



Instruction Manual

SpaBuddy Mini GO
Item # 21022



Carefully read the instruction manual before using this device. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow the instructions may be harmful to user or damage the device. Keep this manual in a safe place for future reference.

WARNING:

To avoid accidents, keep the TENS device away from children and the infirm.

If you do not understand any part of these instructions, contact Zewa Customer Service at 1-888-993-3592.

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Introduction

Congratulations on the purchase of your new SpaBuddy Mini GO. Transcutaneous (through the skin) Electrical Nerve Stimulation, known as TENS, is a non-invasive therapy used to relieve pain. Unlike strong pain medication, TENS does not cause nausea, drowsiness or lead to dependence.

Reviewing the medical literature confirms the beneficial effect of TENS therapy on relieving acute and chronic pain, soothing bodily fatigue in congested limbs and improving blood circulation in treated areas.

Statement of Intended Purpose

The SpaBuddy Mini GO is a high frequency medical device intended for the relief of both acute and chronic pain. This device may be used to relieve a variety of painful complaints including sciatica, period pain, migraine, nocturnal leg cramps, muscular pain and stiffness due to sport, domestic or work activities.

How TENS Works

The mechanism of action for TENS is unclear but is believed to involve a series response within the body against pain. The SpaBuddy Mini GO transmits electrical impulses through electrodes placed on the painful area. These impulses, which are comparable to body's natural bioelectricity, are felt as a tingling sensation on the skin initially exercising muscles, warming the area and improving local circulation. After several minutes of treatment the release of Endorphins and Enkephalins is stimulated. These substances are the body's natural pain relieving hormones and act by raising the threshold of pain perception.

The final effect associated with TENS therapy results from prolonged electrical stimulation of nerve fibres causing the establishment of a neural blockade of pain message transmission to and from the brain. This further reduces pain perception.

TENS Efficacy

Clinical studies show TENS to be an effective and safe, alternate method for the relief of pain, even pain that hasn't responded to other treatments. TENS provides symptomatic pain relief that can be used individually or in combination with other treatments including medication, physiotherapy, infrared therapy, etc to the improve pain management.

TENS efficacy is affected by several factors including the nature of the pain, how easily the electrode application site can be identified, the optimal use of electronic frequencies and intensities for treatment, the duration of each treatment and the individual's physical condition. The efficacy of treatment therefore may not always be effective for every user.

Unpacking Your TENS

Remove and examine the carton's contents to ensure all the listed items are supplied and are undamaged. If an item is missing or damaged call Zewa Customer Service at 1-888-993-3592.

ⓘ NOTE: Retain the carton and packing materials for use in shipping or storing the unit.

The SpaBuddy Mini GO TENS includes the following items:

- 1 x TENS Device
- 1 x Self-Adhesive Electrode Pad
- 1 x 3V CR2032 Battery
- 1 x User Manual

Parts of the SpaBuddy Mini GO

The parts of the SpaBuddy Mini GO device and electrode pad are shown below in Figure 1.

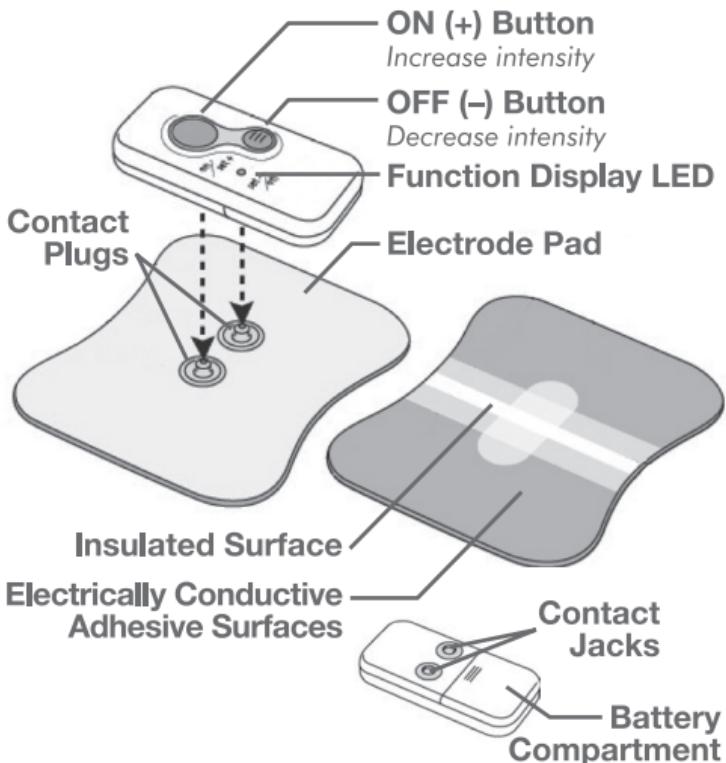


FIGURE 1: The parts of the SpaBuddy Mini GO device and electrode pad

Contra-Indications, Safety Instructions and Precautions

Please read this information carefully before using this device.

Usage Contra-Indications

ⓘ Do NOT use this device if:

- You have a cardiac pacemaker, implanted defibrillator or any other implanted metallic or electronic device.
- You have undiagnosed chronic pain.
- You are in the first trimester of pregnancy
- You are being treated for or have symptoms of deep venous thrombosis (DVT)

Device Use Warnings

Consult with your doctor before using this device, if you have any medical condition that requires the continuing care of a doctor, including:

- Suspected or a diagnosed serious heart problem, epilepsy or cancer.
- A tendency to excessive internal bleeding after an injury.
- Do not use this device on children under 12 years of age without consulting your doctor.
- Do not place the electrode pad so that electrical impulses pass directly across the front of the throat, neck, eyes or head (trans- cranially), on the genitals, across the chest or close to the heart as this may be harmful.
- Place the SpaBuddy Mini GO electrode pad only on healthy, clean and dry skin. Do not place it on open wounds, rashes, scars or over swollen, infected or inflamed skin.

- Do not use this device on skin areas that lack normal sensations, including skin that tingles, feels “pins and needles” or is numb.
- Do not use this device when asleep, driving, operating machinery, swimming or bathing.
- The safe use of TENS therapy during pregnancy has not been established.

User Precautions

- Turn off the device if the stimulation feels unpleasant or does not provide pain relief. If acute pain continues beyond five days, consult your doctor as a more comprehensive treatment plan including medication, physiotherapy, infrared therapy, etc may be required to achieve improvement.
- Before removing the device, ensure it is turned OFF, to avoid an unpleasant stimulation.
- Some people experience skin irritation or an intense skin sensitivity due to electrical stimulation. If this occurs, stop using the device and consult your doctor.

Adverse Reactions

Side effects of TENS therapy are generally mild, even with extended use. The most common side-effects include:

Muscle Soreness and Twitching

The constant pulsing of TENS therapy can cause muscle soreness and twitching due to electrical over-stimulation. This condition generally alleviates by applying shorter treatment times or decreasing the frequency of daily therapy.

Skin Reddening and Soreness

Minor redness at the site of electrode placement is a normal skin reaction. It is not considered as skin irritation and normally disappears within 30 minutes after the electrode is removed. If the redness does not resolve after 30 minutes, stop treatment until any excessive redness has cleared.

If the skin under the electrode is irritated when using long treatment times, decrease the length of treatment. Cleansing the skin beneath the pad with alcohol and applying ultrasonic gel will increase the conductivity of the electrodes and may protect the skin from irritation.

If any effects are especially bothersome, consult your doctor.

Preparing for Use

Before using this device ensure you are familiar with the contra-indications, safety notes and precautions for use stated on pages 6 to 8 of this manual.

Installing or Changing the Device Battery

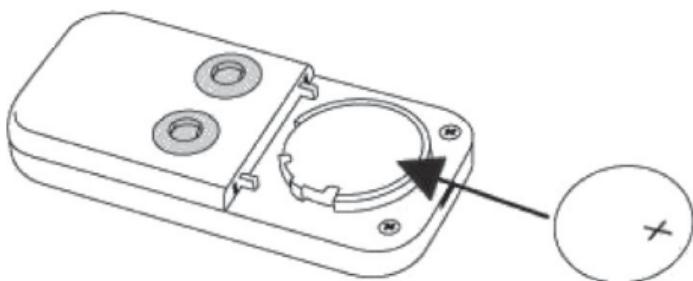


FIGURE 2: BATTERY REPLACEMENT

Install or change the battery in this device by sliding the battery compartment cover, located at the back of the device, to the right. Insert a CR2032 battery in the battery compartment with the positive (+) polarity facing up (See Figure 2). To check that the battery has been fitted correctly press the ON/UP button once and the led will glow green. Hence press the OFF/DOWN button to switch-off the device. Replace the battery compartment cover.

Connecting the Device and Electrode Pad

Place the electrode with the contact plugs facing upward on a flat surface. Place the TENS device with the contact jacks facing down onto the electrode pad so that plugs and jacks are aligned. Then press down the device until it is securely connected to the electrode pad.

Do not remove the plastic film from the electrode pad until ready to place it on the skin.

Electrode Pad Skin Placement

Ensure the skin is clean and dry before placing the electrode pad. Remove the plastic film from the electrode pad by holding the edge of electrode and peeling it away from the plastic. Place electrode pad on the selected skin and smooth it down with firm pressure.

Do not discard the electrode's plastic film as it will be required to store the electrode pad at the completion of the treatment.

Device Operation

Switch the device on by pressing the ON/+ button and the function display light will illuminate. By pressing the On/+ button again, the device begins treatment at its lowest intensity level. The device has 10 intensity levels to allow the selection of appropriate treatment strength. Select the desired intensity level by pressing the On/+ button the required number of times.

This device will automatically stop and switch off after 20 minutes of treatment.

Treatment may be discontinued at any time by pressing -/OFF button repeatedly (depending on the level of intensity selected) until the function display light turns off.

At the Completion of Treatment

Never remove the TENS device from the skin while it is switched on.

Remove the electrode pad from the skin by lifting it at the edge and pulling carefully. Replace the electrode pad directly back onto the plastic film.

(i) NOTE:

- Do not switch on the device before positioning the electrode pad on the skin.
- Do not store or leave the electrode pad in direct sunlight.

Device Cleaning, Maintenance and Storage

The TENS device does not require any special maintenance.

Remove the battery from the device before undertaking any cleaning procedures.

- Remove any stains from the device's casing with a soft, slightly moistened cloth. Never use aggressive cleaning products or stiff brushes on the device's casing.
- Protect the device from water, ensuring no water penetrates the device during cleaning.
- Do not use the device for further treatments until it is completely dry.
- Remove the battery from the device if it is to be unused for an extended period of time.
- Protect the device from prolonged heat exposure, dirt and moisture.

Store the device, with the electrode pad on the protective plastic film, in a cool, dry place.

Electrode Cleaning, Maintenance and Storage

Cleaning the electrode pad's gel surface after use will prolong the pad's skin adhesion. Moisten the gel on the electrode pad with a drop of water and allow it to dry briefly. Then replace the electrode back onto the protective film.

The length of time the electrode pad can be re-used depends on its storage, your skin type and usage time per treatment. As a guide, the electrode pad generally provides 20 to 30 treatments of 20 minute duration.

Replace the electrode pad when it is no longer adhesive, cracks or becomes discolored.

Use only original SpaBuddy Mini GO Self Adhesive Electrode Pads.

Store the electrode pad on the protective plastic film, in a cool, dry place.

- ① **NOTE:** Electrode pads are for single person use only. Use a separate electrode pad for each user.

Troubleshooting Guide

Problem	Cause	Remedy
LED fails to illuminate	No battery in the device or the battery is flat Battery is inserted incorrectly The device is not switched on The plastic film between the battery and the device has not been removed	Replace the battery Insert battery with the positive (+) facing up Switch the device on Remove the plastic film between the battery and the device
LED illuminates but only weakly	low battery	Replace the battery
Weak device output	Electrode pad dirty Device not applied properly	Clean/replace electrode pad Re-apply Device
LED illuminates but there is no power output	Flat battery Electrode pad dirty or short-circuited	Replace battery Check the electrode pad and replace if necessary
Device switches off prematurely	The battery is flat The electrode pad worn out or dirty Device is applied incorrectly	Replace the battery Check the electrode pad and replace it if necessary Re-apply device

Contact Zewa Customer Service at 1-888-993-3592, if your problem does not rectify.

(i) NOTE:

- Do not disassemble the TENS device as it cannot be serviced at home.
- Unauthorised disassembly of this device will void the warranty.

Disposal



Waste medical products should not be disposed of with household waste. If this device is no longer required or it is no longer serviceable, dispose of the device and its accessories in compliance with local regulations. Please recycle where facilities exist.

Check with your local Council for recycling information

Technical Specifications

SpaBuddy Mini GO

Channel	Single Channel
Output Voltage	0~30V +/- 20% (at 500 Ohm load)
Pulse intensity	Adjustable from 0~60mA +/- 20%
Pulse Width	150~250 µS
Pulse Rate	30~60 Hz
Power Source	1 lithium Cell Battery CR-2032
Timer	20 minutes
Operating	50°F to 104°F (10°C to 40°C) Conditions 40% - 90% max. Relative Humidity
Storage	14°F to 140° (-10°C to 60°C) Conditions 30% - 95% max. Relative Humidity
Weight	12.3g (0.5oz) including battery Dimensions 9 x 30 x 12.15mm (2.3 x 1.2 x 0.5in) Electrodes Model AI-T2302
Specification	72x57 mm, Snap Type

References

1. Tugay N. et al. Effectiveness of transcutaneous electrical nerve stimulation and interferential current in primary dysmenorrhea. Pain Med. May-Jun 2007; 8(4):295-300.
2. Lewers D. et al., Transcutaneous Electrical Nerve Stimulation in the Relief of Primary Dysmenorrhea. Physical Therapy. Jan 1989, 69:3-9.
3. Parsa P. et al., Effect of transcutaneous electrical nerve stimulation (TENS) on primary dysmenorrhea in adolescent girls. J Postgrad Med Inst. 2013; 27(3):326-30.

Appendix 1: Electrode Placement Options

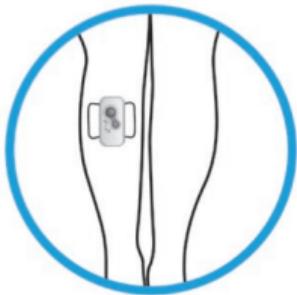
Electrode Positioning

This manual provides a series of body maps to illustrate electrode positioning for various painful conditions. The body maps provided have been selected on the basis of the SpaBuddy Mini GO appropriateness in the treatment of the complaint. Correct electrode placement will improve the efficiency of pain relief therapy.

Multiple TENS units may be applied at the same time, for example one on each side of the pelvic area. neck thigh, calf, etc if extra pain relief is required.

Please review the electrode pad placement precautions on page 10 of this manual. Ensure the TENS device is OFF prior to the electrode pad being applied to or removed off the skin.

Placement of Electrode



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Made In Taiwan
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