

OMRON

Instruction Manual

TENS Therapy Device

Electronic Nerve Stimulator

HV-F128



- Thank you for purchasing the OMRON Electronic Nerve Stimulator **HV-F128**.
- Please read this Instruction Manual thoroughly before using this unit for the safe and correct use of it.
- Please keep this Instruction Manual always at hand for your future reference.

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




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A Good Sense of Health




Before Using the Unit

Notes on Safety (Please read this section carefully before using the unit.)



- The icons and warning signs are indicated here for your safe and correct use of the product as well as to prevent injuries and/or damage to properties.
- The icons and meanings are as follows:

Examples of Icons	
	The  icon indicates prohibitions (must not do). Matters involving certain prohibitions are indicated by text or pictures in or near  . The icon to the left means "Prohibitions to Disassemble".
	The  icon indicates something that is compulsory (must be observed). Matters involving certain compulsory actions are indicated by text or pictures in or near  . The icon to the left refers to "General compulsory action".

⚠ DANGER	
<p>This unit must not be used in combination with the following medical devices:</p> <ol style="list-style-type: none"> (1) Internally transplanted electronic medical devices, e.g. pacemakers (2) Electronic life support equipment, such as respirators (3) Electronic medical devices attached to the body, such as electrocardiographs <p>Using this unit with other electronic medical devices may cause erroneous operation of those devices.</p>	

⚠ WARNING	
<p>Persons with the following conditions must consult the doctor before using this unit.</p> <ol style="list-style-type: none"> 1) acute disease 2) malignant tumor 3) infectious disease 4) pregnancy 5) cardiac dysfunction 6) high fever 7) abnormal blood pressure 8) skin sensory disorders or skin problems 9) receiving medical treatment, especially those feeling discomfort <p>May cause an accident or ill health.</p>	
<p>Do not use this unit near the heart, above the neck, on the head, around the mouth or on diseased skin.</p> <p>May cause an accident or ill health.</p>	
<p>Do not use this unit simultaneously with other therapeutic device or in combination with ointments including spray-type ointments.</p> <p>May cause discomfort or ill health.</p>	
<p>Do not use this unit for purposes other than treatment indicated in this manual.</p> <p>May lead to accident, trouble, or failure of the unit.</p>	
<p>Do not insert the electrode cord plug into any place other than the electrode cord jack of the main unit.</p> <p>May cause an electric shock or accident.</p>	
<p>Do not disassemble or remodel this unit.</p> <p>May cause fire, trouble, or accident.</p>	

Notes on Safety

⚠ CAUTION	
<p>If the unit is not functioning properly or you feel discomfort, immediately stop using the unit. If you feel any trouble with your body or skin, consult the doctor and follow his/her instructions.</p>	
<p>If you want to move the Electrode Pad to another region or your body during treatment, be sure to turn off the power. If not, you may receive strong electrical shock.</p>	
<p>Do not try to attach the Pads to any other person during the treatment. You may receive strong electrical shock.</p>	
<p>Do not start treatment while wearing an electronic device. The settings and timings of the device may be affected.</p>	
<p>Do not use this unit on infants or people not capable of expressing their intentions. May cause an accident or ill health.</p>	
<p>Do not use this unit in places with high humidity such as the bathrooms or while taking a bath or shower. You will receive a strong electrical shock.</p>	
<p>Do not use this unit while sleeping. The main unit may develop trouble, or the pad may move to an unexpected region and cause ill health.</p>	
<p>Do not use this unit while driving. Receiving sudden strong stimulation may lead to traffic accident or trouble.</p>	
<p>Do not leave the Electrode Pad attached to the skin after treatment. Prolonged attachment may cause skin irritation or infection.</p>	
<p>Be careful not to allow any metal object, such as belt buckle or necklace come into contact with the Electrode Pad during treatment. If not, you will receive a strong electrical shock.</p>	
<p>Do not use cellular phones near the Low-Frequency Electrotherapy Electronic Pulse Massager.</p>	
<p>Do not use this unit to treat one region for a long time (more than 30 minutes). The muscles of the region under treatment may be exhausted and cause poor physical condition.</p>	

General information on Omron HV-F128 Electronic Nerve Stimulator

The OMRON HV-F128 Electronic Nerve Stimulator is an electro-therapeutic device working according to the *TENS principle (Transcutaneous Electrical Nerve Stimulation)*.

The HV-F128 Electronic Nerve Stimulator enables you to reduce and relieve your pain symptoms. The treatment alleviates muscle and nerve pain through gentle stimulation. But always remember that pain also has a very important warning function by telling us that something is wrong. If you suffer from any serious illness, consult your doctor in order to confirm whether you can use the Electronic Nerve Stimulator.

For active people, it provides a massaging experience which has a very beneficial effect on muscle and shoulder or neck stiffness. It is very good for soothing overall bodily fatigue and improves the blood circulation in the treated areas.

Our nerves, which radiate throughout the entire body as a complex network, perform various tasks which are indispensable for maintaining proper functioning. They conduct impulses between the central nervous system and an organ or a part of the body. They also transmit commands from and to the brain, and they regulate the body's functions, as well as muscle contraction and relaxation. Using the TENS method, Transcutaneous (i.e. passing through the skin) Electrical Nerve Stimulation, the important nerve functions can be activated effectively. The frequency impulses, which are comparable to the natural bioelectricity, stimulate the body's pain-relieving mechanisms. In this way, the transmission of pain by the nerve fibres is inhibited and secretion of pain-relieving, morphine like substances such as endorphins, are triggered. Furthermore, the blood flow through the treated body zones is improved.

Features of the Product

* 12 Automatic Courses

The device allows you to select your favourite stimulation programme from 12 Automatic Courses for optimized treatment according to your symptom and needs.

SOOTHE Button (for stiff muscles)

The newly developed program soothes muscle ache and relieves stiffness effectively when treated over a prolonged period. It is suitable for long-term treatment.

RELIEVE Button (for nerve pain)

This function relieves acute pain quickly with high frequency of 1200 Hz. It is suitable for treatment of pain in the lower back and joints.

REGION Button (6 courses for shoulders, joint, arm, sole, calf, and lower back)

Treats the selected region with effective pre-programmed courses.

MASSAGE Button (4 courses of Tapping, Kneading, Pushing, and Rubbing)

Allows you to select the massage method according to your needs.

* 5 Special Modes

Allows you to adjust the unit to your favourite stimulations.

Use the Special Modes of HYPER, SOFT, REPEAT, POINT, WIDE and Balance Adjustment (switching between red and white buttons) in combination with the Automatic Course to receive treatment in your favourite stimulation mode.

* Washable and long-lasting Long-Life Pads

* LCD display that shows the selected treatment modes

Components of the Product

The following components are included in the box.
If any components are missing, please contact the nearest OMRON dealer.

1. Main unit



2. Type K Electrode Cord

Note: This is a consumable.



3. Long-Life Pad

(to be referred to as "Pad" hereinafter.)

One set contains two Pads.
* These are consumables.



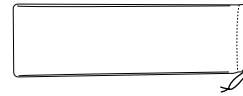
4. AAA alkaline batteries for trial use



5. Electrode Holder



6. Soft fabric case



7. Instruction Manual

Information on High & Low-Frequency Therapy

What is High Frequency?

Effects of high frequency stimulation

High frequency stimulation is effective for acute (nerve) pain and is said to be especially useful in the immediate blockage of pain transmission compared to low-frequency stimulation.

What is Low Frequency?

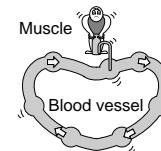
A treatment method effectively using the physiological action

Although we do not notice, our bodies generate very weak electricity from various parts of the body including the brain, heart, muscles, and nerves. This electricity is called bioelectricity. The bioelectricity plays an essential role for the normal functioning of our bodies. Our bodies sensitively react to electric stimulation applied from the outside and cause various changes. The method to treat abnormality of bioelectricity, which is manifested as stiffness or pain, by effectively using the above mentioned action is called electrotherapy of which low-frequency therapy is typical.

Mechanism of low-frequency electrotherapy

Pumping action of muscles

Muscles contract and relax with the flow of the low-frequency current. This helps to activate the pumping action of the heart. When the muscle relaxes, a large amount of blood flows in, and when the muscle contracts, the blood containing wastes is pumped out. With repeated actions, the blood flows smoother and the blood circulation is improved.



Shutting out pain signal

When low-frequency current flows to the region experiencing pain, it acts on the transmission mechanism of pain. Thus low-frequency current is said to reduce the transmission of pain to the brain.

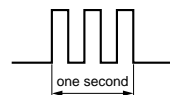
Actions of the low-frequency current

What is frequency?

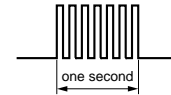
Frequency is the number of times electric stimulation is applied to the body per second and is represented by a unit called Hertz (Hz).

Effects of low frequency stimulation

Low-frequency stimulation is effective in relieving symptoms of chronic pain, stiffness and numbness. It is said to have the effects to activate secretion of pain-suppressing substance or to improve the blood circulation.



3 stimulation in a second = 3 Hz



100 stimulation in a second = 100 Hz

Standard treatment time

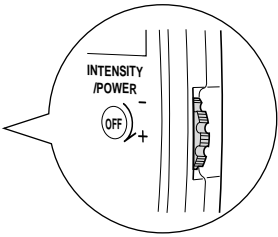
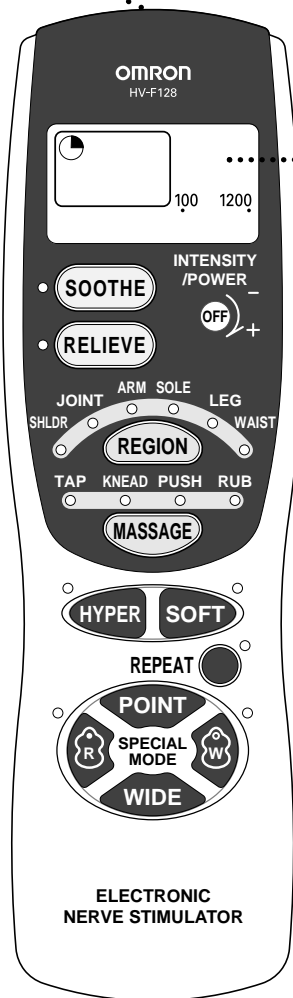
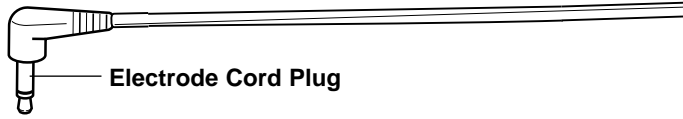
Long-time treatment and strong stimulation cause muscular fatigue and generate adverse effects.

In order to avoid the excessive treatment, Electronic Nerve Stimulator, model HV-F128 is made to turn off the power automatically in 15 minutes.

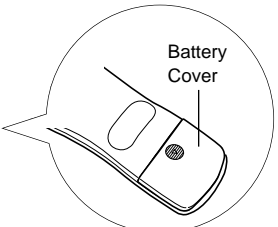
Names and Functions of the Parts

Main Unit

Electrode Cord Jack



Intensity Adjustment Dial/Power Button
Turns on and off the power and adjusts the intensity of stimulation.



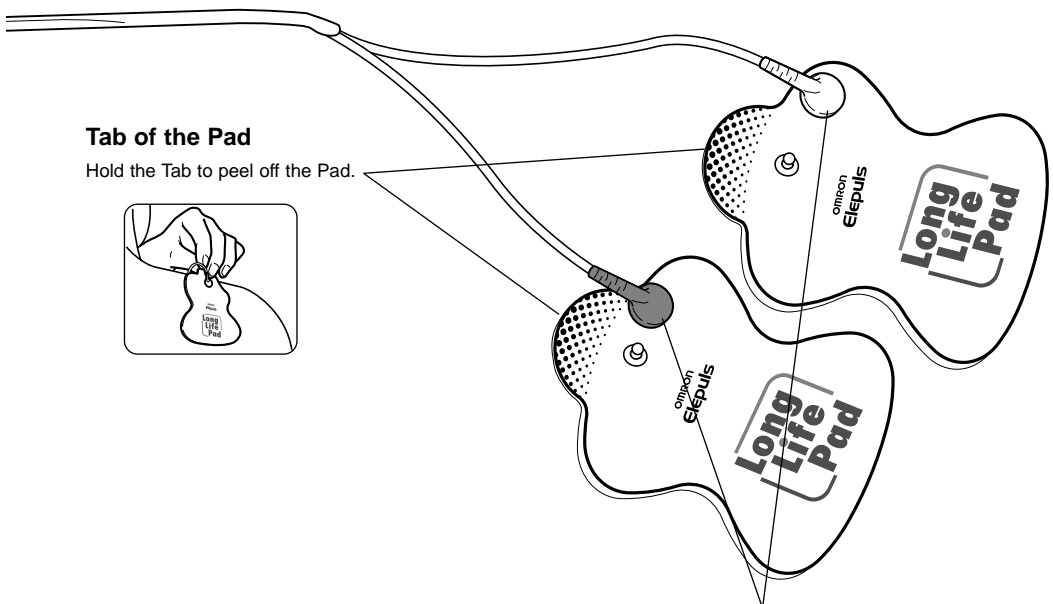
Back of the Main Unit

Electrode Cord

Connects the Main Unit with the Pad.

Pad

Attach it to the region you want to be treated.



Tab of the Pad

Hold the Tab to peel off the Pad.



Electrode Cord Plug

Attach the red or the white plug to each Pad.

•••➔ **Display**

Displays the treatment contents.

Description of displays

All the displays illuminate for approximately one second when the power is turned on.

Displays the remaining treatment time digitally.

Graphically displays the approximate frequency to be output.

POINT

WIDE

100
1200

When the Point Button is pushed, POINT is highlighted.

When the Wide Button is pushed, WIDE is highlighted.

Continued on the following page.

Names and Functions of the Parts

Automatic Course

Select one programme from each course in the treatment, region, and massage method.

Soothe Button

The unit treats the region with the continuous long-time program* utilizing low frequency, which is considered to be effective for the treatment of stiff muscles and promotion of blood circulation.

Relieve Button

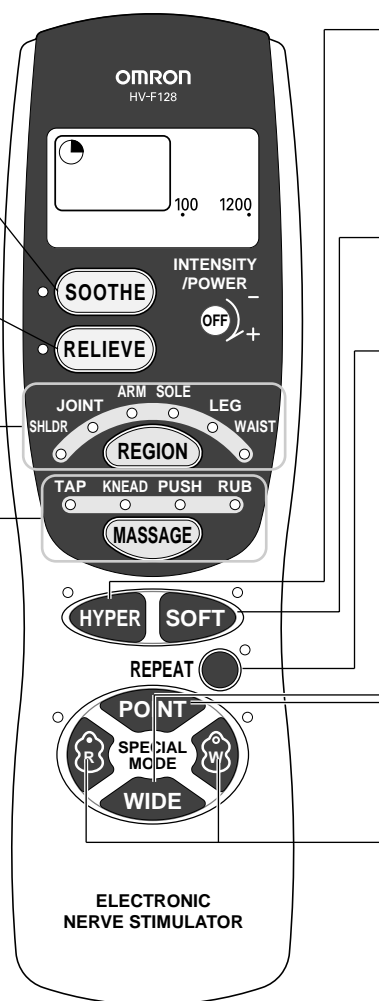
The program treats the region with high frequency of 1200 Hz, which helps to relieve acute pain promptly.

Region Button

The unit treats the selected region with the effective program.

Massage Button

Select your favourite massage method according to your symptom.



* Continuous long-time program

A program to treat the region with a combination of different kinds of stimulation for 15 minutes

Special Mode

You can use this mode when you want to adjust the stimulation to your favourite programme according to the stiffness and pain. This mode can be used in combination with any Automatic Courses.

Hyper Mode



The unit relieves stiffness securely with a gradual increase of intensity during treatment.

- * When you keep on pressing the Hyper Button for several seconds, the unit will start operation in Hyper Mode.
- * Since intensive stimulation is applied in this Mode, please be careful not to switch to this Mode suddenly.
- * In this Mode, the batteries will wear out faster than in other Modes.

Soft Mode



The unit relieves stiffness comfortably with soft stimulation without giving the feel of irritation.

Repeat Mode



The unit repeats your favourite stimulation.

Point & Wide Mode



The unit treats the red and the white sides alternately.



The unit treats both the red and white sides simultaneously.

- * Select either the Wide or the Point Button.





Balance Adjustment (Switching between red and white buttons)



The unit emphasize therapy on the red side.



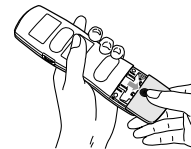
The unit emphasize therapy on the white side.

	Selecting 	Selecting 	Selecting None of Them
When  is selected	Emphasis on intensity is placed upon the red side while treating both sides alternately.	Emphasis on intensity is placed upon the white side while treating both sides alternately.	Treats both red and white sides with the same intensity alternately.
When  is selected	Emphasis on intensity is placed upon the red side while treating both sides simultaneously.	Emphasis on intensity is placed upon the white side while treating both sides simultaneously.	Treats both red and white sides with the same intensity simultaneously.

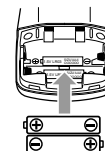
How to Use

How to Insert Batteries

1. Turn the Intensity Adjustment Dial/Power Switch to the "OFF" position.
2. Open battery cover on the back of the main unit.



3. Insert batteries according to the polarities shown in the battery compartment.



4. Close the battery cover.



General advice from OMRON on the handling of batteries

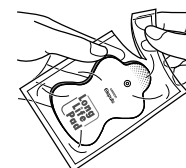
- The supplied batteries are for the trial use only and may wear out in less than three months.
- Replace the worn batteries with new ones immediately.
- If you are not going to use the unit for more than three months, remove the batteries.
- If you leave the unit without using it for a long time when the batteries are included inside, leakage from the batteries may occur leading to trouble.
- Do not use new and worn batteries together or different types of batteries together.
- Insert the batteries with the polarities (+ and -) in correct alignment.
- When handling the batteries, be sure to read the notes on the batteries.

Standard for battery replacement

If you feel the massage stimulation is weak, the batteries may be worn. Replace the batteries with new ones.

How to Connect the Electrode Cord

1. Turn the Intensity Adjustment Dial/Power Switch to the "OFF" position.
2. Connect the Electrode Cord with the Main Unit.
Insert the Electrode Cord Plug into the Electrode Cord Jack.
3. Connect the Electrode Cord to the Big Pad.



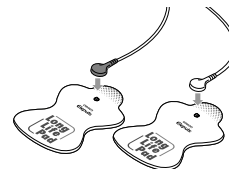
When using the unit for the first time

Take out the Pads from the clear plastic bag.

※ Do not peel off the clear film attached to the Pad at this time.

Place the Pad on a flat surface and securely connect the Electrode Cord Plug with the Pad.

- * Although Electrode Cord Plugs are provided in red and white, either plug can be connected with one of the Pads irrespective of color.



General advice from OMRON on the handling of Electrode Cord

- Avoid excessive bending and pulling of the Electrode Cord.
- Hold the Electrode Cord Plug when unplugging the Electrode Cord from the Main Unit.
- If the Electrode Cord is torn or in trouble, please contact the store where you purchased the unit or at the nearest OMRON dealer.

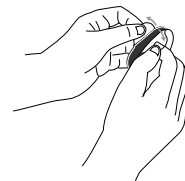
How to Attach the Pad

Attach each Pad to the region you want to treat without bending it.

When you use the unit for the first time:

A clear plastic film is attached to the Pad.
As the Pad has strong adhesiveness, peel off the clear plastic film from the Pad and attach the Pad to the region you want to receive treatment.

- * Discard the peeled off clear film as it should not be used anymore.



- * It may be difficult for you to attach the Pad on your back such as shoulders or lower back. It is a good idea to ask someone in your family to help you.



Attach the Pad close to the skin.

- * If the Pad comes off from the skin, the unit is turned off automatically in approximately 7 seconds.

General Advice from OMRON on the handling of Pad

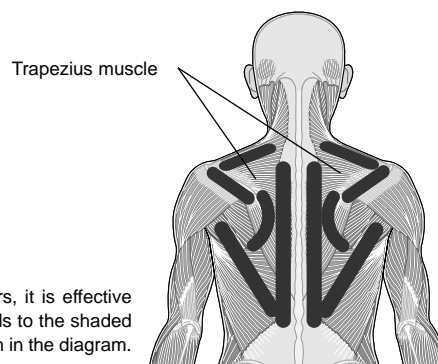
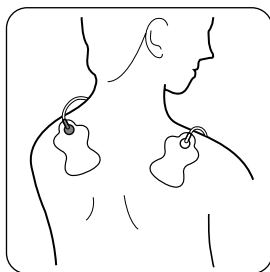
- Do not place pads one on top of the other.
- Do not bend the Pad.
- Do not touch the adhesive surface with your fingers.
- When you perspire after taking a bath or immediately after exercising, wipe your sweat off the region you want to treat before using the unit.
- If the Pad is erroneously adhered to a cloth or so and does not come off easily, do not force to peel it off. Instead, moisten the back of the cloth to which the Pad is attached with a small amount of water, and then the Pad will come off easily.
- When the adhesive property of Pad drops, take appropriate measures as necessary.
- If you are going to use a wet Pad or the Pad immediately after it is washed, let it dry sufficiently. Especially let the adhesive surface air-dry.

Examples of Application

Shoulders

Stiff shoulder is presumably caused by blood congestion of trapezius muscle that moves shoulders, compression of nerves by the accumulation of fatigue substances, or poor blood circulation of subcutaneous tissues such as muscles.

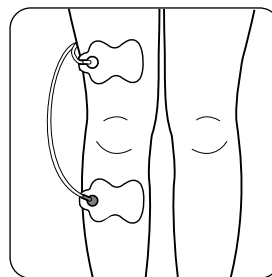
Attach the Pads symmetrically on the region of stiff shoulders with the backbone as the center.



For stiff shoulders, it is effective to attach the Pads to the shaded regions as shown in the diagram.

Joint

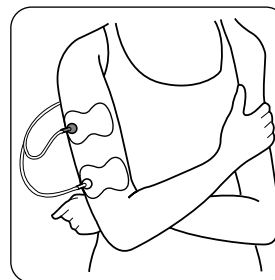
Application of High frequency vibration is considered to relieve pain promptly. Attach the Pads on both sides of the region you feel pain.



Arm

Fatigue of arm is presumably caused by congestion of blood or accumulation of fatigue substances in that region.

Attach the Pads to the upper and lower arm.



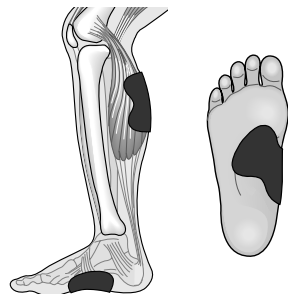
Sole

Chilly feeling is presumably caused by poor blood circulation in the limbs when the nerves are out of balance.

Swelling and fatigue of foot is presumably caused by the poor reflux of blood and body fluid. Attach one Pad to the sole and another one to the calf.

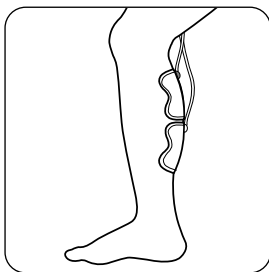


It is effective to attach the Pads to the shaded regions of sole as shown in the diagram.

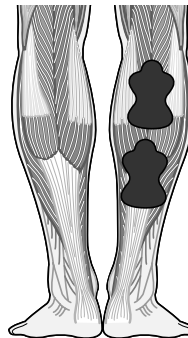


Calf

Swelling and fatigue of Calf is presumably caused by congestion of blood and accumulation of fatigue substances in that region. Attach the Pads to upper and lower calf.



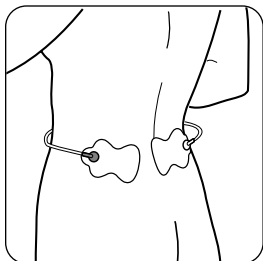
It is effective to attach the Pads to the shaded regions of calf as shown in the diagram.



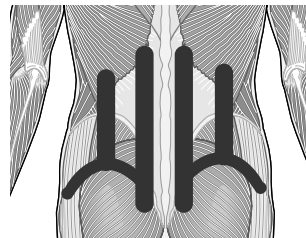
Waist (Lower Back)

Back pain is caused by various reasons. The type of back pain that can be treated by low-frequency therapy includes stiffness of the lower back, muscle pain, and neuralgia (nerve pain).

Attach the Pads symmetrically to the regions you feel pain with the backbone as the center.



It is effective to attach the Pads to the shaded regions of lower back as shown in the diagram.



How to Treat

This section explains the treatment procedure and the entire operation flow from turning on the power to storing of the unit.

Four treatment methods are available. Select your favourite one to receive treatment.

- **Treat with the Soothe Button**
When you want to relieve severe stiffness and/or numbness.
- **Treat with the Relieve Button**
When you want to relieve severe acute pain promptly.
- **Treat with the Region Button**
When you want to treat the selected region of shoulder, joint, arm, sole, calf, and lower back (waist) with the effective program.
- **Treat with the Massage Button**
When you want to treat the region according to your symptom and favourite operation by selecting the massage method from Tapping, Kneading, Pushing, and Rubbing.

Have you connected the Electrode Cord? (Refer to Page 9.)

Have you attached the Pads to the regions you want to receive treatment? (Refer to Page 10.)

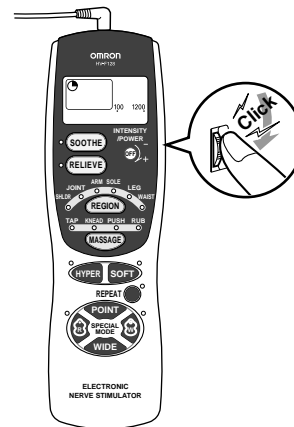
1. Turn on the power.

Rotate the Intensity Dial/Power Button downwards.
When you hear a click, the power is turned on and the treatment starts.

- * When you use the unit for the first time, the Shoulder light will flash and WIDE will be displayed. When you use the unit for the second time and after, the Buttons you used in the previous treatment will flash (except for the Hyper Mode.)

If the Pads come off:

If the Pads come off from the skin, the power will be turned off automatically in approximately 7 seconds. Turn the Power to OFF, then re-attach the Pads correctly and turn on the power again.



2. Select one treatment method.

- Treat with the Soothe Button (Refer to Page 15.)
- Treat with the Relieve Button (Refer to Page 16.)
- Treat with the Region Button (Refer to Page 17.)
- Treat with the Massage Button (Refer to Page 18.)

3. Adjust the intensity of stimulation.

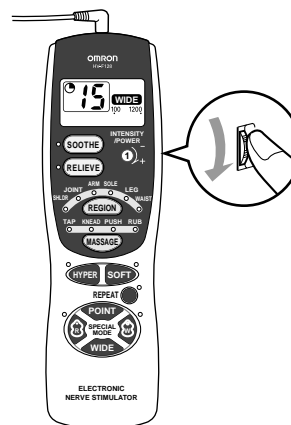
Select your favorite intensity level from 1 to 10 by rotating the Intensity Dial/Power Button.

Standard for treatment

Duration: 10 to 15 minutes per region for each time

Number of treatment times: Once or twice in a day

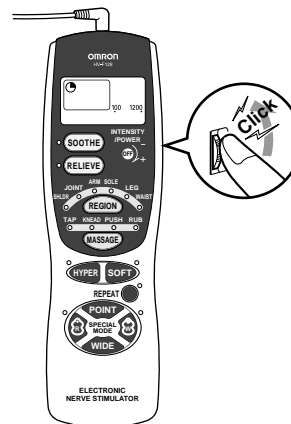
Intensity: As much as you feel comfortable when using this unit



4. When the treatment ends, turn off the power.

Rotate the Intensity Dial/Power Button upwards. When you hear a click, the power is turned off.

- ✱ The power will be turned off automatically in approximately 15 minutes after the treatment starts. Even when the power is turned off automatically, turn off the Intensity Dial/Power Button. Otherwise, the batteries will wear out slightly faster.



5. Store the unit.

- ✱ If you leave the Pads as they are, they will become dirty or the adhesiveness will deteriorate. When the treatment ends, attach the Pads to the Electrode Holder for storage. (Refer to Page 19.)

Continued on the following page.

How to Treat Treat the region by selecting one course from Soothe, Relieve, Region, and Massage.

Treat the region with the **SOOTHE** Button

When you want to relieve severe stiffness and/or numbness.

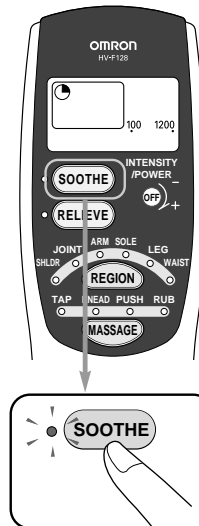
1. Push the Soothe Button.

The unit treats the region with a combination of different stimulation for 15 minutes using low-frequency stimulation known to be effective in promoting blood circulation, unlike traditional program using repeated stimulation of short cycles.

In this treatment, you will not get bored or become addicted to the treatment even if the treatment is given over long period. This method is suitable for effectively relieving stiffness and/or numbness over long period of treatment.

※ When you use the unit for the first time, the Shoulder light will flash and WIDE will be displayed. When you use the unit for the second time and onward, the Button you used in the previous treatment will flash (except for the Hyper Mode.)

※ The Button you have selected will be flashing.



How to use the Special Mode

You can use this Mode when you want to adjust the stimulation to your favourite one according to the stiffness or the pain.

You can use this Mode in combination with all Automatic Courses.

※ The Button you have selected will be flashing.

※ To stop the function you selected, push the Button again.

► If you want to increase intensity of stimulation;

Use the Hyper Mode.

HYPER The unit relieves stiffness effectively with gradual increase of intensity during treatment.

※ When you keep on pressing the Hyper Button for several seconds, the unit will start operation in Hyper Mode.

※ Since intensive stimulation is applied in this Mode, please be careful not to switch to this Mode suddenly.

※ In this Mode, the batteries will wear out faster than in other Modes.

► If you do not like the feel of irritation:

Use the Soft Mode.

SOFT The unit relieves stiffness with soft stimulations without giving the feel of irritation.

Treat the region with the **RELIEVE** Button

When you want to relieve severe acute pain promptly

1. Push the Relieve Button.

This is a program using high-frequency stimulation of 1200 Hz, which is said to relieve acute pain quickly.

With the use of various stimulations of 1200 Hz frequency, you will not get bored or become addicted to the treatment. This method is suitable for quickly relieving acute pain.


✧ When you use the unit for the first time, the Shoulder light will flash and WIDE will be displayed. When you use the unit for the second time and after, the Button you used in the previous treatment will flash (except for the Hyper Mode.)

✧ The Button you have selected will be flashing.



► If you want to repeatedly use only your favourite stimulation:

Use the Repeat Mode.

REPEAT  The unit repeats your favourite stimulation.

► If you want to relieve stiff shoulders intensively and fully:

Select the Point Mode.

► If you want to effectively massage a wide range of the region such as the lower back:

Select the Wide Mode.

► If you want to use different kinds of stimulation for the right and left sides according to the stiffness:

Select red or white Button.



Point & Wide Mode, Balance Adjustment (Switching between Red and White Buttons)

The stimulation of each Pad varies.

(For detail use of this Mode, refer to Page 8.)

Continued on the following page.

How to Treat

Treat the region by selecting one course from Soothe, Relieve, Region, and Massage.

Treat the region with the **REGION** Button

When you want to treat the selected region of shoulder, joint, arm, sole, calf (leg), and lower back (waist) to which the Pads are attached with the effective program

1. Push the Region Button.

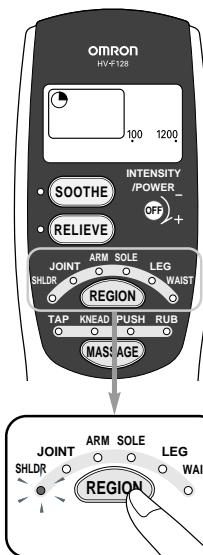
Each time you push the Region Button, the display flashes in the order of Shoulder, Joint, Arm, Sole, Leg, and Waist.

- ※ When you use the unit for the first time, the Shoulder light will flash and WIDE will be displayed. When you use the unit for the second time and after, the Button you used in the previous treatment will flash (except for the Hyper Mode.)

2. Select the region to which the Pads are attached.

For example, if you attach the Pads to your shoulders, select Shoulder. The unit treats you with the program effective for Shoulder.

- ※ The Button you have selected will be flashing.



When Shoulder is selected

How to use the Special Mode

You can use this Mode when you want to adjust the stimulation to your favourite one according to the stiffness or the pain. You can use this Mode in combination with all Automatic Courses.

- ※ The Button you have selected will be flashing.
- ※ When you want to stop the function you selected, push the Button again.

► If you want to increase intensity of stimulation;

Use the Hyper Mode.

HYPER The unit relieves stiffness effectively with gradual increase of intensity during treatment.

- ※ When you keep on pressing the Hyper Button for several seconds, the unit will start operation in Hyper Mode.
- ※ Since intensive stimulation is applied in this Mode, please be careful not to switch to this Mode suddenly.
- ※ In this Mode, the batteries will wear out faster than in other Modes.

► If you do not like the feel of irritation:

Use the Soft Mode.

SOFT The unit relieves stiffness with soft stimulations without giving the feel of irritation.

Treat the region with the **MESSAGE** Button

When you want to treat the region according to your symptom and favourite operation by selecting the message method from Tapping, Kneading, Pushing, and Rubbing

1. Push the Message Button.

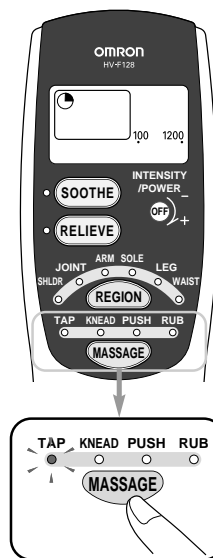
Each time you push the Message Button, the message method flashes in the order of Tapping, Kneading, Pushing, and Rubbing.

- ※ When you use the unit for the first time, a Shoulder Button will flash and WIDE will be displayed. When you use the unit for the second time and onward, the Button you used in the previous treatment will flash (except for the Hyper Mode.)

2. Select your favourite message method according to your symptom.

The message type changes automatically as you select it.

- ※ The Button you have selected will be flashing.



When Tapping is selected

► If you want to repeatedly use only your favourite stimulation:

Use the Repeat Mode.

REPEAT The unit repeats your favourite stimulation.

► If you want to relieve stiff shoulders intensively and fully:

Select the Point Mode.

► If you want to effectively massage a wide range of the region such as the lower back:

Select the Wide Mode.

► If you want to use different kinds of stimulation for the right and left sides according to the stiffness:

Select red or white Button.



Point & Wide Mode, Balance Adjustment (Switching between Red and White Buttons)

The stimulation of each Pad varies.
(For detail use of this Mode, refer to Page 8.)

After Treatment – Storing the unit

If you leave the Pads without taking care of them, they will become dirty or the adhesive property will drop. When the treatment ends, attach the Pads to the Electrode Holder and store them.

1. Turn off the Power and remove the Electrode Cord Plug from the Main Unit.



2. Peel off the Pad.

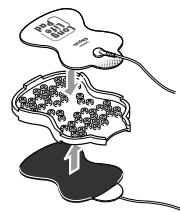
- * Hold the Tab to peel off the Pad without touching the adhesive surface.

Example: When the Pad is attached to shoulder



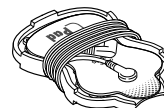
3. Lightly attach the Pad to the Electrode Holder

- * You may leave the Electrode Cord connected with the Pad as it is.
- * Do not press the Pad hard to the Electrode Holder. It may cause the adhesive surface to be damaged.
- * Keep the Electrode Holder clean.

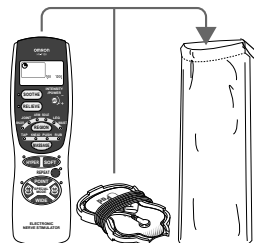


4. Bundle the Electrode Cord and wrap it around the Electrode Holder.

- * Wrap the Electrode Cord loosely.



5. Store the Main Unit and the Electrode Holder in the Soft Fabric Case.



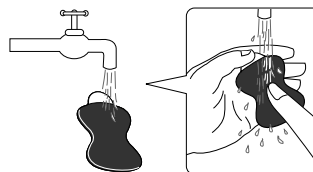
Maintenance

When it is Difficult to Attach the Pad

Wash the Pad when the adhesive surface of Pad becomes dirty and the Pad is difficult to attach.

- Wash the Pads after every thirty uses. Pads can be washed approximately ten times.
- Pads are consumables. Purchase the optional Pad when the adhesive surface is damaged. (Refer to Page 23.)
- * The life of Pad may vary by the frequency of wash, skin condition, and storage state.

1. Turn off the power, then remove the Electrode Cord from the Pad.
2. Wash the Pad softly with your fingertips under slow running water for several seconds.



3. Sufficiently dry the Pad and let the adhesive surface air dry.

- * Do not wipe the adhesive surface with a tissue paper or a cloth. If a tissue paper is adhered to the adhesive surface by accident, do not try to peel it off. Instead, moisten the tissue paper with a small amount of water, and then it will come off easily.



4. Lightly attach the Pad to the Electrode Holder for storage. (Refer to Page 19.)



General advice from OMRON on the handling of Pads

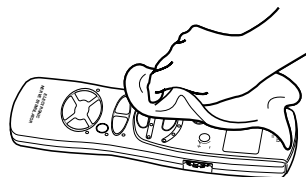
- Do not use hot water, detergent, or chemicals such as thinner or benzene.
- Do not scratch the adhesive surface with your nail or a brush.
- Do not wash the Pad too long or too frequently.
- Do not store the Pad under high temperature, high humidity, and direct sunshine.
- * The adhesive surface may be damaged and the Pad may last shorter.
- * If the adhesive surface becomes sticky or the Pad peels off, leave the Pad in the refrigerator (do not freeze) overnight. The adhesion may be restored.

How to Clean and Store

How to clean the Unit

- Keep the unit clean all the time.
- Be sure to turn off the Power and remove the Electrode Cord from the Main Unit when cleaning the unit.
- Wipe off the stain on the Main Unit with a soft cloth.
- If the unit is heavily stained, wipe it with a cloth moistened with water or detergent then squeeze it well. Wipe off the unit with a dry cloth.

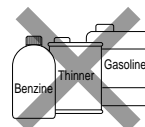
※ Be careful so that no water should get into the Main Unit.



Notes on care and storage

- Do not use benzene, thinner, or gasoline to clean the unit.
- Do not store the unit under high temperature, high humidity, and direct sunshine, or where there are lots of dusts and corrosive gas.
- Keep the unit out of reach of children.
- If you are not going to use the unit for a long time of more than three months, store the unit after removing the batteries.

※ If you do not observe the above-mentioned notes or correct use of the unit, OMRON cannot take responsibility on quality of the unit.



Troubleshooting

Problem	Cause	Remedial Action
<ul style="list-style-type: none"> ■ The power cannot be turned on. 	<ul style="list-style-type: none"> ■ The batteries are inserted in wrong direction. 	<ul style="list-style-type: none"> ⇒ Insert the batteries in correct direction. (Refer to page 9)
<ul style="list-style-type: none"> ■ The power turns off too soon. ■ The power turns off while using the unit. 	<ul style="list-style-type: none"> ■ The Pads are not attached to the skin. ■ Pads are removed from the skin. ■ The batteries are worn out. ■ The power turns off automatically in 15 minutes. ■ The Electrode Cord is broken. 	<ul style="list-style-type: none"> ⇒ If the Pads are not attached to the skin, the power will turn off automatically. (Refer to page 10) ⇒ If the Pads come off from the skin, the power will turn off automatically. (Refer to page 10) ⇒ Replace the batteries with new ones. (Refer to page 9) ⇒ Turn off the Intensity Dial/Power Button. Unless it is turned off, the batteries will wear out slightly faster. (Refer to page 14) ⇒ Replace the Electrode Cord. (Refer to page 23)
<ul style="list-style-type: none"> ■ The Pad does not attach to the skin. 	<ul style="list-style-type: none"> ■ The clear film on the adhesive surface of the Pad is not peeled off. ■ The adhesive surface of Pad is dirty. ■ You used the Pad immediately after washing it. ■ The adhesive surface of Pad is damaged. 	<ul style="list-style-type: none"> ⇒ Peel off the clear film on the adhesive surface. (Refer to page 10) ⇒ Wash the adhesive surface softly with your fingertips under slow running water for several seconds. (Refer to page 20) ⇒ Sufficiently dry it and leave the adhesive surface to air dry. (Refer to page 20) ⇒ Pad is a consumable. Replace the Pad with a new one. (Refer to page 23)
<ul style="list-style-type: none"> ■ The adhesive surface of Pad is sticky. 	<ul style="list-style-type: none"> ■ You used the Pad while you were perspiring. ■ You washed the Pad too long and too frequently. ■ You stored the Pad under high temperature, high humidity, and direct sunshine. 	<ul style="list-style-type: none"> ⇒ Leave the Pad in the refrigerator overnight. (Refer to page 20)
<ul style="list-style-type: none"> ■ Cannot feel the stimulation. 	<ul style="list-style-type: none"> ■ The Pad is not attached close to the skin. ■ The Pads are attached overlapping each other. ■ The Electrode Cord is not connected correctly. ■ The intensity is adjusted too weak. ■ The batteries are worn out. ■ The adhesive surface of Pad is damaged. 	<ul style="list-style-type: none"> ⇒ Attach the Pad close to the skin. (Refer to page 10) ⇒ Attach the Pads by not overlapping them. (Refer to page 10) ⇒ Connect the Electrode Cord correctly. (Refer to page 9) ⇒ Turn the Intensity Dial/Power Button. (Refer to page 14) ⇒ Replace the batteries with new ones. (Refer to page 9) ⇒ Pad is a consumable. Replace the Pad with a new one. (Refer to page 23)
<ul style="list-style-type: none"> ■ The skin turns red. ■ The skin feels irritating. 	<ul style="list-style-type: none"> ■ The treatment time is too long. ■ The Pad is not attached close to the skin. ■ The adhesive surface of Pad is dirty or dried. ■ The adhesive surface of Pad is damaged. 	<ul style="list-style-type: none"> ⇒ Limit the treatment time to 10 to 15 minutes. (Refer to page 14) ⇒ Attach the Pad close to the skin. (Refer to page 10) ⇒ Wash the adhesive surface of Pad softly with your fingertips for several seconds under slow running water. (Refer to page 20) ⇒ Pad is a consumable. Replace the Pad with a new one.

* If the unit does not operate after taking the above-mentioned measures, contact the nearest OMRON dealer.

Specifications

Product Name	OMRON Electronic Nerve Stimulator
Model	HV-F128
Power Supply	3 VDC (with two AAA alkaline batteries)
Battery Life	Approx. 3 months: when used 15 minutes a day continuously Approx. 2 months: when used 15 minutes a day continuously under Hyper Mode
Frequency Generation	Approx. 1 to 1200 Hz
Power Consumption	Approx. 85 mA
Operating Temperature and humidity	10°C to 40°C, 30 to 85% RH
Storage Temperature	-20°C to 60°C, 10 to 95% RH
Main Unit Dimensions	60 (W) x 199 (H) x 21 (D) mm
Weight	Approx. 155 g (including batteries)
Accessories	An Electrode Cord, Type K
	A set of Long-Life Pad (with two Pads)
	Batteries for trial use (2 AAA batteries)
	An Electrode Holder
	A Soft Fabric Case
	An Instruction Manual

※ In the interest of product improvement, specifications are subject to change without notice.

Symbols:



= Type BF



= Warning: read the instruction manual carefully

CE 0197