.
2. Please note that the adapter you choose for battery charging must complies with IEC 60601-1 or IEC 60950 standards.

3. Usually, the device is affected by high frequency electromagnetism and microwave radiation machine. Please be far away from these machines beyond 500mm then using.

## Warnings

1. Stimulation should not be applied over the carotid sinus nerve, particularly in patients with a known sensitivity to the carotid sinus reflex.
2. 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.
3. Stimulation should not be applied across or through the head, directly on the eyes, covering the mouth, on the front of the neck, (especially the carotid sinus), or from electrodes placed on the chest and the upper back or crossing over the heart.
4. Stimulation should not be applied trans-thoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
5. Stimulation should not be applied trans-cerebrally.
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
8. Replacement of a component could result in an unacceptable risk. Please contact us if you have any problem with the device.
9. Keep this device out of the reach of infants, toddlers, and children. Be careful of strangulation due to cables and hoses, particularly due to excessive length.
10. Do not recharge, use or leave the battery and device in any high temperature environment such as a location near fire or in direct sunlight. Doing so may cause the battery to overheat, ignite or rupture.
11. There is potential hazard from simultaneous connection of a patient to a high frequency surgical equipment and the stimulator that may result in burns and possible damage to the stimulator.

12. Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
13. When the device is transferred to another patient, replace used pads with new pads.
14. Please avoid the use of the equipment as much as possible in the following occasions or conditions, as it may result in incorrect operation: talking on a mobile phone; near the signal emission base station for broadcasting, television, communication, radar, navigation, etc.; near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging.
15. Use of accessories, transducers and cables other than those specified or provided by the manufacturer of the equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
16. Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

## **Chapter 12: Precautions**

1. Safety of this device for use during pregnancy has not been established.
2. Caution should be used for patients with suspected or diagnosed heart problems.
3. Caution should be used for patients with suspected or diagnosed epilepsy.
4. Caution should be used in the presence of the following:
  - When there is a tendency to hemorrhage following acute trauma or fracture;
  - Following recent surgical procedures when muscle contraction may disrupt the healing process;
  - Over the menstruating or pregnant uterus;
  - Over areas of the skin which lack normal sensation.
5. Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation

can usually be reduced by using an alternate conductive medium, or alternate electrode placement.

6. Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
7. The device should be kept out of the reach of children.
8. The device should be used only with the leads and electrodes recommended for.
9. This device 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 13: Contraindications**

Do not use this device if you have an implanted electronic device, i.e. a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device unless specialist medical opinion has first been obtained. Such use could cause electric shock, burns, electrical interference, or death.

### **Chapter 14: Adverse Reaction**

- Skin irritation and burns beneath the stimulation electrodes applied to your skin.
- Headache and other painful sensations during or following the application of electrical stimulation near your eyes, to your head and face.
- Potential allergic reactions due to the electrical stimulation or gel including: skin irritation, redness, burning or hypersensitivity.

\*\*\* You should stop using the device and consult with your physician if you experience any adverse reactions from the device. \*\*\*








## Potential Electromagnetic and Other Interference

This product is sensitive to the electromagnetic interference, and the following cases may interfere with normal use:

- When talking on the mobile phone;
- Near the base station for signal transmission (broadcast, television, communications, radar, navigation, etc.);
- Near high radiation medical instruments such as nuclear magnetic resonance;

The operator should be away from the equipment or occasion as soon as possible if the essential performance of the equipment is degraded or lost due to EM DISTURBANCES. The essential performance of the equipment should be restored. If not, please contact your seller.

## Explanation of figures, symbols, warning statements and abbreviations on the equipment.

Meanings of symbols used for marking described in instructions for use	
	Caution!
	Type BF applied part
	Direct current
IP22	Protected against solid foreign objects of 12,5 mm $\varnothing$ and greater; Protection against vertically falling water drops when ENCLOSURE tilted up to 15°
	Refer to instruction manual
	Serial Number
	Manufacture date
	Manufacture information

## **Chapter 15: Warranty**

Please activate your 24 months warranty within 2 weeks once you receiving the item.

PLEASE REGISTER ONLINE NOW

→ <https://belifu.com/warranty/>

If you have any questions, please feel free to contact us.

Customer Service:

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