

# Operating Instructions

## Electronic Stimulator

Model: CM-037F



 Cincom

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Made in China

**LOT** 2011A     **IP21**

Thanks for purchasing our product. Please read the user manual carefully before use and keep it well for further reference. If you have any problem during using, please feel free to contact us through Amazon or by emailing [service@cincomhealth.com](mailto:service@cincomhealth.com) to us.

## Quick Start Guide

1. Plug the power adapter into the socket. Turn on the switch on the right side of the product ( can be seen on the page7). Then the LED is fully displayed, the buzzer makes a sound of “di” . The device is ready for working.

2. Turn on the device by pressing “ON/OFF” button on the panel or on the remote control. You can see the default time of 10 minutes is shown on the screen.

Note: If you want to relieve pain for other body parts at the same time, BEFORE turning on the device, you should connect the pads well, and place them on or near where is in pain.

3. Put your BARE FEET on the designated pads (left foot on the left pads and right foot on the right pads)

4. Press the buttons on the panel or via the remote control, to increase/ decrease the mode, intensity and heat to find a setting that works best for you.

We strongly suggest you try all the functions from low to high. The higher may not be the better, the setting that comfort you most is the best one. Normally, you should start to feel pulse stimulation on intensity level 10+,

5. Enjoy the therapy!

When you heard “Di” “Di” “Di” , it means that the therapy time is up and the device will be switched off automatically. You can also turn it off manually during the therapy by pressing “ON/OFF”

## Intended Use

The device is intended to be used as a massager to relieve the pain caused by scapulohumeral peri-arthritis, knee arthritis and for acute or chronic pain relief. To be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, back of the neck, arm, leg, and foot due to strain from exercise or normal household work activities by applying current to stimulate nerve. The target users (patients) must be 18 years or older of adults. The device is a kind of OTC stimulator, it is mainly for home use, but also can be used in hospital.

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## Safety Precautions

### Warning

- 1 ) Do not apply stimulation on cancerous tissues or the part near that ;
- 2 ) Do not apply stimulation when in bath or shower;
- 3 ) Do not apply stimulation while sleeping;
- 4 ) Do not apply stimulation while driving, operating machinery, or during any activity;
- 5 ) Apply stimulation only on normal, intact, clean, healthy skin;
- 6 ) Never use it on the eye, head and face area;
- 7 ) Never use it near the genitals;
- 8 ) Keep the stimulator out of reach of children;
- 9 ) Should not place the electrode pads on area of the carotid sinus (anterior neck) or on the brain (head);
- 10 ) Two electrode pads should not be placed in front, back or the around of the projection area of the heart at the same time. No current should flow through the heart by any electrode pads placement method ;
- 11) Do not disassemble or remodel the device;

### Attention

- Confirm that the device is in normal operating before use;
- Make sure that all wires are connected properly and safely;
- It is recommended to use it no more than 10 minutes per time and no more

than 30 minutes per day;

- This device should not be placed or used near radios, televisions, copiers, fax machines, etc.;
- When the treatment is over, should not pull down the electrode wires at will while the electrode pads are still on the skin;
- If you feel strange or uncomfortable when using the device, turn it off immediately and consult your doctor;

**Avoid** using the device in: places exposed to sunlight; high humidity environment; near water environment; vibrating, sloping places; strongly magnetic environment; places with electromagnetic waves and surge voltages; chemicals stored, corrosive gas existed places.

**Stop** using the device immediately when the device or the user has abnormal conditions during the treatment.

## FAQS

Q1 : What is tens?

A1 : TENS (Transcutaneous Electrical Nerve Stimulation) is effective in pain relief. It is daily used and clinically proven by physiotherapists, caregivers and top athletes around the world. TENS currents activate the pain-inhibiting mechanisms of the nervous system, stimulate the nerves to block the pain signals transmitted to the brain, making the pain unperceived.

Q2 : What is heating function for ?

A2 : The heating function has no medical function, but it helps to keep your foot sole warm, promote further relaxation, offer you a better experience.

Q3 : Why i cannot feel the device vibrate?

A3 : This Electronic Stimulator does not vibrate, it works by low frequency pulse stimulate the nerve.

Q4 : Why i cannot feel anything in my feet?

A4 : Maybe your Sole level is too low, please try to increase until you feel it. Normally, you should start to feel pulse stimulation on intensity level 10+

Q5 : Yesterday i set sole level on 40 and feel great, why i cannot feel anything today?

A5 : Your body's response to the therapy will alter from day to day, you may have to increase the Sole level to feel the benefits.

Q6 : why my leg ache after using the device ?

A6 : Either you had it on a Sole setting that was too high for you, or you have used it too often within a few days, just give your leg time to relax and use the device later.

Q7 : I set the sole on the highest level, why i still cannot feel anything?

A7 : You maybe dehydrated, the device use TENS which sends low frequency pulse to the sole of your feet (or send pulse to other of your body parts when the Pads applied)

Q8: How should I do if my feet is too small or too big, can not fit the sole pad designated position perfectly?

A8 : Put both your bare feet on the pad, try the position that you can feel the treatment, position within the black area can be massaged, not required to fit the black area perfectly.

## Contraindications

People with the following symptoms / diseases are banned to use:

- 1) Implantable electronic devices (such as cardiac pacemakers) ;
- 2) Malignant tumors;
- 3) Cerebrovascular problems;
- 4) Epilepsy;
- 5) Pregnant;
- 6) Heart disease;
- 7) Acute illnesses;
- 8) Infectious disease;
- 9) High fever;
- 10) Skin sensory disorder or skin problems;
- 11) Other patients that doctors consider inappropriate to use;
- 12) Receiving medical treatment, especially those feeling discomfort, may cause an accident or ill death

## Main Performance And Technical Parameters

- The rated load impedance: 500Ω (tolerance  $\pm 50\Omega$ )
- The deviation of the pulse width, frequency and amplitude measured under 500Ω: shall not exceed 20%;
- For each additional increase, amplitude increases less than 1V, and the maximum intensity of the device does not exceed 50V.
- The therapeutic device shall not have an output when the power is interrupted and then recovered.

## Main Unit

Output Channel	Two Channels
Waveform	Single Square-wave Pulse
Treatment Mode	For Tens (0~9 Modes)
Output Intensity	0~99 Levels, Adjustable
Pulse Frequency Range	0~100hz, Deviation Is $\pm 20\%$ ;
Pulse Width	200 $\mu$ s $\pm 20\%$ , 100 $\mu$ s $\pm 20\%$ , 300 $\mu$ s $\pm 20\%$ ;
Heat Temperature	Foot Sole $\leq 50^{\circ}$ c And Electrode Pads $\leq 43^{\circ}$ c
Degree Of Protection Against Electric Shock	Class Ii, Type Bf
Grade Of Waterproof	Ip21
Electrode Pad Size	5cm $\times$ 5cm
Dimension	L 46cm* W 43cm* H15.5cm
Weight	2.7kg

## Remote Control

Power Supply	Dc3v Button Battery
Transmission Distance	$\leq 1$ m
Size	90x40x10 Mm
Weight	25g

## Normal Operating Conditions

Temperature	5 $^{\circ}$ C ~ 40 $^{\circ}$ C
Relative Humidity	5 To 90%
Altitude	No More Than 2,500 Meters
Power Input For Adapter	100-240vac, 50/60hz, 0.4a Max Or 0.5a Max, See Power Adapter Information.
Power Input For Main Unit	12vdc, 1.0a

## TENS Treatment Parameter

Amount of modes	10
P.W. (Pulse Width)	100uS 200uS 300uS
P.R. (Pulse Rate)	4Hz 5Hz 10Hz 20Hz 30.3Hz 40Hz 50Hz 60Hz 80Hz 100Hz
Treatment time	1-30 minutes

## Treatment Mode

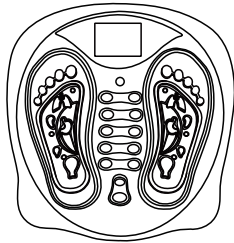
Mode	Pulse rate (Hz)	Pulse width (us)
0	5Hz 10Hz/30.3Hz	200
1	5Hz 10Hz/30.3Hz	200
2	30.3Hz	200
3	5Hz/30.3Hz	200
4	5Hz /10Hz	200
5	10Hz /30Hz	200
6	30.3Hz	200
7	4Hz/5Hz/10Hz/20Hz/30.3Hz/40Hz 50Hz/60Hz/ 80Hz/100Hz	200
8	4Hz/5Hz/10Hz/20Hz/30.3Hz/40Hz 50Hz/60Hz/80Hz/100Hz	100
9	4Hz/5Hz/10Hz/20Hz/30.3Hz/40Hz 50Hz/60Hz/80Hz/100Hz	300

## Packing List

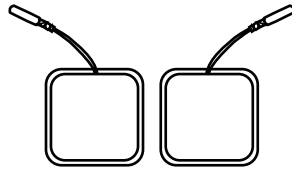
No.	Description	QTY
1	Main unit	1PC
2	Electrode pads	4PC
3	Remote control	1PC
4	Power adapter	1PC
5	User manual	1PC
6	Electrode Wire	1PC

## Main Structure

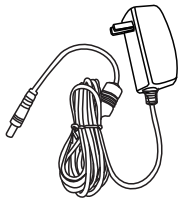
Includes : Main Unit , 2 sets of Electrode Pads, 2 Electrode Wires, Remote Control, Adapter.



Main unit



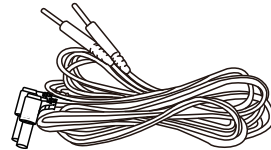
Electrode Pad  
BF type applied part



Adapter

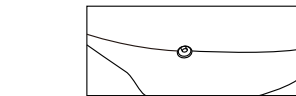
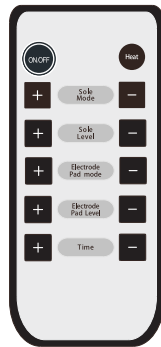
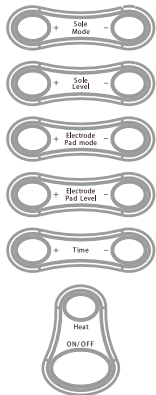


Remote control

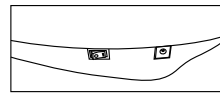


Electrode Wire

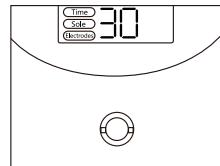
## Function Structure



electrode pads pulse output



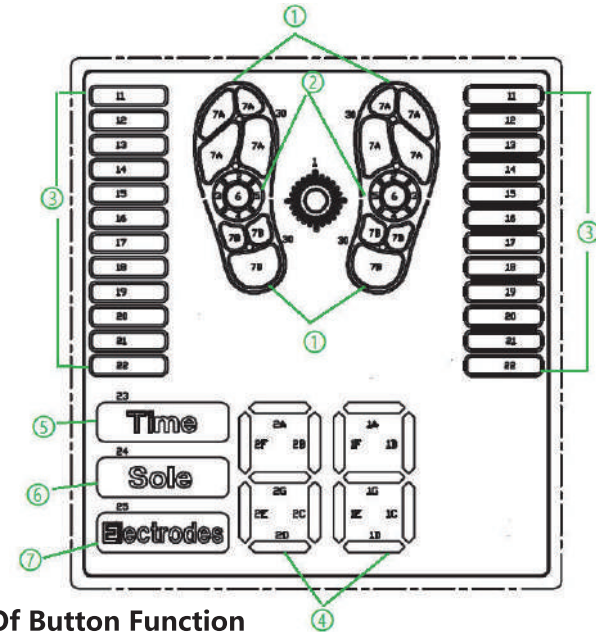
Power supply & Switch position



○ IR remote  
received position

Note: Functions of remote control are the same as that of panel buttons' .

## LCD display:



## Introduction Of Button Function

Turn on the switch on the right side of the product ( can be seen on the page7). Then the LED is fully displayed, the buzzer makes a sound of "di" . The device is ready for working.

**ON/OFF button:** Turn on/off the instrument . The default working time of the instrument is 10 minutes, the mode & intensity of low frequency pulse output to the feet sole are 0; the mode & intensity of low frequency pulse output of the electrode pads are 0, and the heating is off.

**Heat button:** Turn ON/OFF the Heating Function

**Sole Mode "+" & "-" button :** Choose the output mode of sole low frequency pulse, each press increases/ decreases by 1; range (1-10).

**Sole Level "+" & "-" button :** Choose the output intensity of sole low frequency pulse, each press increases/decreases by 1; range (0-99).

**Electrode Pads Mode "+" & "-" button :** Choose the output mode of low frequency pulse of electrode pads, each press increases/decreases by 1; range (1-10).

**Electrode Pad Level "+" & "-" button:** Choose the output intensity of low frequency pulse of electrode pad, each press increases/decreases by 1; range (0-99).

**Time "+" & "-" button:** Choose the working time of the instrument , each press increases/decreases 1 minute; range (1-30).

The buzzer will make a sound like "Di" when press the buttons.

**Note: Functions of Remote controller are the same as that of Buttons.**



No.	Code	Function description
①	7A7B	If "7A 7B" area flash, it means the pulse output is on.
②	2 3 4 5	If "2 3 4 5" area flash, it means outputs kneading with heat.
③	11-22	If "11-22" area scroll display, it means electrode pads outputs pulse.
④	2A 2B 2C 2D 2E 2F 2G 1A 1B 1C 1D 1E 1F 1G	If ④ light up but the ⑤⑥⑦ are turned off, it means Display the values of mode(00~09)
④+⑤	23+2A 2B 2C 2D 2E 2F 2G 1A 1B 1C 1D 1E 1F 1G	If ④ and ⑤ area light up at the same time, it means the treatment time. ④ Display the time number of remaining treatment time. ⑤ Display the word "time" .
④+⑥	24+2A 2B 2C 2D 2E 2F 2G 1A 1B 1C 1D 1E 1F 1G	If ④ and ⑥ area light up at the same time, it means the sole output intensity. ④ Display the intensity number(00~99) ⑥ Display the word "sole intensity" .
④+⑦	25+2A 2B 2C 2D 2E 2F 2G 1A 1B 1C 1D 1E 1F 1G	If ④ and ⑦ area light up at the same time, it means the electrode pads output intensity ④ Display the intensity number(00~99) ⑥ Display the word "intensity" .
/	1	No function

Note: The "④+⑤" , "④+⑥" , "④+⑦" will alternately display the output intensity and treatment time.

## Mode & Level

1)The product includes a sole output, electrode pad 1 output and electrode pad 2 output. A range of 0-99 levels available for each kind of output.

2)The output mode of foot sole is set with a range of 0-99 levels, and the output mode of electrode pads is with a range of 0-99 levels. These two modes on a same level of these two ranges are the same. electrode pads 1 and the electrode pads 2 have the same output on each level , only with different interfaces.

## Descriptions For Other Functions

1)This devices has heating function.

2) The product is turned on with 10 minutes timing by default. Press the Time "+" & "-" button to adjust the timing. Each press increases by 1 minutes.

3) Functions of remote control are the same as the panel button functions. The buttons and the remote control can not be pressed at the same time to avoid mis-operation.

## Warning

The heating temperature of the foot part may reach max.50°C,excessive temperature may cause burns, if you feel overheated, please turn off the heating function. In order to avoid low temperature burn, the heating time for daily use shall not exceed 30min. The foot sole skin of the heated part must be intact and healthy

## Usage And Operation Steps

1 Operation instructions

1) Plug the power adapter into the socket.

2) Turn on the switch on the right side of the product ( can be seen on Page7), then the LED is fully displayed, the buzzer makes a sound of "di" . The device is ready for working.

3) Turn on: Press ON/OFF button, this device is switched on. Default working time is 10 minutes, the output mode & intensity of the sole low frequency pulse is 0, the output mode & intensity of the electrode pad low frequency pulse is 0 , and the heating function is off.

4) Treatment time selection: Press "Time" "+" & "-" button, choose the working time you need, each touch increase 1 minutes; range (1-30).

5) Mode selection: press "+" or "-" button of "Sole Mode" to choose the mode you want for the sole;press "+" or "-" button of "Electrode Pad Mode" to choose the mode you want for the electrode pads. Each press increases/ decreases by 1; range (1-10).

6) intensity level selection: press "+" or "-" button of "Sole Level" to choose the intensity you want for the sole; press "+" or "-" button of "

Electrode Pad Level to choose the intensity you want for the electrode pads., each touch increase/decreases by 1 ; range (0-99)

6) Heat function: press "Heat" button, turn on/off heat function of the sole.

7) Turn off : When treatment time is over, the buzzer will make 3 sounds of "di". The device will be automatically shut off. You can also turn it off by pressing ON/OFF button.

Note: Functions of remote control are the same as that of panel buttons'. The buzzer will make a sound of "di" when press the buttons.

## Side Effect

There may be skin irritation or hypersensitivity due to the electrical stimulation or the electrical conductive medium.

## 2 Electrode Pads Preparation

·Before proceeding to this step, be sure the device is completely switched OFF.

·Please connect the electrode pads with electrode wire well, then stick electrode pads on the desired position.

Each person reacts differently to electric nerve stimulation. Therefore, the position of the electrode pads may deviate from the standard.If you are not sure where should the pads to be stucked, or you cannot feel it works, you can contact with your doctor for further advise.

·Please keep the skin clean before use and ensure the electrode pads are connected with skin well.

·Then insert one end of the electrode wires into the corresponding electrode pads output interface of the device.

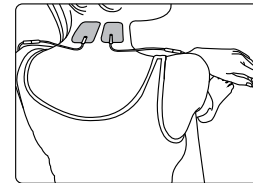
The device has two output interfaces. You can choose to connect one interface with one electrode pad wire or both interfaces with two electrode wires. Using both electrode pads give the user the advantage of stimulating two different areas at the same time.

·After the electrode pads are ready, place your foot on the low-frequency pulse output area of foot sole of the device.

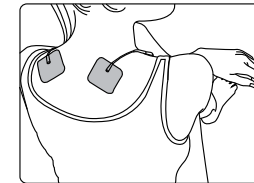
## Precautions for using electrode pads

- Never stick two pads to each other, stick them back onto the protective foil after use.
- Turn off the device before placing or removing the electrode pads.
- Do not use the pads on the same body part for too long.
- Keep the pads clean, and never put them under high temperature and direct sunlight.
- Do not clean the pads with any chemical, you can wipe with a wet cloth or change new ones
- **The pads work only when two pads of a set of TENS electrode pad are both applied on the skin at the same time**

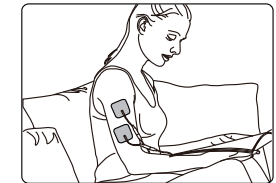
## Recommended Position Of Placing The Electrode Pads



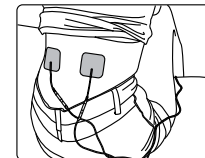
Neck



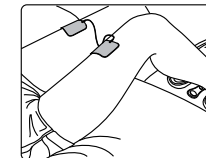
Shoulder



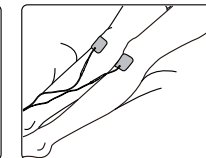
Arm



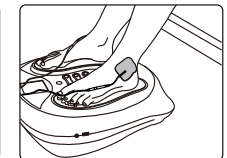
Back



Leg



Joint (knee)



Joint (ankle)

## Maintenance

1. Use wet cloth or neutral cleaners to wipe the machine, Do not use any chemical cleaners or abrasive agents for cleaning.
2. After each use, the electrode pads should be cleaned carefully with damp cloth.
3. Keep the device away from magnetic field and out reach of children.
4. Do not expose the device to moisture or dampness. And do not place the device under running water, nor submerge it in water or other liquids. Avoid direct sunlight and high temperature.
5. Please do not remodel or dismantle the device in private, contact us if there is something wrong.

Note:

- Please turn off the device before cleaning.
- Ensure that no water enters into the machine. If this happens, do not use it until it is completely dry.
- For reasons of hygiene, each set of electrode pads should be used for single person.

## Common Faults And Troubleshooting

When the device is not working properly, do not disassemble it directly. Should contact the customer service department of the company or the company's regional office in time to find out the cause of the malfunction. Before requesting for a repair, check the device according to the list of malfunctions below to see if you can handle the problem yourself.

Problem	Cause	Solution
1. No response when turn it on	1.The plug of the power supply is not inserted to the socket; 2.The power switch is not on	1.Check if there is urban power supply and if the power supply connects well with the socket. 2.Refer to the indication of use.
2. No treatment output	1. The electrode pads have insufficient moisture; 2. The electrode wires are broken or deteriorated; 3. The electrode wires and the host are poorly connected; 4. The electrode pads and skin are not tightly attached; 5. Timing is over; 6. The electrode wires is breaking off	1.Refer to the indication of use. 2. Check it with the other two electrode pads; 3. Reconnect the output cable; 4. Tightly attach the electrode pads to the skin; 5. Take a confirmation; 6. Try to twist the electrode pads;
3. Unstable treatment output	1. The electrode pads have insufficient moisture; 2. The electrode pads are deteriorated; 3.The electrode wires and the host are poorly connected; 4. The electrode pads and skin are not tightly attached;	1.Refer to the indication of use. 2. Check it with the other two electrode pads; 3. Reconnect the output cable; 4. Tightly attach the electrode pads to the skin;
4. No sole treatment output or the sole output is unstable	1. The intensity level is too low ; 2. Two feet are not in the right position; 3. Two feet are not on the pads at the same time; 4. You are still wearing socks duiring the therapy;	1. Increase higher intensity; 2. Put your feet in the correct position as it indicated on the sole pads; 3. Put both your feet on the sole pad at the same time; 4. Make sure clean your feet and keep them bared duiring the whole therapy 5. Please refer to the instruction.

## Warranty & Contact Us

We provide 2-year warranty and lifelong after-sale service for all products in or store, if you have any problems while using, feel free to contact us via email.

**Email: [service@cincomhealth.com](mailto:service@cincomhealth.com)**

If you want to follow up our new products and latest promotional information, please visit our official website and Facebook account.

## Test Specification For Enclosure Port Immunity To Rf Wireless Communications Equipment

Test Frequency (MHz)	Brand <sup>a)</sup> (MHz)	Service <sup>a)</sup>	Modulation <sup>b)</sup>	Maximum Power (W)	Distance (m)	Imunity Test Level (V/m)
385	380-390	TETRA 400	Pulse Modulation <sup>b)</sup> 18Hz	1.8	0.3	27
450	430-470	GMRS 460 FRS 460	FM <sup>C)</sup> +5 kHz deviation 1kHz	2	0.3	28
710	704-787	LTE Band 13.17	Pulse Modulation <sup>b)</sup> 217Hz	0.2	0.3	9
780						
745						
810	800-960	GSM 800/900 TETRA 800 iDEN 820 CDMA 850 LTE Band 5	Pulse Modulation <sup>b)</sup> 18Hz	2	0.3	28
870						
930						
1720	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1.3; 4.25; UMTS	Pulse Modulation <sup>b)</sup> 217Hz	2	0.3	28
1845						
1970						
2450	2400-2570	Bluetooth WLAN 802.11 b/g/n RFID 2450 LTE Band 7	Pulse Modulation <sup>b)</sup> 217Hz	2	0.3	28
5240	5100-5800	WLAN 802.11 a/n	Pulse Modulation <sup>b)</sup> 217Hz	0.2	0.3	9
5500						
5785						

NOTE: If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1m. The 1m test distance is permitted by EC 6100-4-3.

a) For some services, only the uplink frequencies are included.

b) The carrier shall be modulated using a 50% duty cycle square wave signal.

c) As an alternative to FM modulation, 50% pulse modulation at 18Hz may be used because while it does not represent actual modulation, it would be worst case.



## Electromagnetic Compatibility (Emc) Tables

Electronic Stimulator EMC test requirements	
ESD	Contact discharge: $\pm 8$ kV; Air discharge: $\pm 2$ kV, $\pm 4$ kV, $\pm 8$ kV, $\pm 15$ kV
RI EFT	10 V/m; Frequency range: 80 MHz – 2.7 GHz ,80 % AM at 1kHz; Additional test: See Table 9 in page 2 $\pm 2$ kV ,100 kHz repetition frequency for Input a.c. power port
Surge	For Input a.c. power port: Line-to-line: $\pm 0.5$ kV and $\pm 1$ kV Line-to-ground: $\pm 0.5$ kV, $\pm 1$ kV, $\pm 2$ kV for Input a.c. power port: 3 V, 80 % AM at 1 kHz, in 0,15 MHz – 80 MHz; 6 V, 80 % AM at 1 kHz, in ISM and amateur radio bands between 0.15 MHz and 80 MHz.
CI	The ISM (industrial, scientific and medical) bands between 0.15 MHz and 80 MHz are 6.765 MHz to 6.795 MHz; 13.553 MHz to 13.567 MHz; 26.957 MHz to 27.283 MHz; and 40.66 MHz to 40.70 MHz. The amateur radio bands between 0.15 MHz and 80MHz are 1.8 MHz to 2.0 MHz, 3.5 MHz to 4.0 MHz, 5.3MHz to 5.4 MHz, 7 MHz to 7.3 MHz, 10.1 MHz to 10.15 MHz,14 MHz to 14.2 MHz, 18.07 MHz to 18.17 MHz,21.0 MHz to 21.4MHz, 24.89 MHz to 24.99 MHz, 28.0 MHz to 29.7 MHz and50.0 MHz to 54.0 MHz.
Voltage dips	0 % UT; 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % UT; 1 cycle and 70 % UT; 25/30 cycles; single phase: at 0°
Voltage interruptions	0 % UT; 250/300 cycle
Power frequency magnetic fields	30 A/m ,50 Hz or 60 Hz