

Program Modes	Pulse Rate	Output Mode/ Pulse Width	Type of Pain	Potential Benefits	You Should Feel
TENS Output Modes					
P1	15Hz	Constant	Pain Relief	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.	• Continuous comfortable tingling
P2	60Hz	Burst	Pain Relief	Comfortable pulsing sensation. The underlying pain should decrease.	• Comfortable pulsing sensation
P3	60Hz	Constant	Pain Relief	Comfortable pulsing sensation. The underlying pain should decrease.	• Comfortable pulsing sensation
P4	2~60Hz	Modulation	Pain Relief	Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
P5	60Hz	Modulation	Pain Relief	Variable comfortable mild tingling sensation (sensation will appear to come in waves).	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
P6	7~60Hz	Modulation	Pain Relief	Variable comfortable pulsing and pumping action (action will appear to come in waves).	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
P7	60Hz	Modulation	Pain Relief	Variable comfortable tingling and pumping action (action should appear to come in waves).	• Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)
P8	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	40~99Hz	2 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	4Hz	-	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	5Hz	-	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	99Hz	2 Sec. On 1 Sec. Off	Active Recovery	P4 activates the muscle in a short contraction/relaxation cycle. It feels like a kneading massage, smoother than P2/P3.	• Kneading massage
P5	4~20Hz	2 Sec. Ramp Up 6 Sec. On 2 Sec. Ramp Down 1 Sec. Off	Build Endurance	P5 uses a low frequency pulse which may favor slow twitch fibers, for potential development of aerobic capacity and capillary supply. It improves fatigue resistance during long duration and moderate intensity exercise.	• Low frequency pulse
P6	50Hz	2 Sec. Ramp Up 5 Sec. On 3 Sec. Ramp Down 10 Sec. Off	Muscle Strengthening	P6 uses a pulse frequency appropriate to help fast twitch muscle fibers. It may help improve anaerobic capacity and may help improve muscle strength.	• Strong and deep contractions