

**Four Channels
Pre-Programmed
TENS and EMS
PRESET PROGRAMS**

Edition: V2.0
Date of issue: 01 JUNE 2016

The unit has 45 preset TENS and EMS programs (P6-P50).

P6, Conventional TENS

Stimulation Mode: Normal

Pulse Rate: 80Hz

Pulse Width: 180 μ S

Timer: continuous mode

P7, Burst TENS, 2Hz

Stimulation Mode: Burst

Pulse Rate: 100Hz

Pulse Width: 190 μ S

Burst Rate: 2Hz

Timer: 30 minutes

P8, Burst TENS, 1Hz

Stimulation Mode: Burst

Pulse Rate: 100Hz

Pulse Width: 190 μ S

Burst Rate: 1Hz

Timer: 30 minutes

P9, Modulated pulse duration TENS (Cervical / shoulder TENS)

Stimulation Mode: SD, Width Modulation

Pulse Rate: 80Hz

Pulse Width: 75-190 μ S

Timer: 30 minutes

P10, Modulated pulse duration TENS (Lumbar / spine TENS)

Stimulation Mode: SD, Width Modulation

Pulse Rate: 80Hz

Pulse Width: 90-220 μ S

Timer: 30 minutes

P11, Mixed frequency TENS

Stimulation Mode: Mixed frequency

Pulse Rate (Low frequency): 2Hz/200 μ S

Pulse Rate (High frequency): 100Hz/150 μ S

Timer: 30 minutes

P12, TENS for analgetic

Stimulation Mode: Rate Modulation
Pulse Rate: 48-80Hz
Pulse Width: 150 μ S
Timer: 30 minutes

P13, Burst TENS, sciatic neuralgia

Stimulation Mode: Burst
Pulse Rate: 100Hz
Pulse Width: 280 μ S
Burst Rate: 1Hz
Timer: 30 minutes

P14, TENS for cervical pain

Stimulation Mode: Rate Modulation
Pulse Rate: 48-80Hz
Pulse Width: 90 μ S
Timer: 30 minutes

P15, TENS for endorphinic

Phase 1

Stimulation Mode: Burst
Pulse Rate: 100Hz
Pulse Width: 190 μ S
Burst Rate: 1Hz
Timer: 15 minutes

Phase 2

Stimulation Mode: Burst
Pulse Rate: 100Hz
Pulse Width: 190 μ S
Burst Rate: 2Hz
Timer: 20 minutes

P16, TENS for low back pain

Phase 1

Stimulation Mode: Burst

Pulse Rate: 100Hz

Pulse Width: 190 μ S

Burst Rate: 1Hz

Timer: 15 minutes

Phase 2

Stimulation Mode: Burst

Pulse Rate: 100Hz

Pulse Width: 260 μ S

Burst Rate: 2Hz

Timer: 20 minutes

P17, TENS for peri-arthritis

Phase 1

Stimulation Mode: Normal

Pulse Rate: 100Hz

Pulse Width: 80 μ S

Timer: 10 minutes

Phase 2

Stimulation Mode: Burst

Pulse Rate: 100Hz

Pulse Width: 190 μ S

Burst Rate: 1Hz

Timer: 20 minutes

P18, TENS for epicondyle pain

Phase 1

Stimulation Mode: Rate Modulation

Pulse Rate: 48-80Hz

Pulse Width: 100 μ S

Timer: 15 minutes

Phase 2

Stimulation Mode: Rate Modulation

Pulse Rate: 60-100Hz

Pulse Width: 100 μ S

Timer: 15 minutes

P19, Massage smaller muscle groups

Stimulation Mode: Rate Modulation
Pulse Rate: 9-15Hz
Pulse Width: 200 μ S
Timer: 30 minutes

P20, Massage larger muscle groups

Stimulation Mode: Rate Modulation
Pulse Rate: 9-15Hz
Pulse Width: 300 μ S
Timer: 30 minutes

P21, Recover on the upper body

Stimulation Mode: Rate Modulation
Pulse Rate: 3-10Hz
Pulse Width: 200 μ S
Timer: 20 minutes

P22, Recover on the lower body

Stimulation Mode: Rate Modulation
Pulse Rate: 3-10Hz
Pulse Width: 300 μ S
Timer: 20 minutes

P23, Rehabilitation on the upper limbs atrophy

Phase 1
Stimulation Mode: Rate Modulation
Pulse Rate: 3-10Hz
Pulse Width: 200 μ S
Timer: 5 minutes

Phase 2
Stimulation Mode: EMS Synchronous
Pulse Rate: 30 Hz, Pulse Width: 200 μ S
ON time: 4 sec., OFF time: 8 sec.
Ramp up time: 2 sec., Ramp down time: 2 sec.
Timer: 15 minutes

P24, Rehabilitation on the lower limbs atrophy

Phase 1

Stimulation Mode: Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 300 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode: EMS Synchronous

Pulse Rate: 30 Hz, Pulse Width: 300 μ S

ON time: 4 sec., OFF time: 8 sec.

Ramp up time: 2 sec., Ramp down time: 2 sec.

Timer: 15 minutes

P25, Warming up

Stimulation Mode: Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 250 μ S

Timer: 5 minutes

P26, Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3Hz

Pulse Width: 250 μ S

Timer: 10 minutes

P27, Rehabilitation on the upper body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 200 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-60 Hz

Pulse Width: 200 μ S

ON time: 8 sec.

OFF time: 10 sec.

Ramp up time: 2 sec.

Ramp down time: 2 sec.

Timer: 30 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 200 μ S

Timer: 10 minutes

P28, Rehabilitation on the lower body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 280 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-60 Hz

Pulse Width: 280 μ S

ON time: 8 sec.

OFF time: 10 sec.

Ramp up time: 2 sec.

Ramp down time: 2 sec.

Timer: 30 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 280 μ S

Timer: 10 minutes

P29, Alternate stimulation lower arm and lower leg

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 200 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS Alternate

Pulse Rate: 50 Hz

Pulse Width: 200 μ S

ON time: 4 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 2 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 200 μ S

Timer: 10 minutes

P30, Alternate stimulation upper arm and thigh

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 350 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS Alternate

Pulse Rate: 50 Hz

Pulse Width: 350 μ S

ON time: 4 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 2 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 350 μ S

Timer: 10 minutes

P31, Synchronous stimulation lower arm and lower leg

Phase 1	Phase 2	Phase 3
Warming up	Stimulation Mode:	Recover from fatigue
Stimulation Mode:	EMS Synchronous	Stimulation Mode: Normal
Rate Modulation	Pulse Rate: 50 Hz	Pulse Rate: 3 Hz
Pulse Rate: 3-10Hz	Pulse Width: 200 μ S	Pulse Width: 200 μ S
Pulse Width: 200 μ S	ON time: 4 sec.	Timer: 10 minutes
Timer: 5 minutes	OFF time: 6 sec.	
	Ramp up time: 2 sec.	
	Ramp down time: 2 sec.	
	Timer: 20 minutes	

P32, Synchronous stimulation upper arm and thigh

Phase 1	Phase 2	Phase 3
Warming up	Stimulation Mode:	Recover from fatigue
Stimulation Mode:	EMS Synchronous	Stimulation Mode: Normal
Rate Modulation	Pulse Rate: 50 Hz	Pulse Rate: 3 Hz
Pulse Rate: 3-10Hz	Pulse Width: 350 μ S	Pulse Width: 350 μ S
Pulse Width: 350 μ S	ON time: 4 sec.	Timer: 10 minutes
Timer: 5 minutes	OFF time: 6 sec.	
	Ramp up time: 2 sec.	
	Ramp down time: 2 sec.	
	Timer: 20 minutes	

P33, Maximal power on the upper body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 200 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-70 Hz

Pulse Width: 200 μ S

ON time: 6 sec.

OFF time: 12 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 16 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 200 μ S

Timer: 10 minutes

P34, Maximal power on the lower body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 300 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-70 Hz

Pulse Width: 300 μ S

ON time: 6 sec.

OFF time: 12 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 16 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 300 μ S

Timer: 10 minutes

P35, Endurance power on the upper body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 200 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-70 Hz

Pulse Width: 200 μ S

ON time: 6 sec.

OFF time: 12 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 200 μ S

Timer: 15 minutes

P36, Endurance power on the lower body

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 300 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-70 Hz

Pulse Width: 300 μ S

ON time: 6 sec.

OFF time: 12 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 300 μ S

Timer: 15 minutes

P37, Explosive force

Phase 1	Phase 2	Phase 3
Warming up	Stimulation Mode:	Recover from fatigue
Stimulation Mode:	EMS with Rate Modulation	Stimulation Mode: Normal
Rate Modulation	Pulse Rate: 60-100 Hz	Pulse Rate: 3 Hz
Pulse Rate: 3-10Hz	Pulse Width: 250 μ S	Pulse Width: 250 μ S
Pulse Width: 250 μ S	ON time: 6 sec.	Timer: 15 minutes
Timer: 5 minutes	OFF time: 12 sec.	
	Ramp up time: 2 sec.	
	Ramp down time: 1 sec.	
	Timer: 15 minutes	

P38, Tone low legs

Phase 1	Phase 2	Phase 3
Warming up	Stimulation Mode:	Recover from fatigue
Stimulation Mode: Normal	EMS with Rate Modulation	Stimulation Mode: Normal
Pulse Rate: 5Hz	Pulse Rate: 25-40 Hz	Pulse Rate: 3 Hz
Pulse Width: 200 μ S	Pulse Width: 200 μ S	Pulse Width: 200 μ S
Timer: 5 minutes	ON time: 6 sec.	Timer: 5 minutes
	OFF time: 6 sec.	
	Ramp up time: 2 sec.	
	Ramp down time: 1 sec.	
	Timer: 15 minutes	

P39, Tone up legs

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 300 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 25-40 Hz

Pulse Width: 300 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 300 μ S

Timer: 5 minutes

P40, Tone low arms

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 200 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 25-40 Hz

Pulse Width: 200 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 200 μ S

Timer: 5 minutes

P41, Tone up arms

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 280 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 25-40 Hz

Pulse Width: 280 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 280 μ S

Timer: 5 minutes

P42, Tone up gluteus and abs

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 260 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 25-40 Hz

Pulse Width: 260 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 15 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 260 μ S

Timer: 5 minutes

P43, Tone up haunches and thighs

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 240 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 35-55 Hz

Pulse Width: 240 μ S

ON time: 6 sec.

OFF time: 8 sec.

Ramp up time: 1 sec.

Ramp down time: 1 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 240 μ S

Timer: 5 minutes

P44, Shape breast (bosom) / chest

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 220 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-65 Hz

Pulse Width: 220 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 220 μ S

Timer: 5 minutes

P45, Shape face

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 60 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-65 Hz

Pulse Width: 60 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 60 μ S

Timer: 5 minutes

P46, Shape gluteus

Phase 1

Warming up

Stimulation Mode: Normal

Pulse Rate: 5Hz

Pulse Width: 290 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 40-65 Hz

Pulse Width: 290 μ S

ON time: 6 sec.

OFF time: 6 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 20 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 290 μ S

Timer: 5 minutes

P47, Aerobics for legs

Phase 1

Warming up

Stimulation Mode:

Rate Modulation

Pulse Rate: 3-10Hz

Pulse Width: 300 μ S

Timer: 5 minutes

Phase 2

Stimulation Mode:

EMS with Rate Modulation

Pulse Rate: 15-25 Hz

Pulse Width: 300 μ S

ON time: 8 sec.

OFF time: 4 sec.

Ramp up time: 2 sec.

Ramp down time: 1 sec.

Timer: 40 minutes

Phase 3

Recover from fatigue

Stimulation Mode: Normal

Pulse Rate: 3 Hz

Pulse Width: 300 μ S

Timer: 10 minutes

P48, Drainage on the upper body

Phase 1

Stimulation Mode: SD, Width Modulation

Pulse Rate: 20Hz

Pulse Width: 120-300 μ S

Timer: 15 minutes

Phase 2

Stimulation Mode: Rate Modulation

Pulse Rate: 5-15 Hz

Pulse Width: 220 μ S

Timer: 15 minutes

P49, Drainage on the lower body

Phase 1

Stimulation Mode: SD, Width Modulation

Pulse Rate: 20Hz

Pulse Width: 120-300 μ S

Timer: 15 minutes

Phase 2

Stimulation Mode: Rate Modulation

Pulse Rate: 5-15 Hz

Pulse Width: 280 μ S

Timer: 15 minutes

P50, Lipolysis of gluteus

Phase 1

Stimulation Mode: Rate Modulation

Pulse Rate: 4-12Hz

Pulse Width: 290 μ S

Timer: 30 minutes

Phase 2

Stimulation Mode: EMS Synchronous

Pulse Rate: 30 Hz

Pulse Width: 290 μ S

ON time: 7 sec.

OFF time: 14 sec.

Ramp up time: 3 sec.

Ramp down time: 3 sec.

Timer: 30 minutes

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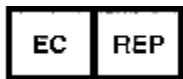
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