

What's Included In Your Delivery

DEPENDING ON YOUR PROVIDERS REQUEST THESE ARE THE ITEMS YOUR DELIVERY COULD INCLUDE:

TRIWAWE TENS Combo unit: A multi-mode electrotherapy stimulator that combines enhanced TENS, EMS, Interferential.

- TENS Combo unit
- user manual
- quick reference guide
- 2 sets of lead wires
- USB-C wall charger
- 1 pack of reusable electrodes

You may also receive one or more of these optional supplies, depending upon doctors orders:

- 1 yr. supply of reuseable electrodes - 1 reuseable garment
- 1 Gel - 1 Spray

What's The Difference Between Units

Triwave TENS - Electrical current that is used to simulate nerves for therapeutic purpose. Stimulates the sensory nerves (dermatomes - the area of skin run by the sensory nerves). Suppresses pain signals being sent to the brain from the site of the pain. Uses low frequency for transmission.

Triwave EMS - Electrical stimulation used to trigger muscle tissue. Mimics the same type of signal going to the brain as if you were "working out". Using rehab & strength style training to get muscle fibers to contract at different frequencies and not fatigue out. Best used post surgical or when nerve/tissue/muscle damage has occurred.

Triwave IFC - Electrical current that is used to increase circulation and gain deeper penetration of tissue. Stimulates the muscle motor nerves (peripheral nervous system (PNS) the motor nerves). Increase ROM without movement of the body part. Uses high frequency for transmission, blocks nerve receptors at spinal level & increases blood

Using Your TRIWAWE Unit (Timer & Modes)

- Power on & off the unit by pushing and holding the white button on the top of the unit for 3 seconds.

- Setting Timer: (located in the bottom middle of display screen). The default setting is 30 mins. per treatment in presets. (Doctors recommend 30 min., 2-4 times a day per injury). You may change the timer to accommodate your personal relief only in manual mode (Manual 3).

To do this, go to the Manual opt. 3 (after preset 2), push the S button (bottom left corner), add or subtract time using the up or down arrows on either side of the device, select S 3x once time is chosen to set.

- Once the treatment time is up, the unit will shut off. Place the pads back onto the plastic card they came off of. This will keep them clean between uses.

*Note: Pushing the S (Settings button) will allow you to change specific settings.

- 3 Setting Modes: Select between the 3 setting mode option TENS, EMS, IFC by pushing the PROG button (bottom right corner) to toggle through the options.

- Choose a body part: The treatment options are for the neck down to the bottom of the feet. Selections are: Neck (DO NOT use anywhere above jaw line), Shoulder, Hand/Arm, Back, Knee/Leg, Foot/Ankle.

- Select according to site of pain. Each body part is set for optimal pain control in that area. If you are treating multiple body parts at once, choose 1 body part option that has the larger cover area (i.e. If treating the neck and shoulder simultaneously, choose shoulder icon).

- 3 Modes for each body part: P1 (Preset 1), P2 (Preset 2), 3 (Manual 3)

- Pressing the body part selection once will bring you to the P1 mode. This mode is a wave current that focuses on intense pain control. This mode puts focus on pain control.

- Pressing the body part selection twice will bring you to the P2 mode. This mode gives a constant sensation. This mode puts focus on pain control and helps reduce inflammation.

- Pressing the body part selection 3 times will bring you to the Manual mode. In this mode you can set the unit to your preferences (refer to chart located in your user manual that can assist you in setting this according to your site of pain). Use the (S) button to change all settings.

*Note: In the Manual mode, this is a traditional treatment wave form that you can change the timer setting, Hz, pq sec., & between constant, burst or manual.

Triwave IF Combo (Timer & Modes)

- Same Power, Timer & Intensity controls as TENS unit
- PROG button change mode from TENS, EMS, IFC (Inferential)
- Select the S button again after setting time to set Low & High Hz using the up & down arrow buttons.
- You can decrease cycle to time to achieve different treatment results.

Triwave EMS Combo (Timer & Modes)

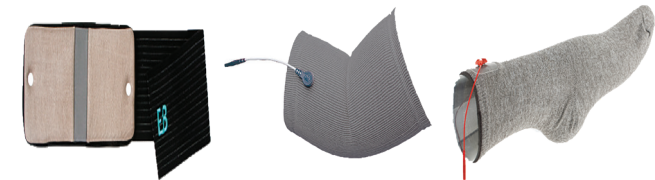
- Same Power, PROG, Timer & Intensity controls as TENS & IFC unit modes.
- Select the S button again after setting time, Hz using the up & down arrow buttons & the 4 time settings for intervals.
- *This mode provides strength & rehab style training with interval settings allowing muscles not to fatigue so you can continue treatment.

Garments

Make sure garments/pads are moist before any contact with skin, it could cause hot spots if not.

You can wet by running under water faucet and gentle ring out if necessary or spray with bottle of spray provided. If you get too wet gently squeeze, DO NOT ring or twist the garment/pads. Doing so could tear woven fibers in garment causing irreparable damage.

Do not wash pads in washing machine. Hand wash, rinse and air dry! These will connect the same as electrodes.



Using Your Triwave Unit (Setting Intensity)

- To turn up or down your intensity press your up & down arrow buttons.
- Press the up arrow until you feel the unit turn on. Continue pressing the up arrow button until you feel the unit connect with the area of pain.
- *This should never hurt, but should be a strong enough intensity to feel it adequately working.
- The sensation will subside in the first 3-5 mins. of use and you may need to continue to turn up the intensity during the treatment session.
- *When intensity locks, to increase during treatment selecting down arrow to unlock, then increase by selecting up arrow button.

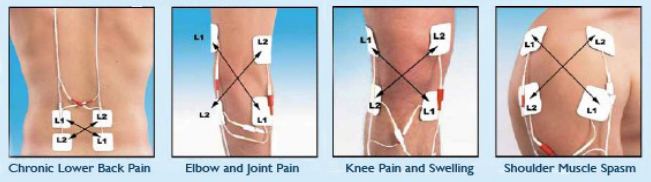
Electrode Setup

TENS & EMS MODE: You will want to surround your pain with 2 or 4 of the electrodes in the packet. If you are using 2 of the electrodes for smaller areas of pain, you will locate the middle/central part of the pain & place 1 electrode to the left & 1 to the right of the pain, across from each other. When using all four of the electrodes for larger areas of pain, you will locate the top part of the pain & place 1 electrode to the left & 1 to the right of that area, across from each other. Then you will locate the bottom portion of the pain and place 1 electrode to the left & the right of that area, across from each other. The electrodes can cover a 4x4 surface area so it will be treating that full area that the electrodes surround, including the middle.



IFC MODE: You will have to always use for electrodes, utilizing both lead wires with this mode. You will first locate the central part of your pain. Then you will take the 1st electrode and place it on either the left or right on the top part of the pain. Take the 2 electrode, connected to the same lead wire, and place it diagonally from the 1st one at the bottom part of the pain. You will repeat this step with the additional 2 electrodes connected to the 2nd lead wire, place them on the opposite you placed the 1st pair.

Examples of Application



Warranty Info

Tactical Rehabilitation INC will replace, free of charge, any product still within warranty lifetime experiencing manufacturer defect or premature failure not due to neglect or misuse by the patient.

Your TENS unit has a 1-year manufacturer's warranty and 5 year service guarantee from Date of Service.

- A Manufacturer's Warranty is defined as:

The minimum guaranteed life of the product with normal use and handling. This does not include damage caused by the user.

**Examples of covered issues include: Rechargeable battery failure, seams/stitching coming apart with no evidence of tearing/trauma, mechanism failure with no evidence of environmental neglect.

- A Service Guarantee is defined as:

When a product is outside of the Manufacturer's Warranty but has smaller components outside of the main body of the product that are easily tested and inexpensively replaced for continued care without requiring out of pocket expense for the patient. Specifically only for items with a 5 year insurance coverage stipulation.



Getting To Know Your TENS Unit



Common Questions

Q: Can I use this to control headache pain?

A: No. You will never use this unit anywhere above neck.

Only safe for use from neck down.

Q: What is the spray & gel used for?

A: The spray is used to wet (dampen) your conductive garment that may have been issued with your unit.

Q: What are the contraindications for use of TENS?

A: No active form of cancer, pacemaker, pregnancy, epilepsy. Electrodes can not be placed directly on a joint, temples, carotid artery or over the heart.

Questions About Your Product:

Call or Email Tactical Rehabilitation

888-945-8538

customerservice@tacticalrehab.com

Product Training Videos

