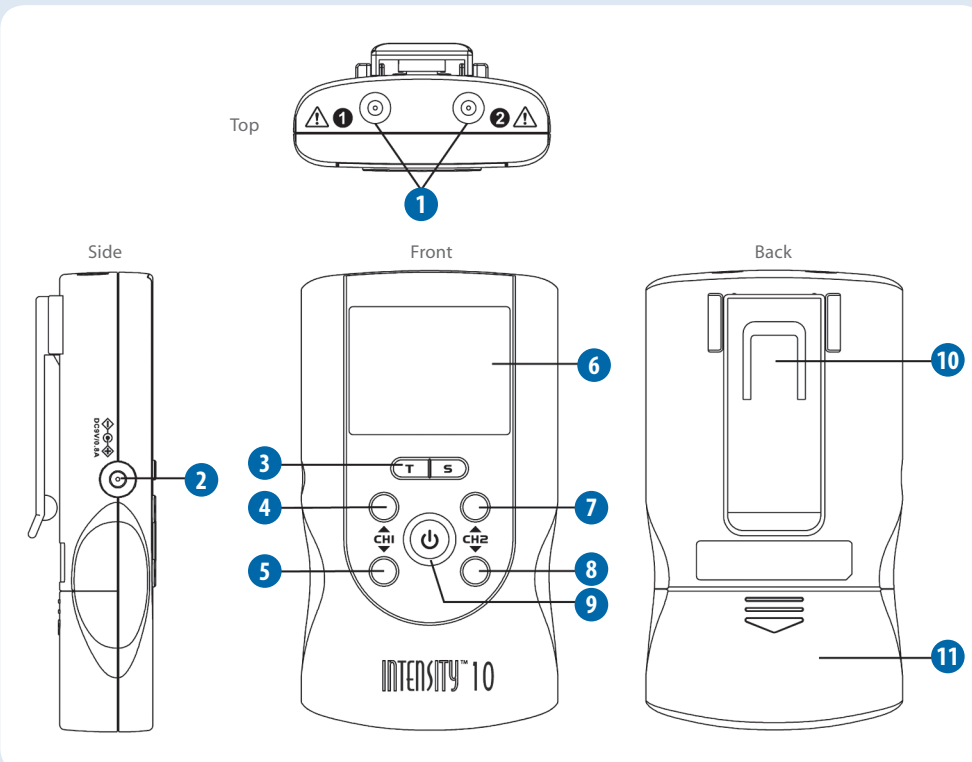


## QUICK REFERENCE GUIDE



The purpose of this guide is to assist you in correctly operating your Intensity™ 10 unit. This device should only be used under the continued supervision of a licensed physician. This guide is not intended to replace or substitute the Intensity™ 10 Instruction Manual. **PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE.** Read, understand and practice the warnings, cautions and operating instructions. Always follow the operating instructions prescribed by your healthcare provider.



### INTENSITY™ 10 UNIT

- 1 Channel 1 and 2 sockets
- 2 AC/DC adapter receptacle
- 3 T (time) and S (therapeutic part) selection buttons
- 4 Channel 1 intensity increase button
- 5 Channel 1 intensity decrease button
- 6 LCD display
- 7 Channel 2 intensity increase button
- 8 Channel 2 intensity decrease button
- 9 Power on/off button
- 10 Belt clip
- 11 Battery compartment cover

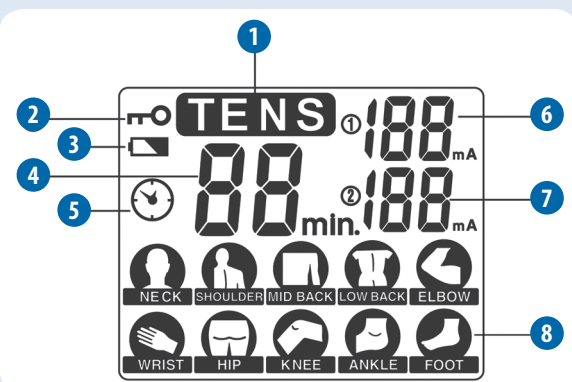


**ELECTRODES**  
(2 SETS)

**LEAD WIRES**  
(2 SETS)

### LCD DISPLAY

- 1 TENS therapeutic mode
- 2 Lock function indicator
- 3 Low-battery indicator
- 4 Treatment time
- 5 Timer symbol
- 6 Channel 1 intensity level
- 7 Channel 2 intensity level
- 8 Body part selection



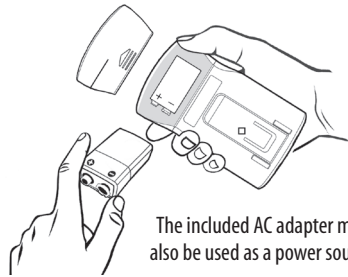


### IMPORTANT!

Steps 1–4 should be performed with the device turned OFF. Once the unit has been turned ON, do not remove electrodes without first turning OFF the device.

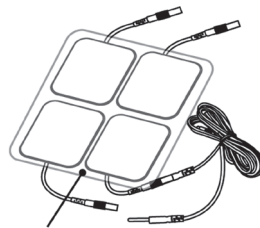
#### 1 INSERT BATTERY

Press arrow and slide battery compartment cover open. Insert 9V battery, matching the + and – ends to those in unit.



The included AC adapter may also be used as a power source.

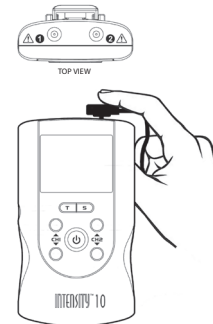
#### 2 CONNECT ELECTRODES TO LEAD WIRES



Firmly insert the red or black end of the lead wire pin (it doesn't matter which one) into the electrode connectors.

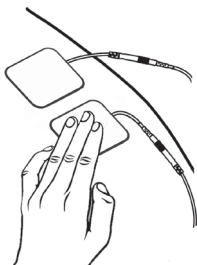
Make sure no bare metal of the pins are exposed.

#### 3 CONNECT LEAD WIRES TO TOP OF DEVICE



This unit operates with one or two sets of electrodes. When using one set, plug lead wire into Channel 1 on top of the unit. Use Channel 2 to operate a second set if directed by your healthcare provider.

#### 4 PLACE ELECTRODES ON SKIN



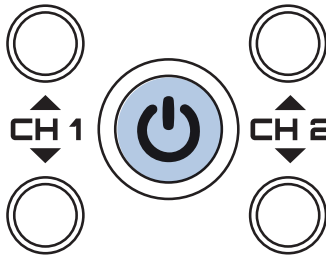
Remove electrodes from protective backing. Keep backing to properly store electrodes after use.

Apply electrodes to the exact site indicated by your doctor or therapist. Make sure the skin at the application site is clean and dry.

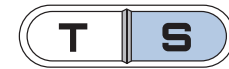
See **Electrode Placement Guide** for more information.

#### 5 TURN DEVICE ON

Press the **ON** button in the center of the unit to turn it ON. Check that electrodes are securely placed on the skin before activating device.



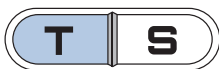
#### 6 SELECT THERAPEUTIC PART PROGRAM



Press the **S** button. Notice the flashing icon. Continue to press the **S** button until you reach the desired body part.



#### 7 SELECT DESIRED TREATMENT TIME



Press the **T** button to select one of four treatment times: **15 min**, **30 min**, **60 min** and **C** for continuous.



Press the **T** button until you reach the time prescribed by your therapist or doctor.

#### 8 ADJUST CHANNEL INTENSITY



Press the intensity control buttons for Channel 1 **▲** to increase intensity **▼** to decrease intensity until you reach the setting recommended by your physician or therapist. Repeat for Channel 2 if both channels are being used.

If stimulation is or becomes uncomfortable, reduce intensity and consult your physician if problems persist.

#### SAFETY FEATURES

The **Safety Lock Feature** **⏻** automatically locks the settings if no changes have been made in the panel for 30 seconds. This feature prevents accidental changes to your settings. Press the **▼** button to unlock the device.

**Turn off the device** by pressing and holding the power **⏻** on/off button. (Unlocked device first.)

The device will automatically power off after 3 minutes of inactivity in the panel.

**Low battery indicator** **🔋** signals when battery is low. Replace battery when stimulation feels weaker.