START NOW WITH E-PULSE®.

Having a life that is free from aches and pains is easier than you expected. Now you too can overcome your ailments and be pain free. By using your e-Pulse® Pro on a regular basis, not only will you feel relief, you will be on the road to a healthier lifestyle.

INTRODUCTION

e-Pulse® Pro is an FDA Cleared Class II TENS massager and Powered Muscle Stimulator that offers both TENS, Cranial Electrotherapy Stimulation, and Electrical Muscle Stimulation benefits to stimulate both nerve endings and muscles. It has six massage modes combined into 8 unique therapies and is equipped with dual outputs that support up to four pads at once.

Similar technology has been used by chiropractors, doctors, orthopedists, and physical therapists over the past three decades to provide pain relief for an array of needs and ailments. Now you too can experience the Pro-smooth, deep tissue massage sensations of your own lightweight, portable, and durable e-Pulse® Pro device.
OPERATING INSTRUCTIONS

1) Plug in both sets of wires into the two ports which are located at the bottom of your e-Pulse® Pro device.

2) Attach two pads by snapping both onto the fasteners attached to the connecting wires.

3) Remove the protective plastic covers from the pads and sprinkle a few drops of water before using. This will prolong the durability and life of your pads.

4) Place pads right on the skin near the desired or affected area of the body. Please read the precautions and FAQ sections in order to safely use the device.

5) Turn on the device by sliding the switch located on the top left to its ON position. Your unit is now activated.

6) Increase the intensity of your device to the desired setting and sit back, relax, and enjoy the different pulses and sensations as well as the relief from your tension or pain.

7) The timer is automatically set on your device for 20 minutes. This may be increased in ten-minute increments to a maximum of 60 minutes. To do this, press the (T) button on the front of the device. Your massage unit will shut off automatically after the allotted time has passed. You can stop your device at
any time by tuning it off. Simply slide the On/Off button to its OFF position. Upon finishing your session, please rinse the pads with cool water and rest them face down on the plastic pad rest. Doing this will extend the life of your pads by protecting them from dirt particles as well as other types of dust and matter.

8) Get to know your e-Pulse® Pro by experimenting with all of the 8 therapies. When changing therapies, the intensity of the pulse or massage will reset itself back to the minimum strength. You can regulate the intensity of your unit by pressing the plus (+) and minus (-) buttons located below the face of the unit. After regular use, you will start to feel the therapeutic relief that is given by the e-Pulse® Pro.

9) To recharge the lithium battery, simply plug the e-Pulse® Pro device to a computer or an electric outlet using the USB cable and plug provided.
USB PORT

(M) CHANGE MODE

(-) DECREASE STRENGTH

(+) INCREASE STRENGTH

(T) TIME

OUTPUTS TO CONNECT PADS

POWER ON/OFF
**THERAPIES**

*e-Pulse® Pro* offers six massage modes for pain relief (*Pushing, Acupuncture, Tapping, Scraping, Cupping, Trigger Point, Deep Tissue, and Assorted*) combined into 8 unique therapies:

1. Deep Tissue
2. Chop
3. Knock
4. Kneading
5. Stroke
6. Acupuncture
7. Butterfly
8. Effleurage
9. Sports Mode
10. Thai
11. Swedish
12. Pulsing
13. Reflexology
14. Auto Combination
15. Auricular Massage
16. Trigger Point

Each of the 8 therapies offers a unique pulse with therapeutic and pleasant sensations which will help you feel relief from aches and pains generated from different
ailments of the back, the head, joints, lower and upper extremities, and illnesses such as fibromyalgia, arthritis, rotator cuff, joint disease, osteoporosis, migraine headaches and cluster headaches, TMJ, Chronic Fatigue, and others.

**PRECAUTIONS**

- Pregnant women and nursing mothers should avoid using this device.
- Never use this device on yourself if you have a pacemaker. Also never place the pads in the region of the heart.
- This device must be avoided by those who are dependent on life support equipment such as respirators or artificial lungs and/or any other related medical apparatus.
- Never touch the inner gel side of the pad while connected to a functioning device.
- Keep this device out of reach from children.

**FREQUENTLY ASKED QUESTIONS**

*How does e-Pulse® Pro work?*

*e-Pulse® Pro* uses bio-electric stimulus to massage your
muscles. Your muscles respond to the impulses by contracting and relaxing rhythmically. This massage helps to reduce tension and knots. It can also reduce inflammation and alleviate the pain. With regular use, your e-Pulse® Pro can help your muscles and joints feel better. The soothing sensations are similar to what you receive when treated by a massage specialist, chiropractor or physical therapist.

**Where can I use my e-Pulse® Pro pads?**

You can use the e-Pulse® Pro on almost every muscle and joint area on your body. Do not apply the massage pads near the heart, the pubic region, scarred areas, on the throat or in the mouth. As a general rule, if you have a muscle or joint that hurts, place the pads on or around the area making sure both pads are aligned with the muscles. The best way to relieve your pain is to find the pain points and apply the pads there.

*e-Pulse® Pro* is ideal for women to use on their abdominal muscles after giving birth as well as anyone who lives a sedentary lifestyle. *e-Pulse® Pro* may help tone abs, break down cellulite, and tone other areas of the body.

*e-Pulse® Pro* is also beneficial to the elderly as well as
other people who are forced to sit for prolonged periods of time. You can use the device on different muscle groups to maintain muscle tone and prevent stiffness and atrophy. *e-Pulse® Pro* is also relieves tired, achy, and strained muscles. It is designed to give you relaxation and a deep soothing massage.

**How far up on the back of my neck can I put the massage pads?**

About half-way up the neck is the ideal placement for your massage pads. If you have tension at the base of your head, placing the pads halfway up should help that area. This also helps with headaches.

**I put the massage pads on my shoulders and the massage sensation feels uncomfortable. What should I do?**

You probably have a lot of tension in that area. Most people don’t realize how much muscular tension they have until they get a massage. If the uncomfortable feeling persists for more than a minute or two, move the massage pads over or down a little. Sometimes, an indirect massage is necessary for the really sensitive areas. We also recommend decreasing the intensity of your massage.
Is e-Pulse® Pro safe to use?

Bio-electric stimulus is perfectly safe for use. Not only is it safe, it is very therapeutic for most people. There are cases however, when people with certain health conditions cannot use this massager. Pregnant women must avoid using this massager. Patients with a pacemaker or life support equipment, such as an artificial heart-lung device(s) and/or respirator-type medical devices must avoid using this massager.

How long do the massage pads last?

With frequent use, the two pair of pads included with the massager should last about 3 months. Always make sure to apply a few drops of water on the pads before applying and rinse accordingly after use. Cover the pads with their protective films and place them on the round holder so they don’t dry out.

If you feel an unpleasant or stinging sensation, the pads may be worn out and need replacement. If they look good and have good adhesiveness, check your battery as it may be getting low and a simple charge can help. More massage pads can always be ordered at www.epulsemassage.com.
How long will the batteries last in the massager?

Generally about 30 to 42 hours of runtime, or more. This kind of technology is not hard on batteries. You can also use the unit with the wall charger or directly from your computer using the USB cable.

Does e-Pulse® Pro have a warranty?

Yes, e-Pulse® Pro has a two-year factory warranty. Check our warranty on page 21 for further details or online at www.epulsemassage.com.

We advise you to consult your doctor if you have or think you have any of the following conditions before using your e-Pulse® Pro:

- An acute disease
- Cardiac dysfunction
- Epilepsy
- High blood pressure
- High fever
- An infectious disease
- Any malignancies
- Recent surgery
- Skin problems
REMEMBER TO KEEP YOUR DEVICE AND PADS OUT OF THE REACH OF CHILDREN!

TREATMENT AND RELIEF FOR SCIATICA

1) Plug two sets of wires into both ports of the device.
2) Attach pads to the wires after lightly sprinkling with water.
3) Align the pads to the lower back on both the right and left sides.
4) Attach the two remaining pads on your lower extremities by sticking them both on the lower outer thighs.
5) Regulate the intensity to your comfort and set your timer for maximum results.
6) Favorite therapies for treatment of Sciatica are both the Pushing and Deep Tissue therapies. It is advisable to do this treatment as needed for thirty minutes at a time. Doing so treats the symptoms and pains associated with Sciatica.
NECK PAIN:

Suffering from neck pain? We have the answer! Your e-Pulse® Pro may soothe and comfort a sore and aching neck.

1) Plug in one wire into the port on either the right or left side of your device.
2) Fasten both pads by snapping them on to the wires.
3) Attach the pads two inches below your neck.
4) Attach the other two pads an inch to both the right and left of the other set.
5) Turn on your device and set your timer for 20 minutes.
6) For maximum benefits and relief, use your massager on a daily basis for twenty minutes at a time.

SHOULDER PAIN AND ROTATOR’S CUFF:

1) Use one set of wires with two pads. After lightly wetting your pads, attach one ½ inch from the top of shoulder on the front side. Attach the remaining pad ½ inch from the top of your shoulder on the back side.
2) Set your device to Acupuncture therapy.
3) Set the desired intensity.
4) Set timer for 20-30 minutes.
5) Remember to moisten the pads and store on pad holder after treatment.
YOUR E-PULSE® PRO HAS A PLETHORA OF BENEFITS.

Regular use provides a healthier lifestyle and will help keep you free from aches and pains. Increased circulation, relaxation, and the release of Serotonin and other endorphins are several of the benefits you can experience from regular use.
TONING ABS AND MUSCLES:

1) Attach four pads to the leads by fastening them by the snaps.
2) Sprinkle a few drops of water on your pads.
3) Place two pads on alternate sides about one inch above the navel.
4) Place the other two pads two inches below your navel on alternate sides.
5) Set your device to Assorted or Deep Tissue mode.
6) Set your timer to 40 minutes and increase the intensity to the desired strength.
PAIN IN WRISTS, HANDS, AND UPPER EXTREMITIES:

*e-Pulse® Pro* is a smart option when it comes to pain in your upper extremities. Thousands of people suffer from pain in the wrists, knuckles, joints, hands, and forearms. The pain often stems from arthritis, carpal tunnel, joint disease, and other ailments. *e-Pulse® Pro* will intensely massage these problematic areas and offer you added relief by increasing the circulation of the affected areas.

WRIST JOINT AND KNUCKLE PAIN:

1) Apply one pad to the underside of the wrist.
2) Apply another pad to the top of the hand right below the knuckles.
3) Set your device to *Acupuncture* therapy.
4) Set timer for 30 minutes.
5) If both hands and wrists are affected, repeat the process on the other hand and wrist.
CARPAL TUNNEL SYNDROME AND OTHER JOINT PAIN:

Many people suffer from Carpal Tunnel Syndrome and other related joint pain. Immediate relief is felt when using the e-Pulse® Pro.

For fast relief and treatment, use your device daily, following these steps:

1) Moisten massage pads with a few drops of water and attach to the fasteners on the output wire.
2) Stick one pad on the inside of the forearm and the other on the area of the elbow.
3) Set the mode to Acupuncture and regulate the desired intensity.
4) Enjoy the treatment and massage for up to 30 minutes.
FOOT THERAPY:

For a pleasant foot massage with many beneficial aspects, try using the Assorted therapy on your e-Pulse® Pro. It can help to increase the blood flow and circulation of the feet and legs. By sending oxygen through the extremities, there is increased circulation and mobility. e-Pulse® Pro may help those suffering from diabetes, varicose veins, plantar fasciitis and other problems. There are two ways to benefit from the Assorted therapy. One is by using the pads. Another option is to connect e-Pulse® Massage Shoes (sold separately) to your e-Pulse® Pro.

USING PADS:

1) Connect both output wires to the two ports on the bottom of the e-Pulse® Pro.
2) Moisten the massage pads with a few drops of water and snap to the fasteners on each wire.
3) Attach one pad to the top of your foot
4) Attach the other pad to the sole of the foot.
5) While in a sitting position, activate the device and set it to the Assorted mode.
6) Regulate to the preferred intensity.
7) Set timer for 30 minutes.
8) REMEMBER to remain seated through the duration of the treatment.

ASSORTED THERAPY WITH E-PULSE® MASSAGE SHOES:

1) The e-Pulse® Massage Shoes (sold separately) can be fastened to the output wires. The snaps are located on the right inner side of each slipper.
2) After attaching the slippers to the device, in a seated position, slide your feet into our one-size-fits-all slippers and adjust the fitting by tightening or loosening the Velcro straps.
3) Set your device to Assorted therapy.
4) Regulate the intensity.
5) Set timer for 30 minutes.
6) REMEMBER to remain seated through the duration of the treatment.
7) Relax and enjoy the sensations as they stimulate the feet and legs.
e-Pulse® Pro is a portable and durable device that can accompany you wherever you go. We at Enovative Technologies understand that aches and pains should not impair or interfere with the quality of your life. Our sensibly designed e-Pulse® Pro is ready to go wherever you go. Whether you are on your way to a business trip by plane or car, or at home with family and friends; your device is ready for you to use at any given time.

Your USB cord and adapter make it possible to charge the device either on your computer or from an electrical outlet. Sleek, with a state of the art design, you can carry the stylish e-Pulse® Pro in your pocket.

Whether it’s a massage that is desired or pain relief that is needed, e-Pulse® has the answer. e-Pulse® Pro has enhanced the quality of life of hundreds of thousands of people. Now you too can be comfortable by using the device regularly. Improve the quality of your life starting right now!
WARRANTY

The *e-Pulse® Pro* device has a two-year limited warranty (valid in the USA, Canada, and UK only). *e-Pulse® Pro* is guaranteed free from defect in material and workmanship for a period of two years from date of purchase, except as noted below.

The warranty does not cover damage caused by misuse, abuse or accident, the attachment of any unauthorized accessory or alteration of the product. This warranty is only effective if the unit is purchased in the USA, Canada, or UK. Under this warranty, *e-Pulse® Pro* shall not be responsible for any type of incidental, consequential, or special damages. All implied warranties, including but not limited to those implied warranties of merchantability, are limited in the total duration of 2 years from original purchase date.

To obtain warranty service on your *e-Pulse® Pro*, please email info@epulsemassage.com to receive return merchandise authorization (RMA) instructions. A processing fee may apply.