

PUREPULSE DUO

DELUXE EMS & TENS COMBO DEVICE



USER MANUAL
MODEL: PEPULSEDUO

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WARNINGS AND PRECAUTIONS

Read this manual before using.

Read instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in the manual. Failure to follow instructions can cause harm to user or device.

Do NOT use the PurePulse Duo if any of the following conditions are present:

- Do not use this Device if you have a cardiac pacemaker, implanted defibrillators or any other implanted metallic or electronic device.
- Do not use this Device if you have undiagnosed chronic pain.
- Do not use if you are pregnant.
- Do not use if you suffer from cancer, epilepsy, ischemia, or other serious conditions. If you are unsure, consult your physician.

Warnings and Precautions for the proper use and safety of the PurePulse Duo:

- If you are under the care of a doctor, consult with your physician before using this Device.
- Do not apply stimulation over the throat. Severe spasm of the muscles may occur and the contractions may be strong enough to cause difficulty in breathing. Stimulation over the neck/throat could also have adverse effect on hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.
- Do not place the pads on your head.
- Do not use this Device while sleeping.
- Do not use if you feel numbness.
- Do not use in or close to water.
- Keep your Device out of the reach of children.
- Use the pads only on normal, healthy, clean and dry skin. Do not use the pads on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- PurePulse Duo is intended for individual person use.

- PurePulse Duo is not effective for pain associated with Central Pain Syndromes, such as headaches.
- PurePulse Duo is for pain caused by muscle soreness, and should be placed only around muscles where pain originates.
- The effectiveness of the PurePulse Duo depends greatly on a person's individual physical condition and body type. Effectiveness will differ for each user.
- Skin irritation and burns under the pads have been reported by some people who have applied electronic stimulators to their skin.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered as skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the stimulator again until after the excessive redness has disappeared.
- If skin under one or more pads feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Turn off the stimulator if the stimulation feels unpleasant or does not provide pain relief.
- Use your stimulator only with the pads, snap cables and accessories recommended by the manufacturer.
- Do not use this Device when driving, operating machinery or when swimming.
- Before removing the belt and pads, be sure to turn OFF both power knobs to avoid unpleasant stimulation.
- PurePulse Duo is a battery-operated electronic Device. Its output performance and safety may be affected greatly in extreme humidity, therefore it is important to keep the stimulator dry to ensure its safety and performance.



Use Caution and consult your Physician before using PurePulse Duo if any of the following conditions apply to you:

- If you have suspected or diagnosed heart problem.
- If you have suspected or diagnosed epilepsy.
- If you have a tendency to bleed internally following an injury.
- If you recently had surgery, or have ever had surgery on your back.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.

- If you have numbness, tingling, swelling, or loss of feeling/sensation in your arms, hands, legs or feet.
- During menstruation or during pregnancy.
- If you have had medical or physical treatment for your muscle pain, consult with your treatment provider before using the PurePulse Duo. You should contact your physician prior to using this device following recent surgical procedures. Stimulation may disrupt the healing process.
- If your pain does not improve, becomes more than mild or if it continues for four to six days, stop using this Device and consult your Physician.

Important:

- Do not use PurePulse Duo at the same time with any other device that transfers an electrical current into the body (e.g. another muscle stimulator).
- Stop using your unit if you are feeling light headed or faint. Consult doctor if this happens.
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use unit if you are wearing a belly button ring. Remove ring before session.

Electrode Pad Precautions

- To reposition the pads during a session, always pause the program currently running, reposition the pads as directed and then restart the program again.
- Only use PurePulse Pads supplied by Pure Enrichment with your device. Any others may not be compatible with your unit and could degrade the minimum safety levels.
- Pads are built for 15-25 uses or until they no longer stick.
- Do not plunge the pads into water.
- Do not apply solvents of any kind to the pads.
- Always ensure the unit is OFF before removing the pads.
- Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin.
- If your skin is red under the pad after a session, do not start another session in the same area until your redness has completely disappeared.

FCC NOTICE

Note: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

INTRODUCTION

Thank you for purchasing PurePulse Duo! PurePulse Duo is a deluxe pain management system that combines the power of electrical muscle stimulation (EMS) with transcutaneous electrical nerve stimulation (TENS) to help treat muscle and joint pain. Used by physical therapists and doctors across the country, PurePulse Duo provides office-quality pain therapy in the comfort of your home.

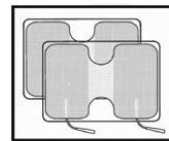
This easy-to-use EMS and TENS combo device uses pulse stimulation to naturally and effectively treat persistent pain your shoulders, neck, back, waist, legs, arms and more!

PACKAGE CONTENTS

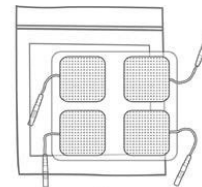
1. 1 PurePulse Duo EMS & TENS Combo Device
2. 2 Self-Adhesive Butterfly Electrode Pads (size 5" x 3.5")
3. 4 Self-Adhesive Electrode Pads (size 2" x 2")
4. 3 AAA Batteries
5. 2 Lead Connectors
6. 1 Soft Storage Bag



1



2



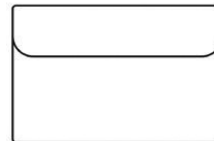
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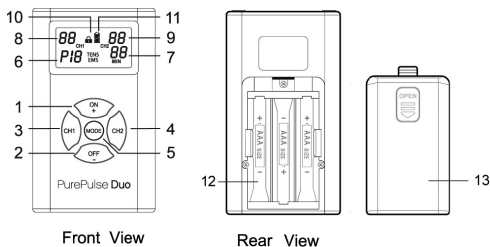


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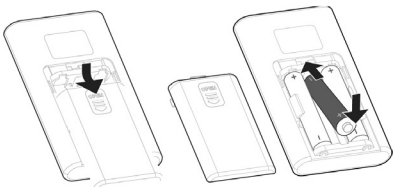
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OPERATION GUIDE



- | | |
|--|------------------------------|
| 1. Power On / Adjust / Increase Setting | 8. CH1 Intensity Level |
| 2. Power Off / Adjust / Decrease Setting | 9. CH2 Intensity Level |
| 3. CH1 (Channel 1) Select | 10. Lock Status Indicator |
| 4. CH2 (Channel 2) Select | 11. Battery Status Indicator |
| 5. Therapy Time/Mode/Program Selection | 12. Battery Compartment |
| 6. Program Number | 13. Battery Cover |
| 7. Therapy Time Remaining | |

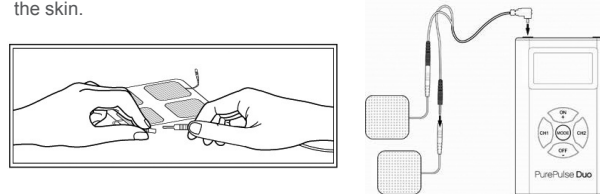
Inserting/Changing the Batteries



1. Open the battery compartment at the back of the device by pushing the battery cover labelled "Open" downward (this area features raised marks for easy identification).
2. Insert 3 AAA (1.5 V) batteries in the battery compartment; make sure to match up the symbols (+/-).
3. Close the battery cover by carefully placing the stud into the slot in the rear area and sliding it upward, applying slight pressure.

Application of the Electrode Pads

1. Clean skin thoroughly prior to application of electrodes. Electrodes do not stick well if any lotions, oil, makeup, dirt, etc. is left on the skin.
2. Plug the electrode pads to the Lead Connector, and then plug the Lead Connector into your PurePulse Duo. Connect Electrode Pads before applying to the skin.
3. Remove the electrodes from the protective plastic liner and apply firmly to the skin.



Removal of the Electrode Pads

1. Lift at the edge of electrodes and peel. Do not pull on the lead wires when removing from the skin.
2. Place the electrodes on the plastic liner and disconnect the lead wire by twisting and pulling at the electrode wire connectors.

Turning On the Device

1. Press and hold the ON+ button for one (1) second to turn on the device.
2. The most recently selected treatment time and program will flash when the unit is turned on.

▲ Note : Do not turn the unit on until all electrodes and lead wires are properly attached.

▲ Note : When stimulating the muscles of the arms or legs, note that the muscle contraction may cause involuntary limb movement. Always ensure the limb is secured to prevent movement.

Turning Off the Device

1. The device turns off automatically after the therapy session time has elapsed.
2. To turn the unit off manually, hold the OFF- button for three (3) seconds. The display will go blank and the device will turn off.
3. In an emergency, you may also pull the connector(s) from the PurePulse Duo.

▲ Note : To prevent unpleasant electric shocks, never remove the pad while the device is still turned on.

Using PurePulse Duo for TENS Treatment

The PurePulse Duo offers eight different pre-set treatment programs for TENS therapy. The programs differ with respect to varying pulse widths and frequencies. The mode setting depends on the user preference and condition. To select your preferred mode, use the following steps:

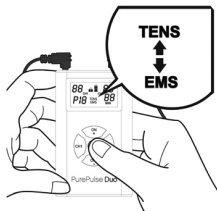
1. Press MODE the pre-set (default) program will flash on the display (fig.1).
2. To increase or decrease the Program, press the button ON + (to increase) or the button OFF - (to decrease) repeatedly until the desired treatment mode is displayed (fig.2).
3. Press MODE again to save your selection. The program you selected will appear on the display the next time you turn the device on.



Selecting TENS/EMS Mode

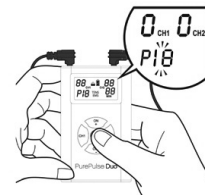
1. Press MODE after treatment time is set. The preset (default) therapy mode TENS or EMS will flash on the display. Use ON + or the button OFF - , if you would like to change the therapy mode.
2. Press Mode again, the numeric number of program is then flashing. Press the button ON + (to increase) or the button OFF - (to decrease) for choice of program of the selected modality.
3. Press MODE again to save your selection. The treatment time you selected will appear on the display the next time you turn the device on.

▲ Note : If you change programs during the course of a therapy session, the treatment time will not reset unless you manually reset it by performing the steps described above.



Selecting the Therapy Intensity Level

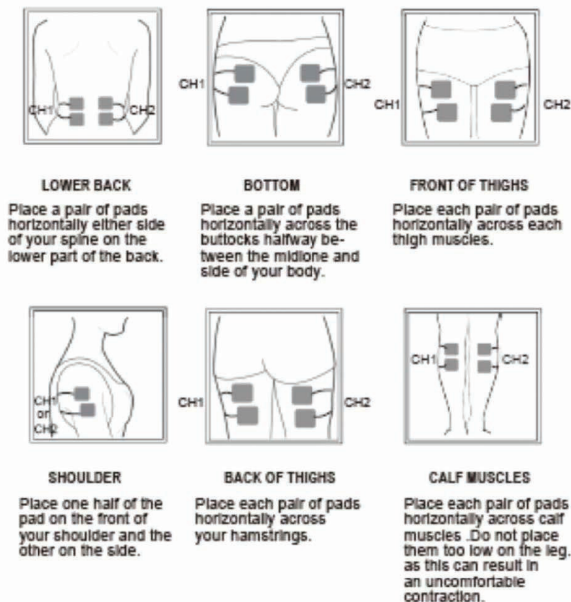
1. Intensity is adjustable within each channel separately. Select the channel you wish to adjust by pressing CH1 or CH2. "CH1" or "CH2" will flash on the display.
 2. To increase or decrease the intensity, press ON + (to increase) or OFF - (to decrease) repeatedly until the desired intensity level flashes on the display.
- ▲ Note: You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.
3. Press MODE to save your selection.



PurePulse Duo TENS Treatment Program Modes

Program/ mode	Benefits	You should feel
P1	For temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.
P2		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P3	For temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.	Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P4		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8	For symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.	For pain relief associated with muscle groups, helps prevent accommodation or habituation

Placement of the Electrode Pads for TENS Treatment



Using PurePulse Duo for EMS Treatment

When using PurePulse Duo for electrical muscle stimulation (EMS) any of the 6 programs may be used. The goal is to cause a muscle to contract and then release. All 6 programs will achieve contraction and vary mainly by the rate and duration of the contractions. As with any exercise regimen, start out slowly with low intensity levels for a warm-up (5 to 10min). You may increase intensity level and treatment time as you progress with your muscle performance. Using PurePulse Duo regularly will maintain the benefit of your "exercise".

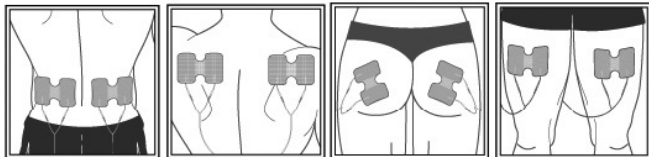
PurePulse Duo EMS Treatment Program Modes

To select your preferred mode, use the following steps:

1. Press MODE the pre-set (default) program will flash on the display (fig.1).
2. To increase or decrease the Program, press the button ON + (to increase) or the button OFF - (to decrease) repeatedly until the desired treatment mode is displayed (fig.2).
3. Press MODE again to save your selection. The program you selected will appear on the display the next time you turn the device on.

Mode / Exercise Program	You Should Feel & Benefits	Suggestion
P1 Exercise Prep	This program gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	Increase the intensity until you get a strong but comfortable muscle movement, 10 min/duration.
P2 Active Recovery	This program produces muscle twitches at very low frequency and it feels like a tapping massage, for muscle recovery from fatigue and becoming more relaxed with reduced stiffness.	Use it after intense exercise to promote recovery and relaxation, 30 min/duration.
P3 Active Recovery	This program is similar to P2, except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than P2.	Use it after intense exercise to promote recovery and relaxation, 20 min/duration.
P4 Active Recovery	This program activates the muscle in a short contraction/relaxation cycle. It feels like a kneading massage, smoother than P2/P3.	Use it after intense exercise to promote recovery and relaxation, 20 min/duration.
P5 Build Endurance	This program uses a low frequency pulse train which favours slow twitch fibers, for developing aerobic capacity and capillary supply. It improves fatigue resistance during long duration moderate intensity exercise.	The exercise comprises an alternating sequence of work and rest phases lasting several seconds. Increase the intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level, 20min/duration.
P6 Muscle Strengthening	This program uses a pulse frequency appropriate to fast twitch muscle fibers. It improves their anaerobic capacity and is used for improving maximum muscle strength.	The exercise comprises a sequence of work phases separated longer relaxation phases. Increase the stimulation intensity until you get a strong and deep contraction. Do not exceed your comfort level, 20 min./Duration.

Placement of the Electrode Pads for EMS Treatment



LOWER BACK

Place a pair of pads horizontally either side of your spine on the lower part of the back.

UPPER BACK

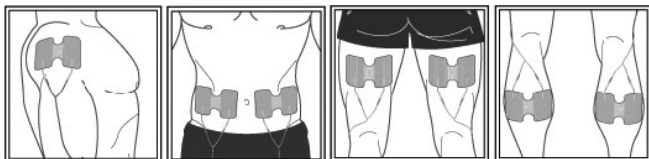
Place a pair of pads horizontally either side of your spine on the upper part of the back.

BOTTOM

Place a pair of pads horizontally across the buttocks halfway between the midline and side of your body.

FRONT OF THIGHS

Place each pair of pads horizontally across each thigh muscle.



SHOULDER

Place one half of the pad on the front of your shoulder and the other on the side.

ABS

Place each pair of pads horizontally either side of your navel.

BACK OF THIGHS

Place each pair of pads horizontally across your hamstrings.

CALF MUSCLES

Place each pair of pads horizontally across calf muscle. Do not place them too low on the leg, as this can result in an uncomfortable contraction.



- ▲ **Note** : 1. When stimulating the muscles of the arms or legs bear in mind that the muscle contraction may cause involuntary limb movement, which could cause injury to you or others. Always ensure the limb is secured to prevent movement.
2. Do not turn the unit on until all electrodes and lead wires are properly attached.

Note: Always start with a low intensity level, increase gradually. You may use any of the modes for EMS.

EXTRA FEATURES

Treatment Time

The device offers 12 pre-set times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes. Time will countdown on the display in 1-minute increments for the duration of your session.

To select a Treatment time:

1. Press MODE. The pre-set (default) treatment time will flash on the display.
2. To increase or decrease the treatment time, press the button ON + (to increase) or the button OFF – (to decrease) repeatedly until the desired duration appears on the display.
3. Press MODE again to save your selection. The treatment time you selected will appear on the display the next time you turn the device on.

- ▲ **Note:** If you change programs during the course of a therapy session, the treatment time will not reset unless you manually reset it by performing the steps described above.

Lock Function

Press and hold the ON + and OFF – keys simultaneously for 1 second to lock/unlock the device.

Automatic Shut off

The device automatically turns off when no button is pressed for 60 seconds. The device automatically turns off when the time for your therapy session has elapsed.

Intensity Level Reset

For your safety and comfort, the intensity level will reset to 0 each time the device turns off, including after therapy sessions.

Low Battery Status Indicator

The battery status indicator will light whenever the battery is low. This means that you will have to replace the batteries shortly.

CARE AND MAINTENANCE

PurePulse Duo Device

The PurePulse Duo Device may be wiped clean with a small amount of soapy water on a clean cloth. Do not submerge the stimulator in liquids or expose it to large amounts of water.

- Never use aggressive cleaning products or stiff brushes to clean the device.
- Remove the batteries before cleaning the device.
- Do not use the device again until it is completely dry.
- Do not expose the device to direct sunlight and protect it from dirt and moisture.

Cables

- Disconnect the cables from the stimulator and electrodes.
- Do not pull on the cables, but on the connectors attached to the ends of the cables.
- Store the PurePulse Duo with the cables in a clean, dry place.

Electrodes

The electrode pads are disposable and use an adhesive that will dry out after prolonged usage or storage. Pads should be replaced when they lose their adhesive quality, or you sense a change in stimulation sensation.

To order replacement pads, please visit www.pureenrichment.com or contact an authorized dealer.

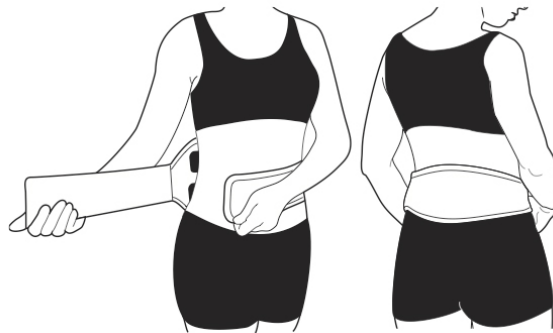
How to Store PurePulse Duo

Store your Device in the provided bag at room temperature in a dry place. Keep out of the reach of children.

- If the stimulator will not be used for more than a week, remove the batteries while storing.

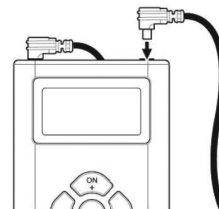
ACCESSORIES AND REPLACEMENT PARTS

PurePulse Belt



The PurePulse Belt is the ideal accessory for those with lower back pain. This easy to use and high-tech belt connects to your PurePulse Duo and has built-in electrodes, eliminating the need to purchase additional pads.

To connect PurePulse Duo to the PurePulse Belt, insert PurePulse Belt's connector plugs into the sockets at the top of PurePulse Duo.



Note for EMS users: PurePulse Belt can be used for your back or your abdominal muscles.

To purchase PurePulse Belt, additional pads, and replacement parts, visit: www.pureenrichment.com

ADDITIONAL TECHNICAL SPECIFICATIONS

Channel:	Dual, isolated between channels
Output Voltage:	0-40V ($\pm 10\%$) peak into 500 Ω load each channel (1.34Vrms/max.)
Pulse Amplitude:	Adjustable 0-80mA ($\pm 10\%$) (1.3mA _{rms} /max.)
Pulse Rate:	As pre-programming operation mode
Pulse Width:	As pre-programming operation mode
Software Ramp Up Feature:	Pulse width ramp up when change mode
Timer:	5-60 min. selectable
LCD:	Show modes, pulse rate, pulse width, timer, CH1/CH2, intensity level
Wave Form :	Symmetrical Bi-Phasic square pulse
Max Charge per Pulse:	20.8 micro-coulombs maximum
** All electrical specifications are $\pm 20\%$ at 500 Ω load.	
Operating Conditions:	50°F (10°C) to +104° (40°C), 40-90% Maximum Relative Humidity
Transportation & Storage Conditions:	+14°F (-10°C) to +140° (60°C), 30-95% Maximum Relative Humidity
Operation Altitude	3000m
Atmospheric Pressure Range	80kPa to 101.3kPa
Weight:	2 ounces
Dimensions:	3.5" x 2" x 0.75"
Power Source:	3 x AAA / 4.5 Volt batteries

TROUBLESHOOTING

If you are having problems with your PurePulse Duo, make sure the cables fit tightly into the connection sockets of the device and that the batteries have sufficient charge and are not corroded.

WARRANTY

This PurePulse Duo Pain Management System carries an industry leading 3-year warranty from the date of purchase.

The warranty applies to the PurePulse Duo and necessary parts and labor relating thereto. The warranty does not include the electrode pads, which do need to be replaced over time.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

PRODUCT REGISTRATION

To ensure your full warranty, receive product updates, and streamlined customer support, don't forget to register your product at:

www.pureenrichment.com/productregistration

ARE YOU 100% SATISFIED?

If you have product questions or concerns don't hesitate to contact us directly at:

help@pureenrichment.com

Pure Enrichment has an award-winning warranty, exchange, and customer service program that guarantees hassle-free solutions to any issue you might have within 24 hours!



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