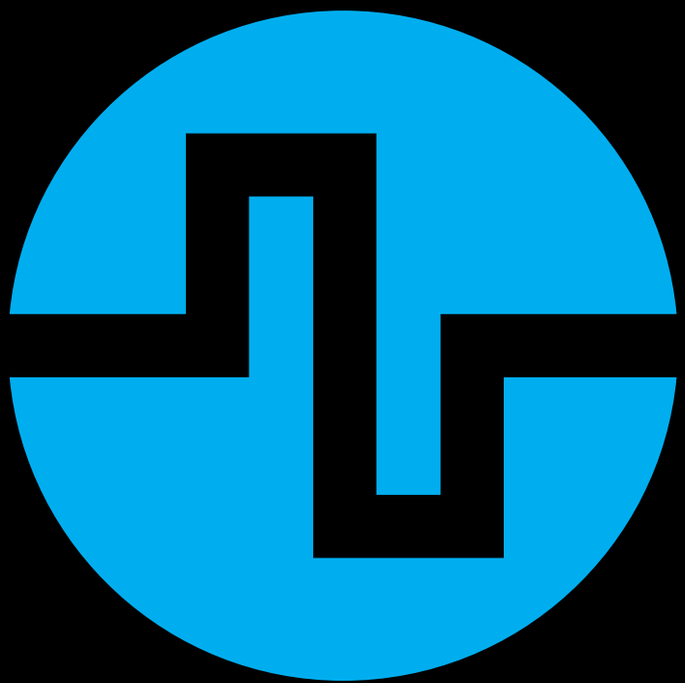

COMPEX® | LT

TRAIN STRONGER
RECOVER FASTER

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INTRODUCTION

Compex LT, a transcutaneous electrical nerve stimulation (TENS) pain management device delivers electric pulses to the user's body through electrodes to block and relieve pain. The portable and compact device features 12 modes with differing frequencies to target fatigued and sore muscles and helps in relieving aches and pains in various parts of the body such as the waist, shoulders, joints, hands and feet.

INDICATIONS FOR USE

To be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, arm, and leg, due to strain from exercise or normal household and work activities

SAFETY WARNING

CONTRAINDICATIONS

» Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.

» Do not use this device on patients whose pain syndromes are undiagnosed.

WARNINGS

» Do not apply stimulation over the patient's neck because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

» Do not apply stimulation across the patient's chest, because the introduction of electrical current into

the chest may cause rhythm disturbances to the patient's heart, which could be lethal.

» Do not apply stimulation over, or in proximity to, cancerous lesions.

» Do not apply stimulation when the patient is in the bath or shower.

» If you have one of the following conditions, please consult with your physician before purchasing or using this device.

» Acute disease, malignant tumor, infective disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician

PRECAUTIONS

» Do not use this device while driving.

» Do not use this device while sleeping.

» Do not use this device in high humidity areas such as a bathroom.

» Keep the device away from wet, high temperature and direct-sunlight.

» Keep this device out of reach of children.

» Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.

» Do not attempt to move the electrode pads while the device is operating.

» Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.

» Do not apply stimulation of this device in the following conditions:

» (1) Across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.

» (2) Over painful areas. Please consult with your physician before using this device if you have painful areas.

» (3) Over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin.

» (4) In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic stimulator may not operate properly when the electrical stimulation device is in use.
» (5) While operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
» (6) On children

BE AWARE OF THE FOLLOWING.

» (1) Consult with your physician before using this device. The stimulation of the device may:
» i. cause lethal rhythm disturbances to the heart in susceptible individuals
» ii. disrupt the healing process after a recent surgical procedure
» (2) The device is not effective for pain of central origin, including headache.
» (3) The device is not a substitute for pain medications and other pain management therapies.
» (4) The device has no curative value.
» (5) The device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
» (6) The long-term effects of electrical stimulation are unknown.
» (7) The user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
» (8) The user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician.
» (9) Use caution if the user has a tendency to bleed internally, such as following an injury or fracture.
» (10) Use caution if stimulation is applied over the menstruating or pregnant uterus.
» (11) Use caution if stimulation is applied over areas of skin that lack normal sensation.
» (12) Stop using the device if the device does not provide pain relief.
» (13) Use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

(14) DO NOT SHARE THE USE OF THE ELECTRODE PADS WITH OTHERS.
(15) DO NOT USE THE DEVICE WHILE IT'S CHARGING.
(16) THE DEVICE CONTAINS THE LITHIUM BATTERY. IF OVERHEATING OF THE DEVICE OCCURRED DURING THE CHARGING, STOP THE CHARGING OR OPERATION IMMEDIATELY AND REPORT TO THE SELLER.
(17) DISPOSE OF THE BATTERY-CONTAINING DEVICE ACCORDING TO THE LOCAL, STATE, OR FEDERAL LAWS.
THE LONG-TERM EFFECTS OF ELECTRICAL STIMULATION ARE UNKNOWN.
SINCE THE EFFECTS OF STIMULATION OF THE BRAIN ARE UNKNOWN, STIMULATION SHOULD NOT BE APPLIED ACROSS THE HEAD, AND ELECTRODES SHOULD NOT BE PLACED ON OPPOSITE SIDES OF THE HEAD.
THE SAFETY OF ELECTRICAL STIMULATION DURING PREGNANCY HAS NOT BEEN ESTABLISHED.

ADVERSE REACTIONS

» Patients may experience skin irritation and burns beneath the electrodes applied to the skin;

» Patients may experience headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.

» Patients should stop using the device and should consult with their physicians if they experience adverse reactions from the device

THE ENVIRONMENTAL CONDITION FOR NORMAL WORKING, TRANSPORT, AND STORAGE

» - Normal working ambient temperature: 5℃ ~40℃

» - Normal working ambient humidity: 15% RH ~90% RH

» - Store and transport ambient temperature: -25℃ ~70℃

» - Store and transport ambient humidity: 0% RH ~90% RH

SYMBOL AND TITLE

Fragile; handle with care	*Type BF applied part*
Keep away from water and rain	*CAUTION, Read manual before operating this product*
This way up	*Manufacturer*
Product package recyclable	*Non-recyclable*
Date of manufacture	*FDA 510(k) cleared*
Serial number	*IP code of the device*
Batch code	

ELECTROMAGNETIC COMPATIBILITY AND FCC COMPLIANCE STATEMENT

1) This product needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile radio frequency (RF) communications equipment.
2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation.
4) Caution: This machine should not be used in conjunction with other equipment.

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSION		
The device is intended for use in the electromagnetic environment specified below. The user should assure that it is used in such an environment.		
EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT – GUIDANCE
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment

RF emission CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

GUIDANCE AND MANUFACTURE'S DECLARATION – ELECTROMAGNETIC IMMUNITY

The device is intended for use in the electromagnetic environment specified below. The user should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst	±2 kV for power supply lines ±1 kV for	Not applicable (internal batte	Main power quality should be that of a typical commercial or hospital environment.

IEC 61000-4-4	input/output lines	powered)	X
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	Not applicable (internal battery powered)	Main power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec	Not applicable (internal battery powered)	Main power quality should be that of a typical commercial or hospital environment. If the user requires continued operation during power main interruptions, it is recommended that the device is powered by an uninterruptible power supply or a battery.

Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

GUIDANCE AND MANUFACTURE'S DECLARATION – ELECTROMAGNETIC IMMUNITY

The device is intended for use in the electromagnetic environment specified below. The user should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT – GUIDANCE
		3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. *Recommended separation distance*
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz		

Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1{,}2\sqrt{P}$ 80 MHz to 800 MHz $d = 2{,}3\sqrt{P}$ 80 MHz to 2,5 MHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,[a] should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

A: Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and mobile radios, amateur radio, AM, and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
B: Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

RECOMMENDED SEPARATION DISTANCES BETWEEN PORTABLE AND MOBILE RF COMMUNICATIONS EQUIPMENT AND THE DEVICE.

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The user can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

RATED MAXIMUM OUTPUT POWER OF TRANSMITTER (W)	SEPARATION DISTANCE ACCORDING TO FREQUENCY OF TRANSMITTER(M)		
	150 KHZ TO 80 MHZ	80 MHZ TO 800 MHZ	800 MHZ TO 2.5 GHZ
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1)This device may not cause harmful interference, and
(2)This device must accept any interference received, including interference that may cause undersired operation.
The subject device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.
The product generates, uses, and can radiate radio frequency energy and, if not installed and used accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that the interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on or off, the user is encouraged to try to correct the interference by one or more of the following measures:

a) Reorient or relocate the receiving antenna;
b) Increase the separation between the product and the receiver;
c) Consult the dealer or an experienced radio / TV technician for help.
d) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Changes or modifications to this product not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

PRODUCT SPECIFICATIONS

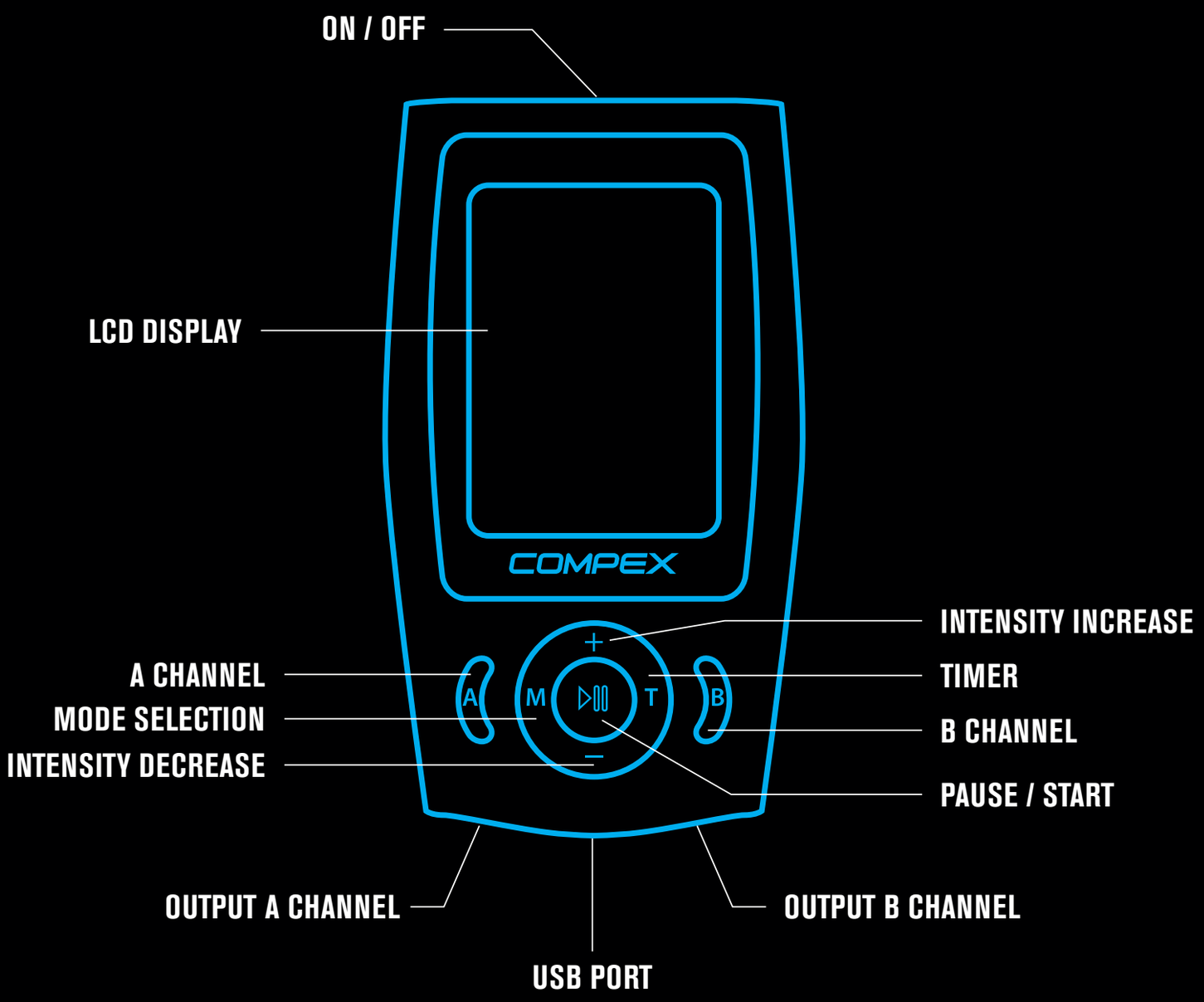
TECHNICAL INFORMATION			
MODEL/TYPE	Compex LT	WEIGHT	40g
POWER SUPPLY	Internal 3.7V Li-ion battery	AUTOMATIC SHUTOFF	20 minutes
WAVEFORM AND WAVE SHAPE	Biphasic rectangular wave pulse	DEGREE OF PROTECTION AGAINST ELECTRIC SHOCK	Type BF applied part
PULSE DURATION	100us (Microseconds)	TYPE OF PROTECTION AGAINST ELECTRIC SHOCK	Internally powered equipment
PULSE FREQUENCY	1-100Hz (Hz=vibration per second)	GRADE OF WATERPROOF	IP22
OUTPUT VOLTAGE	Max. 70Vpp ±20%(at 500ohm load)	PRODUCT LIFE	1 year
TREATMENT TIME	10 min, 20 min, 30 min, 40 min, 50 min, 60 min	LIFETIME FOR ELECTRODE	Storage for 2 year no use , Times of reusable: 30 times
OUTPUT INTENSITY	0 to 20 levels, adjustable	MODE OF OPERATION	Continuous operation
MODES	12 auto modes	SOFTWARE VERSION	A0
TYPICAL OPERATION TIME OF BATTERY	Use of both channels at level 10, the battery can be used 570 mins after fully charged. At level 20, the battery can be used for 180 mins after fully charged.	LIFE OF BATTERY	300 uses
		Adapter for charging	DC5V/output current 0.3-2.0A
Note: Not intended to be sterilized.			
Not for use in an OXYGEN RICH ENVIRONMENT			

PRODUCT SPECIFICATIONS

PROGRAM NAME	TIME MIN.	FREQUENCY (HZ)	PULSE WIDTH (S)
MODE 1	10,20,30,40,50,60	5	100
MODE 2	10,20,30,40,50,60	12.5-55.5	100
MODE 3	10,20,30,40,50,60	1.2	100
MODE 4	10,20,30,40,50,60	100	100
MODE 5	10,20,30,40,50,60	100	100
MODE 6	10,20,30,40,50,60	12.5-55.5,1.25,100,100, 12.5-55.5...	100
MODE 7	10,20,30,40,50,60	20	100
MODE 8	10,20,30,40,50,60	55.5	100
MODE 9	10,20,30,40,50,60	55.5	100
MODE 10	10,20,30,40,50,60	69	100
MODE 11	10,20,30,40,50,60	69	100
Mode 12	10,20,30,40,50,60	69	100

Accessories included in the package.

(1). Control Unit (1)
(2). Electrodes (4)
(3). Output wire (2)
(4). Micro USB Charger (1)
(5). Quick Start Guide (1)


ON / OFF
LCD DISPLAY
COMPEX
INTENSITY INCREASE
A CHANNEL
TIMER
MODE SELECTION
B CHANNEL
INTENSITY DECREASE
PAUSE / START
OUTPUT A CHANNEL
OUTPUT B CHANNEL
USB PORT
A
M
T
B

OPERATING INSTRUCTION

• Electronic Pulse Stimulator (TENS)needs to be charged for up to 8 hours before the first use.
• Connect a pair of electrode pads to one connecting wire by snapping them on; the other end of the connecting wire is connected to the left output of the device. Similarly, the other pair of electrode pads is connected to the remaining connecting wire and the right output of the device.
• Attach one pair or two pair of the electrode pads to the treatment area, such as shoulder and legs.
• Turn the unit switch on. When being on, the unit will automatically start at Mode 1.
• When being on, if the pad doesn't stick to the skin, the word "PAD" on LCD will flash and remind you to stick pads well. When "PAD" is flashing, you will not be able to increase the intensity.
• To change the mode press the M button, and gradually increase the intensity of the A (left) output by pressing the + button; decrease the intensity by pressing the - button.
• When pressing the button, the unit will stop.
• When pressing T, one of the six timers could be selected.
• When pressing the B button once, switch from the control of the A(left) output to that of the B (right) output:
only the intensity of the B output could increase or decrease by pressing the + or - button. When pressing the A button again, switch back to the A output; only the intensity of the A output could increase or decrease.

RECOMMENDED PRACTICE:

•Duration suggested for each skin area is 20 min and 2 times per day. Consult with your physician for longer and more frequent uses.
•Start from the lowest intensity and gradually adjust the intensity to a comfortable level at a scale from 1 to 20.
•Good skin care is important for a comfortable use of device. Be sure the treatment site is clean of dirt and body lotion.
•Keeping the electrode in the storage bag after use will extend its lifespan. The electrode is disposable and should be replaced when it loses the adhesiveness.
•When there is no bar inside battery icon and the battery icon keeps flashing, the power is low and the device will power off after 15 seconds. Recharge before using.

CLEANING AND MAINTENANCE

To clean use a damp cloth to wipe the device. The electrodes are disposable and should be replaced when they lose their adhesiveness. Avoid touching the gel side of the pad as this will cause the electrode to lose its adhesiveness.

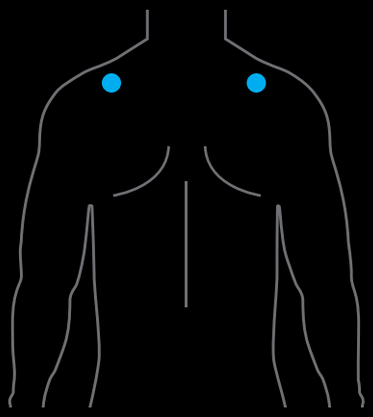
TROUBLE SHOOTING

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact customer care.

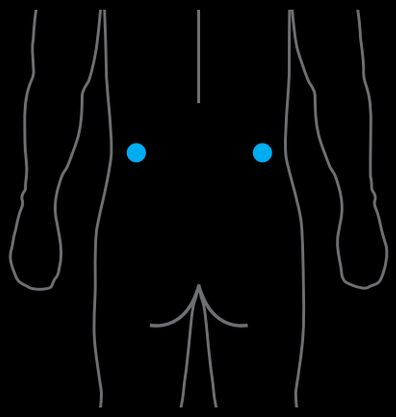
PROBLEM	POSSIBLE CAUSE	SOLUTION
One pad feels stronger than the other	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and making good contact.
The intensity is not felt with a very weak intensity level	Pads are not attached to the body firmly.	Attach both pads firmly to the skin.
	The transparent films are still stuck to the pads.	Peel off film on the adhesive surface of pads.
	The pads stack together or overlap.	Do not stack pads together or overlap pads.
	The cord is not properly connected to the unit.	Connect cord correctly into the jack.
	The intensity setting is getting weak.	Increase the intensity level.

	The battery capacity is low.	Charge the device.
The skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry.	Wipe the adhesive surface of pads gently with a wet fingertip.
	The therapy time is too long or the intensity is set too high.	Reduce the application time or reduce the intensity.
	The electrode pad surface is worn out.	Replace electrode pad.
No power source; no display on LCD.	The battery capacity is depleted.	Charge the device.
Power cuts off during use	The battery is weak.	Charge the device.
	The cord is broken.	Replace the cord.
It is difficult to attach the pad to the skin	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.

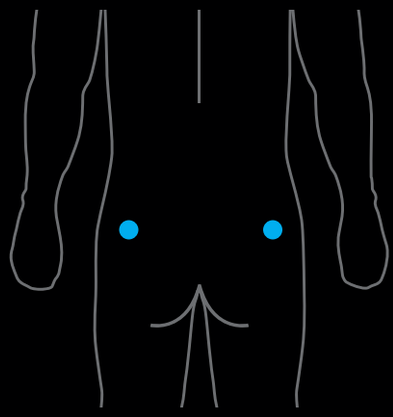
RECOMMENDED USE POSITIONS



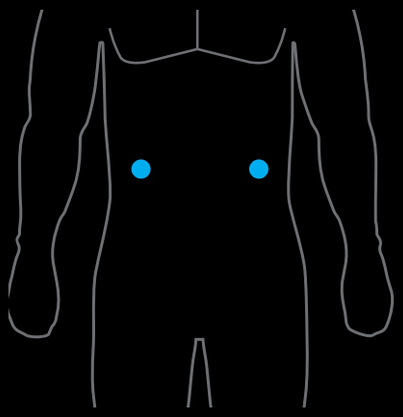
SHOULDERS



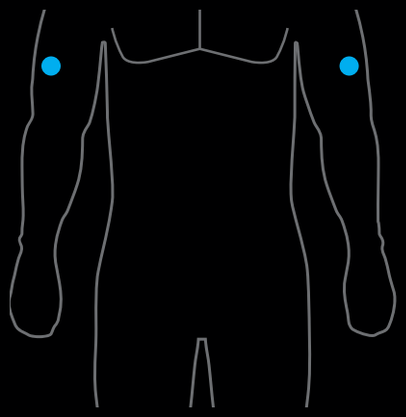
BACK



BUTTOCKS



ABDOMEN



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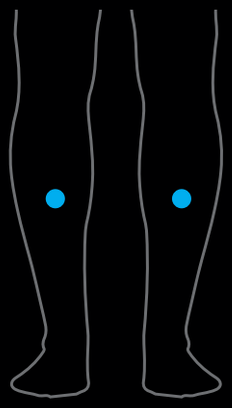
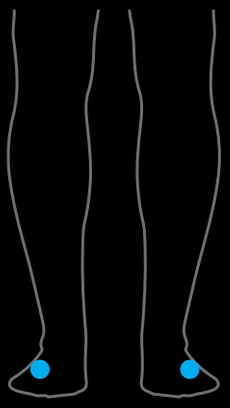


LEGS



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COMPEX

TRAIN STRONGER
RECOVER FASTER

PL-029GA VERSION 1.1