

Program Modes	Pulse Rate	Output Mode/ Pulse Width	Type of Pain	Potential Benefits	You Should Feel
TENS Output Modes					
P1	60Hz	Burst	Pain Relief	For temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain	• Comfortable pulsing sensation
P2	60Hz	Constant	Pain Relief	For temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain	• Comfortable pulsing sensation
P3	2~60Hz	Modulation	Pain Relief	For temporary relief of pain associated with sore and/or aching muscles in the arm or leg due to strain	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
P4	2.45~245Hz	Cycle	Arthritis	For symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
EMS Output Modes					
P1	4~20Hz	6 Sec. On 1 Sec. Off	Warm Up	P1 gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	• Rhythmic massage
P2	70~5Hz	-	Muscle Recovery	P2 produces muscle twitches at a very low frequency, feels like a tapping massage; for muscle recovery from fatigue for relaxation and reduced stiffness.	• Tapping massage
P3	50~2Hz	-	Active Recovery	P3 is similar to P2, except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than P2.	• Soft tapping massage: similar to P2 but twitch rate is slower resulting in softer tapping
P4	50Hz	2 Sec. Ramp Up 5 Sec. On 3 Sec. Ramp Down 10 Sec. Off	Endurance	P4 uses a low frequency pulse which may favor slow twitch fibers, for possible development of aerobic capacity and capillary supply. It may help improve fatigue resistance during long duration and moderate intensity exercise.	• Kneading massage
P5	150~200Hz	-	Strength	P5 uses a pulse frequency appropriate for fast twitch muscle fibers. It may help improve anaerobic capacity and may help improve muscle strength.	• The exercise comprises of alternating sequence of work and rest phases lasting several seconds
P6	150~200 Hz	-	Explosive Strength	P6 uses a burst pulse frequency appropriate for fast twitch muscle fibers. It may help improve anaerobic capacity and may help improve muscle strength.	• The exercise comprises a sequence of work phases separated by longer relaxation phases. Increase the stimulation intensity level until you get a strong and deep contraction. Do not exceed your comfort level; 20 min/duration.