



**"TENS Body Healthy Care" Electrostimulation machine, for pain relief + massage, meditation**

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Name

Description

Model

TENS

More

"TENS Body Healthy Care" Electrostimulation device, for pain relief + massage, meditation  
TENS - transcutaneous (through the skin) nerve electrostimulation - is a non-invasive method of pain relief, which does not have unwanted side effects, does not develop addiction typical of pain relief with medication. The peripheral nervous system transmits a pain signal to the brain, which is electrochemical in nature. Blocking the pain signal relieves pain. The TENS electrostimulator creates an electric current, which is transmitted through wires to electrodes taped to the skin in certain problem areas of the body. The low-voltage current stimulates the nerve fibers with short electrical pulses and thus blocks the transmission of the pain signal to the brain. The frequency and intensity of electrical stimulation is adjustable. In addition, TENS stimulates the production of endorphins. Purposes of use: For back pain, Rheumatoid arthritis pain, Osteoarthritis, ankylosing spondylitis pain, Neck pain, injuries, cervical spondylosis, Spinal disc herniation acute pain, Spondylitis, Carpal tunnel syndrome, Migraine, headache and phantom pain relief, Experienced acute sports and domestic injuries, in case of peripheral nerve damage, to relieve postoperative pain. Advantages: Importantly, no adverse side effects on tissues or organs have been observed using TENS. Studies have proven that this method of pain relief is: very simple and effective, the procedures can be performed by yourself, after consulting a specialist doctor beforehand, using these devices does not require specially equipped rooms, electricity - the procedures can be performed anywhere: at home, on the road, at work, etc. . Extremely practical: the device turns off automatically, saves the information of the last used program and presents it the first time the device is turned on.

Name

Description

**Naudojimas**

After turning on the device, you will see the possibility to select various modes. Mode main button. Paste the stickers in the place indicated in the instructions and start by selecting the appropriate mode. Each program is designed to treat a specific area of the body. 1. Muscle tension, numbness Different vibration combinations stimulate blood circulation. This program is effective over a long period 2. Acute pain High frequency vibration relieves acute pain immediately 3. Stiff shoulders Different vibrations promote blood circulation and reduce fatigue 4. Acute elbow or knee pain High frequency vibrations relieve pain quickly 5. Hand fatigue Different vibrations promote blood and body fluid circulation 6. Swelling and foot fatigue High-frequency vibration stimulates the blood and body fluid circulation in the feet 7. Swelling and calf fatigue Different vibrations stimulate the blood and body fluid circulation in the limbs 8. Back pain or lumbar stiffness Low-frequency vibrations stimulate blood circulation and removes pain (neuralgia) 9. Various symptoms Your favorite massage method tapping, kneading, pressure, rubbing removes stiffness, pain and fatigue.

**Battery**

3 x AAA (not included)

**DIMENSIONS**

153\*70\*18mm

**ACCESSORIES**

User manual, charger, 1 x Digital therapy machine, 8 x Electrode pads (4 pairs) box.