

## E4 Tens Messenger Low-Frequency Electronic Pulse Massager

Available from  
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Instruction manual  
Gebrauchsanweisung  
Gebruiksaanwijzing

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## Introduction

The Omron E4 Tens is a massager to relieve pain and fatigue of your muscles. It can be used for treatment of several parts of the body, e.g. shoulders, knees, elbows, soles of the feet, calves and the lower back.

## 1. Safety precautions

### General

- Do not let children or infirm people have access to the massager.
- Do not apply Long Life pad during treatment on other person.

Do not use the massager under the following circumstances:

- Persons with medical implants, e.g. heart pacemakers.
- Simultaneously with other medical devices, e.g. respirators and electrocardiographs.
- Any condition where your doctor deems low frequency electrotherapy inappropriate.
- While driving.
- While sleeping.

Consult your doctor:

- During an acute, contagious or infectious disease.
- When suffering from a malignant tumour.
- During pregnancy or during menstruation.
- When suffering from cardiac dysfunction or abnormal blood pressure.

- Varicose veins.
- When having high fever.
- During medical treatment, especially those that are leading to discomfort.

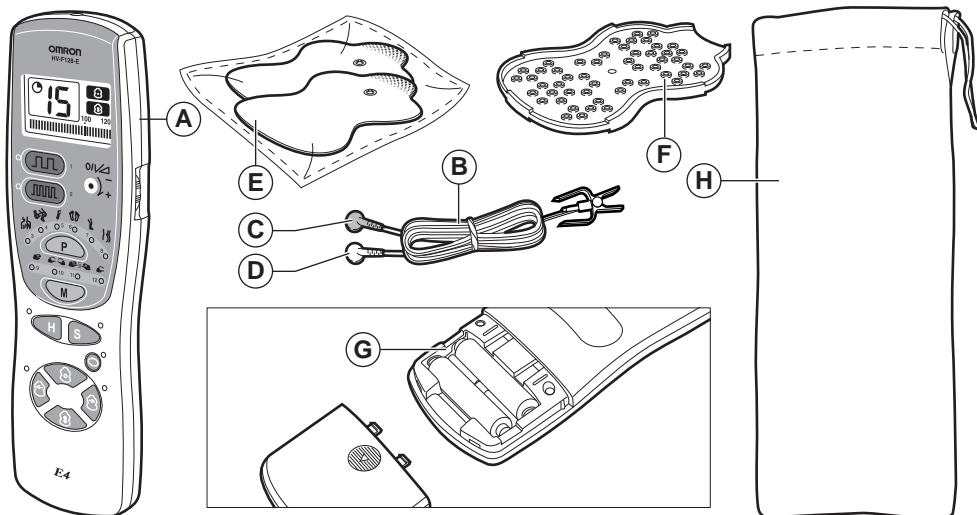
### Tips for use

- Do not apply ointment to the skin.
- Do not apply the Long Life pads near the heart, above the neck, on the head, around the mouth.
- Do not apply the Long Life pads on skin with disorders.
- Treat one part of the body for maximum 30 minutes.

### Caution

- Do not drop the massager.
- Put the Long Life pads only on skin or on the Long Life pads holder to avoid damage of the adhesive surfaces of the pads.
- Do not use the massager in a sauna or while taking a bath or shower.
- Keep cellular phones 5 meters out of range during treatment.

## 2. Overview



A Main unit

B Electrode cord with safety plug

C Red connector

D White connector

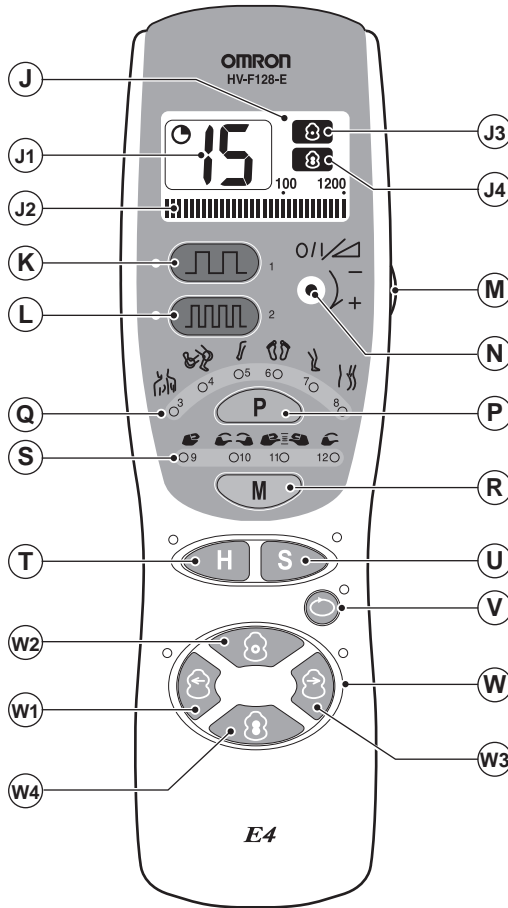
E Long Life pads

F Long Life pads holder

G Battery compartment

H Soft fabric storage case

## 2.1 Control functions



**J** Display:

- J1** Minutes to go during treatment,
- J2** Blinking bar shows frequency,
- J3** Indication Point,
- J4** Indication Wide.

**K** Low frequency button: to select treatment for stiff muscles.

**L** High frequency button: to select treatment for acute pain.

**M** On/Off and Adjustment Dial Switch: to turn on/off the power and to adjust the intensity.

**N** Display shows on/off, intensity 0 to 10.

**P** Part of the body button: to select region.

**Q** Indication Part of the body button (shoulder, joint, arm, sole, leg, back).

**R** Massage button: to select favourite massage method.

**S** Indication massage method (tap, knead, push and rub).

**T** Hyper button: to select gradual increase of intensity.

**U** Soft button: to select soft stimulation.

**V** Repeat button: to repeat favourite stimulation.

**W** Point/Wide:

**W1** Left (red) Long Life pad,

**W2** Pulse is applied on one point,













**W3** Right (white) Long Life pad,

**W4** Pulse is applied on a wider surface.

3. How to obtain a correctt treatment

3.1 Program

To obtain a correct treatment you have available twelve treatment programs (see table below). A treatment program runs during 15 minutes.

	Complaint	Program	Effect
1	Stiff muscles, numbness		Different combinations of vibrations on a low frequency to promote blood circulation. This program is effective over a long period
2	Acute pain		High frequency vibrations relieve acute pain promptly
3	Stiff shoulders		Different vibrations promote blood circulation and relieve fatigue
4	Acute elbow or knee pain		High frequency vibrations relieve pain promptly
5	Arm fatigue		Different vibrations promote blood circulation
6	Swelling and foot fatigue		Different vibrations promote circulation of blood and body fluid in the feet
7	Swelling and calf fatigue		Different vibrations promote circulation of blood and body fluid in the limbs
8	Back pain or lower back stiffness		Low frequency vibrations promote circulation of blood and relieve pain (neuralgia)
9	Various symptoms		Your favourite massage method (tap, knead, push or rub) relieves stiffness, pain and fatigue
10			
11			
12			

### 3.2 Settings

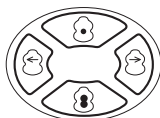
Several settings can be made to get your favourite treatment. You can compose your favourite treatment at the beginning of the treatment program and you can change it any time.

#### Hyper mode and Soft mode



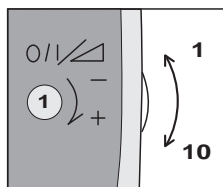
You can select either Hyper mode or Soft mode. Hyper mode increases gradual stimulation during treatment and relieves stiffness effectively. Soft mode stimulates without giving the feeling of irritation and relieves stiffness comfortably.

#### Treatment surface



The treatment can be applied on a specific point or to a wider surface of the Long Life pads.

#### Intensity



The intensity level of the massage is adjustable with a dial switch.

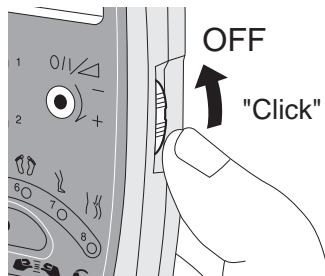
#### Repeat



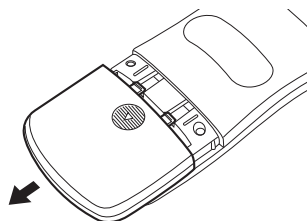
You can repeat your favourite stimulation. If the repeat button is activated the device will repeat the last part of the selected treatment program. The device will continue with the treatment program if the repeat button is deactivated.

## 4. Preparation

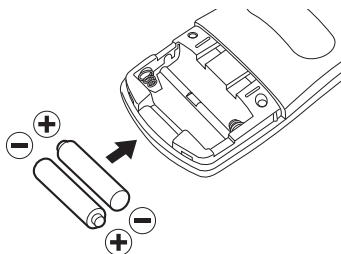
### 4.1 Insert batteries



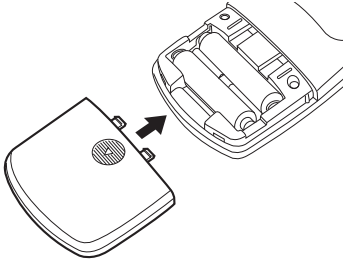
1 Turn the On/Off-switch OFF.



2 Remove the battery cover.

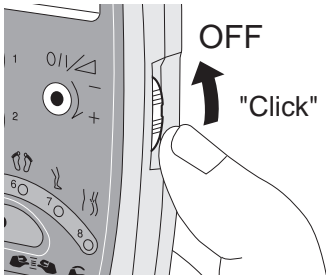


3 Insert two batteries in the battery compartment.  
**Caution!** Use two identical batteries!

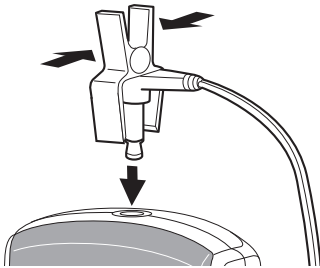


4 Put the battery cover on the battery compartment.

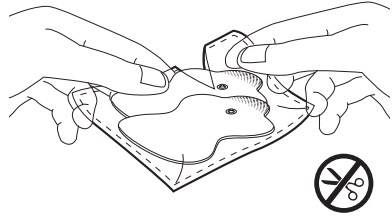
4.2 To use the massager for the first time



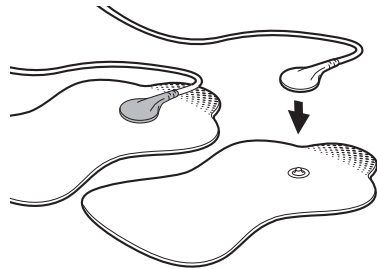
**Caution!** Make sure the device is turned off and that the batteries are inserted correctly!



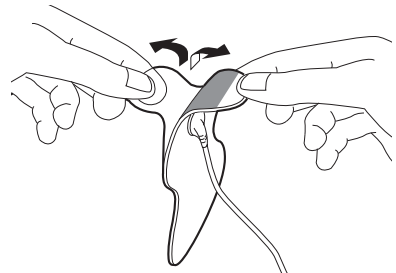
1 Pinch the safety plug and connect it to the main unit.



2 Take the Long Life pads out of the sealed package.



3 Connect the electrode cord to the Long Life pads.



4 Remove the film from the Long Life pads and attach the pads directly onto your skin.

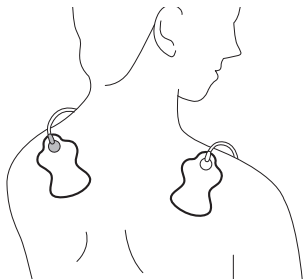
**Caution!** Do not damage the adhesive surfaces of the Long Life pads!

## 4.3 Attach Long Life pads

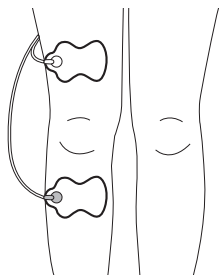
**Caution!** Always use clean Long Life pads!

**Caution!** Do not fold the Long Life pads!

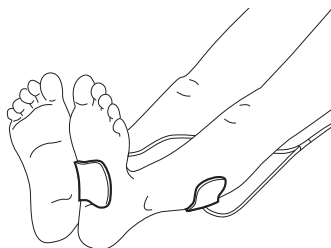
**Caution!** Avoid the Long Life pads touching any metal object, such as belt buckle or necklace!



- Attach the Long Life pads on both shoulders with the backbone in the centre.



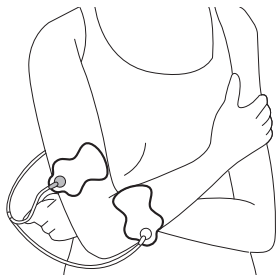
- Attach both Long Life pads on the upper arm where you feel pain.



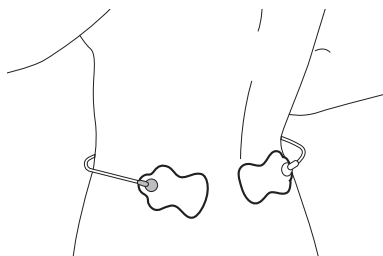
- Attach one Long Life pad to the sole of the foot that feels cold and the other one on the calf.  
**Caution!** Do not simultaneously attach the Long Life pads on the soles of both feet!



- Attach both Long Life pads on the calf where you feel pain.



- Attach the Long Life pads on both sides of the joint where you feel pain.



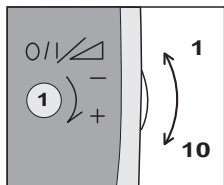
- Attach both Long Life pads on the lower back with the backbone in the centre.



## 5. Operation

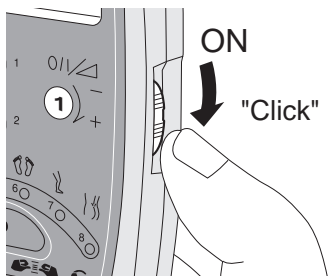
**Caution!** Make sure that the components are connected well and the Long Life pads are fixed on the part of the body you wish to treat!

**Caution!** Do not pull on the electrode cord during treatment!

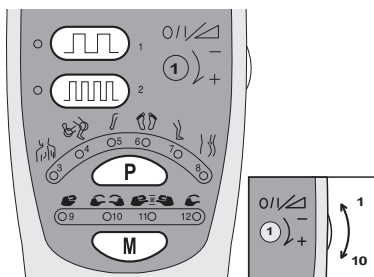


**Note:** Turn Adjustment Dial-switch for intensity (1-10) if required.

### 5.1 Treatment program

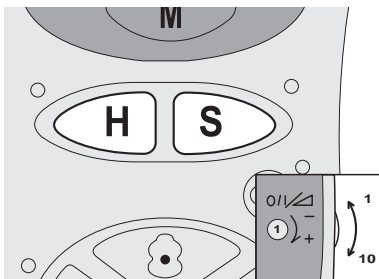


1 Turn On/Off-switch to level 1.

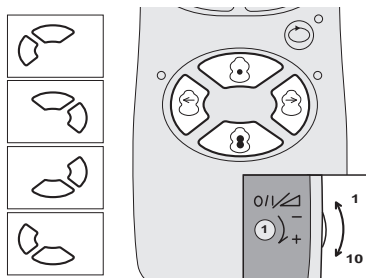


2 Select one of the twelve programs according to your complaint.

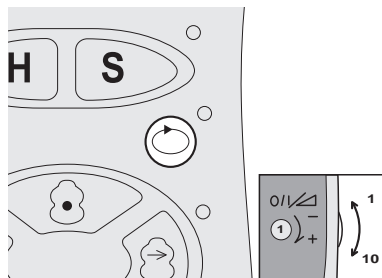
### 5.2 Setting



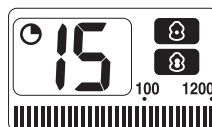
1 Select Hyper mode or Soft mode.  
For selecting Hyper mode press 3 seconds Hyper button.



2 Select point pulse or wide pulse.

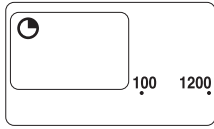


3 Press repeat button to have previous treatment program start over.

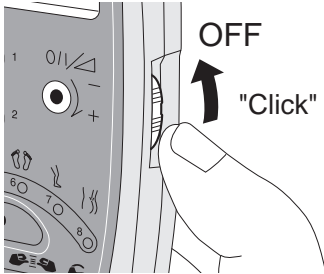


Treatment program runs for 15 minutes.

## 6. End of treatment and care



After 15 minutes the massager stops automatically.



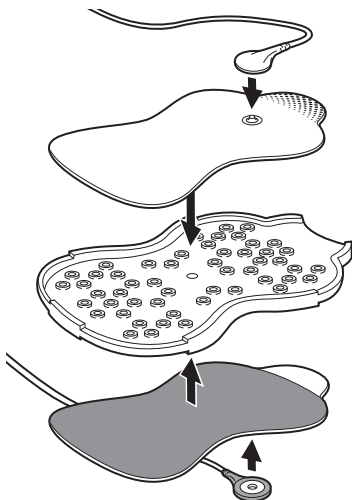
1 Stop program if required.

**Caution!** Stop treatment when you want to change the treatment program!

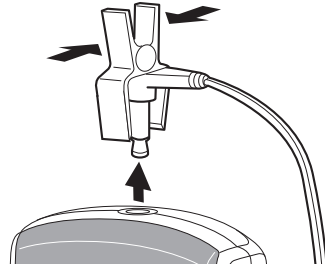
**Caution!** Stop treatment when you want to move a Long Life pad!

**Caution!** Stop treatment when you feel discomfort with your body or skin!

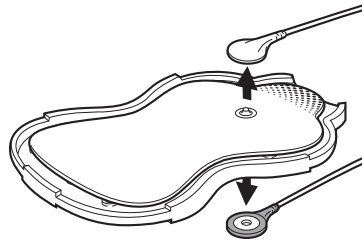
**Caution!** Stop treatment when the massager is not functioning properly or you feel discomfort!



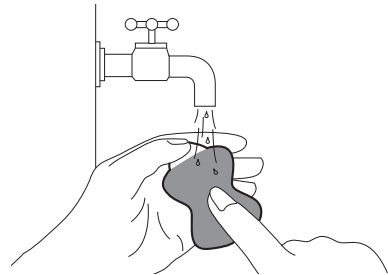
2 Remove the Long Life pads and place the pads on the Long Life pads holder.



3 Pinch the safety plug and remove it from the main unit.

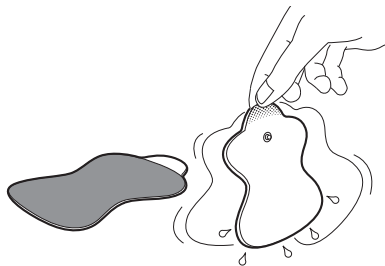


4 Disconnect the electrode cord from the Long Life pads.



5 Wash the pads softly with your fingertips under slow running water for about 3 seconds.

**Caution!** Do not use hot water!

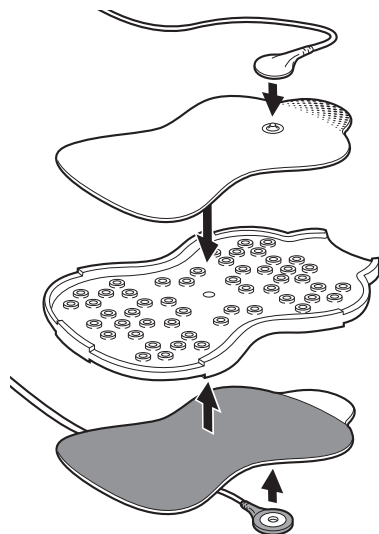


6 Sufficiently dry the Long Life pads.

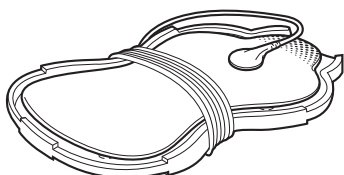
**Caution!** Do not wipe the adhesive surfaces!

**Caution!** Let the adhesive surfaces of the Long Life pads air-dry!

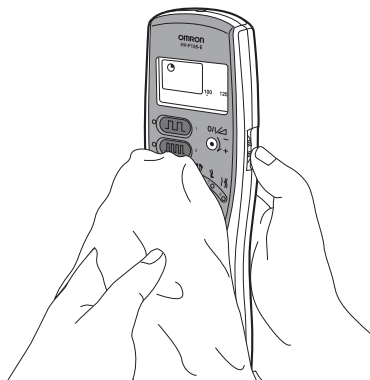
**Caution!** Adhesive surface sides up during drying!



7 Connect the electrode cord on the Long Life pads and place the pads on the pad holder.



8 Wrap the electrode cord around the pad holder.



9 Use a soft, slightly moistened cloth to clean the main unit.

**Caution!** Do not wash and do not use petrol, thinners or similar solvents!

## 7. Storage



- Put the massager and the pad holder in the soft storage case.
- Store the massager on a dry, closed place with a temperature between  $-20^{\circ}$  and  $60^{\circ}\text{C}$ .  
**Caution!** Remove the batteries for a long time storage (more than three months)!

## 8. Troubleshooting & Maintenance

Problem	Cause	Rectification
Device will not turn on	Batteries inserted in wrong direction	Insert batteries in correct direction
Power turns off too soon	Long Life pads not attached correctly to the skin	Attach Long Life pads correctly to the skin
Power turns off while using massager	Batteries weak/exhausted	Fit two new identical 1.5V alkaline batteries type AAA LR03
	Treatment period of 15 minutes is over and power turns off automatically	Restart treatment or turn off the massager
	Electrode cord broken	Replace electrode cord
It is difficult to attach Long Life pad to the skin	Transparent film not peeled off	Peel off film on the adhesive surface of Long Life pad
	Long Life pad applied immediately after washing	Sufficiently dry Long Life pad
	Adhesive surface of Long Life pad damaged	Replace Long Life pad
Adhesive surface of Long Life pad is sticky	Use of Long Life pad during perspiring	Leave Long Life pad in freezer for overnight
	Long Life pad washed too long and/or too frequently	
	Long Life pads stored under high temperature, high humidity, direct sunshine	
It is difficult to feel stimulation	Long Life pads not attached correctly to the skin	Attach Long Life pad firmly to the skin
	Long Life pads overlap each other	Reattach Long Life pads with no overlap
	Electrode cord not connected correctly	Connect electrode cord correctly
	Applied intensity too weak	Increase the intensity by turning the dial switch
The skin turns red or the skin feels irritated	Adhesive surface of Long Life pads dirty or dry	Wash adhesive surface of Long Life pads softly with your fingertips for about 3 seconds under slow running water
	Adhesive surface of Long Life pads damaged	Replace Long Life pads

### 8.1 Maintenance and spare parts

- Do not carry out repairs of any kind yourself. If a defect occurs consult the customer service or authorised dealer of Omron.

### 8.2 Replace batteries

- Remove the batteries from the battery compartment and insert two new identical batteries.

**Attention!** Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

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