

Congratulations on purchasing **Tenease**, the most effective treatment for tennis elbow.

Charging your Tenease



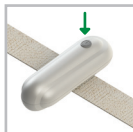
Insert the charging cable firmly through the centre of the green rubber pad and plug into any USB port.

When charging your device will light up red until fully charged. It will then light up green to let you know charging is complete.

How to use your device



Thread the strap through the slots



Press and hold to turn on



Device flashes green 4 times



Strap to the arm with the applicator nozzle on the point of pain



Press green button to cycle through the modes

Press and hold the button to turn off.

Pulse modes

- | | | | |
|---|-------------------------------------|----|------------------------------------|
| 1 | Low frequency | 6 | Maximum power pulse |
| 2 | Mid range frequency | 7 | Short pulse, fast pulse, repeating |
| 3 | High frequency | 8 | Slow pulse |
| 4 | Standard repeating pulse | 9 | Fast pulse |
| 5 | Fast pulse alternating with 1,2 & 3 | 10 | Long pulse, alternating |

Which modes to use

Day 1 & 2: Start with setting one, a low frequency non-pulsed setting. Use this three times a day for 10 minutes each time to start.

Day 3 - 5: Increase the mode to 2 or 3 if necessary, keeping the same frequency.

Day 7+: Use each of the modes to see which provides the greatest level of pain relief. You can reduce usage frequency to twice a day using modes 4 and upwards.

Ongoing: Use modes 8, 9 and 10 for occasional use after the 4th week.

Need more help or advice
on using your device?



Scan this QR code or visit
www.tenease.com/fitting

Send us an email at
support@tenease.com
or message us on facebook

Specification: Frequency: 150Hz nominal | Weight (incl battery): 60g
Operating Conditions: 5°C to 40°C; <90% RH | Storage/Transport Conditions: 0°C to 45°C; <90% RH

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