INSTRUCTION MANUAL (direction of use)

POINTER PLUS LT T.E.N.S.

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INTRODUCTION

The POINTER PLUS LT is an accurate and easy to operate hand held T.E.N.S. device which incorporates an effective push button stimulation feature.

SAFETY PRECAUTIONS - Warnings:

For external use only. This device should be used only under the continued supervision of a physician.

The long-term effects of chronic electrical stimulation are unknown.

Heart Patient- Adequate precautions should be taken in the case of persons with suspected heart problems. Caution should be used in the transthoracic application of TENS devices in that the introduction of electrical current into the heart may cause arrhythmias.

Carotid sinus - Do not stimulate over the carotid sinus nerves, especially in patients with a known sensitivity to the carotid sinus reflex.
Do not operate the TENS devices near monitoring equipment or intensive care station.
Neck stimulation - Severe spasm of the laryngeal and pharyngeal muscles may occur when the electrodes are positioned over the neck or mouth. The contractions may be strong enough to close the airway or cause difficulty in breathing.
Cardiac Pacemakers - Transcutaneous stimulation will inhibit the output of some demand cardiac pacemakers and, therefore, it is not recommended for patients with this type of pacemaker.
Epilepsy - Adequate precautions should be taken in the case of persons with suspected or diagnosed epilepsy.

Pregnancy - The safety has not been established for the use of TENS devices during pregnancy.

Other –

Transcutaneous electrical nerve stimulation, as far as is presently known, is a symptomatic treatment, and as such may suppress the progress of pain which would otherwise serve as a protective influence on the outcome of a disease process. The potential for physical and/or psychological dependence upon transcutaneous nerve stimulation as a means of relieving pain has not yet been determined.

It has been noted that some patients find the sensation of electrical stimulation extremely unpleasant and should probably be excluded from further use of the stimulator.

Do not apply TENS current transcerebrally.
Do not apply TENS when your particular pain syndrome is undiagnosed and the pathology of your condition has not been established.
Electrical nerve stimulation devices should be used only under the continued supervision of a physician.
Electronic monitoring equipment such as electrocardiograms may not operate properly when a TENS machine is in use.
Avoid use in post-operative recovery rooms when a heart monitor is on.
Avoid adjusting controls while operating machinery or vehicles.
Keep out of the reach of children.

FEATURES

1. Modern Spring Type Probe Tip
   The interchangeable spring type probe provides a constant pressure to the treatment area, thus providing better comfort during point stimulation.
2. Hand Grounding Pole Accessory
   The patient must hold the hand grounding pole in order to create a complete electrical circuit. This accessory is easily attached or removed from the device. The grounding pole is not necessary when using on oneself providing the grounding plate on the device is contacted.
3. Immediate Point Treatment
   The button on the top of the device may be pressed to activate the stimulation mode. A continuous electric pulse is emitted through the probe, where the intensity may be adjusted from 0 to 45mA r.m.s. The intensity is controlled with the intensity knob labeled "INT".

INSTRUCTIONS FOR USE

1. Insert the 9 volt battery onto the battery clips, the positive and negative poles of the battery should always be matched correctly with the respective battery clips. A 9 volt Duracell or other alkaline battery is recommended for the best performance.
2. The probe may be used for body points and ear points.
3. For self-use, touch the grounding metal plate on the front side of the device and then treat the point.
4. Press each point slightly; the probe uses a spring mechanism so that a constant pressure may be maintained during stimulation. If stimulation is required on the point, simply adjust the intensity knob "INT" to an acceptable level and press the "STI" button. When this button is released,

the device is immediately returned to the stand-by mode. Pressing the "STI" button again will produce output stimulation.

5. It is recommended to begin treatment with a low intensity setting, thereafter turning the "INT" control until a comfortable intensity is reached.
6. In order to treat patients, the grounding pole must be attached with the plug jack to the bottom of the device. The patient must hold the grounding pole to complete the electrical circuit which then activates the detection and stimulation functions. The above procedures 1 to 6 are then followed.
7. Turn off the device after use. Remove the battery from the device when the device will not be used for a long period.

LENGTH OF TREATMENT

The length of treatment or stimulation time depends on the area to be treated as well as other factors. Generally, treatment times may vary from 3, 5, or 10 seconds, longer times may also be necessary in some cases. The best treatment times and intensities should be selected based on the practitioners experience and training.

Precautions and Contraindications:

Everyday common sense is one of the general rules of thumb when using a TENS device, however, there are various applications of a TENS device which must be strictly abided by and these are listed below along with the common sense rules. Common sense should tell a person:

- A TENS device should not be used in the bathtub or shower.
- A TENS device should not be used internally.
- Do not use your TENS device at all while operating equipment or driving a vehicle.
- An electrode from a TENS device should not be placed on or so close to an eye that the current is transmitted to the eye itself.
- An electrode from a TENS device should not be placed on the neck
- Special care should be used when a person has coronary artery disease and is on medication for this. See your family physician for further guidelines.
- A TENS device should not be used on infants as the safety and effectiveness of electrical stimulation in infants has not been documented.
- TENS devices should not be used over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, varicose veins

• Do no use or operate the TENS device in an explosive gas atmospheres or high temperature environment.

Precautions should be observed in the presence of the following:

a) When there is a tendency to hemorrhage following acute trauma or fracture.

b) Following recent surgical procedures when muscle contraction may disrupt the healing process

c) Over the menstruating uterus.

d) When sensory nerve damage is present by a loss of normal skin sensation. Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium used. The irritation can usually be reduced by use of an alternative conductive medium, or alternate electrode placement.

Caution:

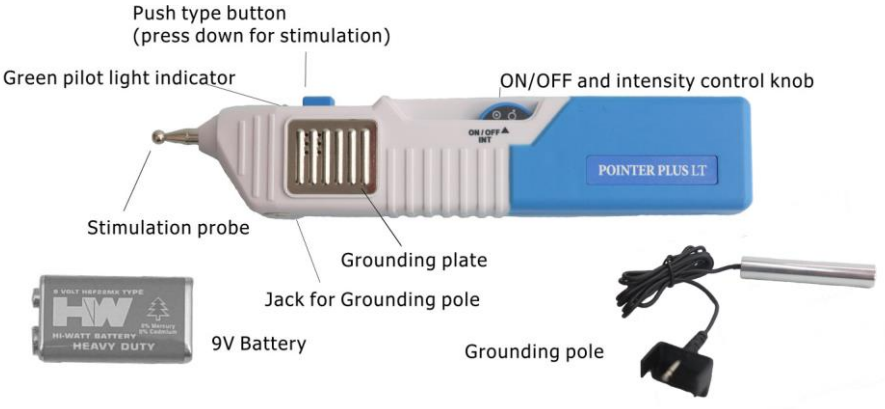
1. Change the battery when the intensity falls short of treatment requirement.
2. Never short circuit the outputs terminal of the stimulation output.
3. The device should be kept in a shaded and dry place. If the device is not in use for a long time the battery should be taken out.
4. Turn all controls to zero before connecting or disconnecting wires from patient.
5. Do not apply stimulation directly over, through or near recent or nonunion fraction sites; over recent scar tissue or new skin; and over abrasions or cuts.
6. Do not apply stimulation to patients with pacemakers.
7. Do not apply stimulation in the region of the heart.

8. ALWAYS turn off the device when it is not in use. This will save the batteries. The battery is working whenever the device is turned on, even if it is not connected to the patient.
9. Do not immerse the device in any liquid as that may permanently damage the TENS device and void your warrantee. You may use a soft cloth and mild soap to clean the outside of the device.
10. Do not sterilize the device. High temperature may cause the case to melt.

SPECIFICATIONS:

Channel	: One
Output Current	: 0 – 45 mA r.m.s. adjustable
Pulse Rate	: 10 Hz (fixed)
Pulse width	: 260 µS
Pulse Shape	: Biphasic square wave
Wave form	: Continuous
Indicator	: Green LED lights when pressing the stimulation button.
Power Source	: 1 9V battery (PP3, 6F22 or its equivalent)
Device Dimensions	: 170x33x23mm
Weight of the device	: 60 grams device only

ELECTRICAL SPECIFICATIONS ARE +-20% WITH 500 OHM LOADING.


Push type button
(press down for stimulation)
Green pilot light indicator
ON/OFF and intensity control knob
ON / OFF
INT
POINTER PLUS LT
Stimulation probe
Grounding plate
Jack for Grounding pole
9V Battery
Grounding pole
HW
HI-WATT BATTERY
HEAVY DUTY

Trouble Shooting:

PROBLEM	POSSIBLE SOLUTION
Indicator lights up but device does not function	A. check control settings to ensure they are set to values required.
No indicators light up	Replace battery with a new one.
Sufficient stimulation cannot be maintained	Replace battery with a new one.

CARE, STORAGE AND TRANSPORTATION

The device and metal probe electrodes should be kept clean. The device should not be immersed in any liquid. Avoid rough use to prevent premature failure.

Store device in a dry location, free from dust and contamination, where the temperature remains fairly constant and within the range of -16º C to 40º C (3.2º F to 104º F).

Do not drop, mishandle, or expose to temperature or humidity extremes outside the range of -16º C to 40º C (3.2º F to 104º F), 15-95% RH non-condensing. Do not use if the device malfunctions or has been damaged in any manner.

LIMITED WARRANTY

This warranty is in lieu of any other warranty expressed or implied: This Pointer Plus LT Transcutaneous Electrical Nerve Stimulator (TENS) is warranted to the initial purchase ("purchaser") and to no other person against any defects in material and workmanship for a period of 1 year from the date of purchase. If the device is found to be defective within the warranty period, it will be repaired or replaced if returned prepaid to an authorized dealer. This warranty does not cover damage caused by rental, misuse, negligence, accident, abuse or alteration or modification of the device. Repairs after the warranty period will be made and charged to the purchaser on the basis of rates which are available on request. Except for personal injury, no liability is held in either tort or contract for any loss or damage, direct, consequential, or incidental arising out of the use, misuse or inability to use this product.

Serial No. _____
(located on the rear side of the device, next to the battery compartment door)

Date Purchased _____
(It is the purchaser's responsibility to record this information.)

Manufacture date
Date of Manufacture: see device

Manufactured for: Lhasa OMS, Inc., Weymouth, MA. USA.
1-800-722-8775

Made in China