



USER MANUAL FOR VPOD TENS, EMS & NMES UNITS

At Massage Therapy Concepts, we have one simple goal: To develop products that will fall synonymous with high-quality products, ease of use and premium customer service. With our brand, we hope to impact people's lives and offer the most innovative, relaxing and therapeutic, health and personal care products.

Massage Therapy Concepts has earned recognition from publishers, industry leaders and customers as the premier designer for excellence in health and personal care products. We have paved the way to expand its range of products and keeping the standards of quality at its highest standards.



What is TENS and EMS?

The term TENS means Transcutaneous Electrical Nerve Stimulation...weak electrical current applied to the surface of the skin to stimulate the nerves beneath. TENS devices are available without a prescription and are used as a non-invasive nerve stimulation method intended to reduce both acute and chronic pain. Electrodes are placed on the skin at the point of pain. The VPod has fifteen TENS modes. Refer to the **VPod Modes** section for the list.

The term EMS means Electrical Muscle Stimulation. Similar to TENS, weak electrical current applied to the surface of the skin, but to stimulate muscle contractions. Uses are for strength training for athletes, and rehabilitation for immobilized patients, among others. Electrode pads are placed on the skin near to the muscles to be stimulated. The impulses mimic the signals that comes from the central nervous system, causing the muscles to contract. The VPod has seventeen EMS modes. Refer to the **VPod Modes** section for the list.

VPod Key Benefits

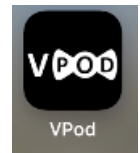
- Quick Acting — Although the rate and degree of response varies for Individuals, many users report positive results after 10-20 minutes of use.
- Healthy Alternative That is Always Available — There are no drugs or chemicals involved in this effective form of pain relief. You have access to this pain relief 24 hours a day, every day. You can use the device as often as you like.
- Portable — Its pocket travel size enables you to receive treatment anywhere at your convenience.
- Cost Effective — The device will save you time and money as well as Improve your everyday life.
- Simple to Use — User friendly device that is simple to operate.
- Therapy at Home — With the unit you can take control of your health and well-being and have access to therapy anytime at home.
- Gift of Health — Everyone, young and old suffers from muscle tension of some sort You can help yourself and others with the gift of health and well-being.
- Effective Relief — The unit provides effective results. The advanced technology sends out multiple preset electrical therapeutic waves through the electrodes. These waves stimulate the combination of deep tissue pain relief techniques and various muscle movements, relieving muscle tension.

What is Included with Your Purchase?

- VPod TENS/EMS Unit with a rechargeable lithium battery
- Pre-gelled single-sided electrode pads (2 large and 2 medium)
- Electrode pad holder (protects the adhesive on an electrode pad while in the holder)
- Hard-cover travel case organizer for your VPod and accessories
- USB to micro-USB adapter charging cable
- Wall AC adapter plug
- User Manual and Warranty Card
- Acupuncture Chart

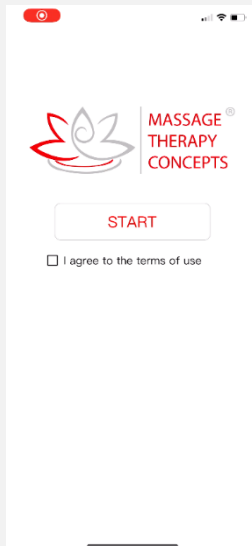
Operating your VPod

1. Your VPod may need to be charged for up to an hour before your first use and when the battery level is low.
2. To charge your VPod, insert the micro-USB plug of the adapter cable into the VPOD. Plug the other end of the cable with the USB plug, into the charger power plug. Plug the charger into an electrical outlet. When charging is complete, remove the plugs and the charger.
3. The VPod App needs to be installed on your cell phone. To install the App, go to the Apple Store if you have an iPad or iPhone. If you have an Android phone or tablet, go to the Google Play Store to download the app.
4. With the app downloaded, tap to open it.
5. Select one of the electrode pads. Remove the clear plastic film. Push the VPod terminals into the contacts on the underside of the pad.
6. Firmly apply the pad to the desired part of your body.



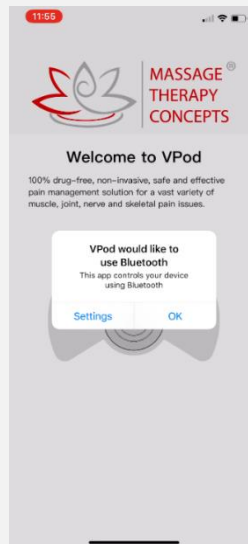
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Check the box to agree with the terms of use. Then tap **START**.



2

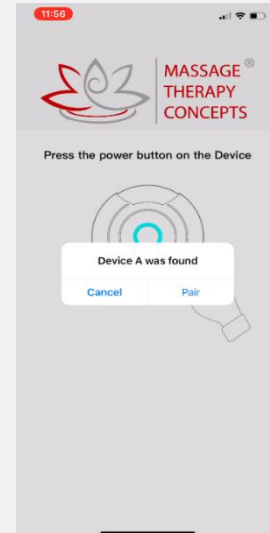
Tap **OK** to begin the Bluetooth setup.



Tap the blue circle. Then push the power button on the VPod.

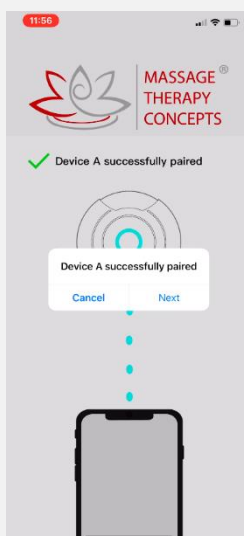
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Tap **Pair** to allow your phone or tablet to connect with VPro. Then tap **Next**.



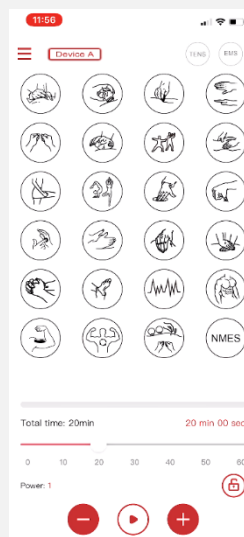
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Device A has been paired. Tap **Next**.



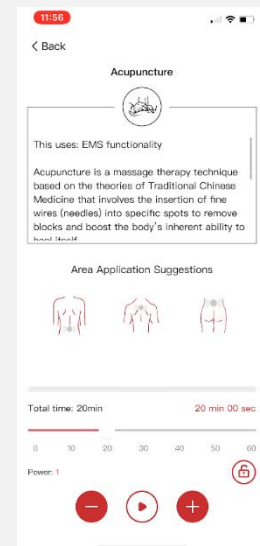
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Your device shows the 24 TENS and EMS modes. Tap to select a mode.



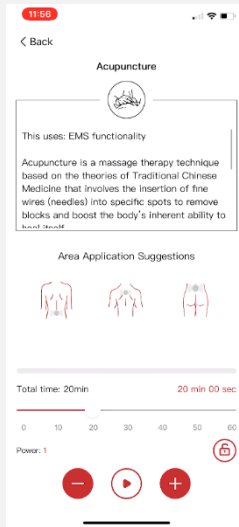
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Select the treatment time of 0-60 minutes using the slide.




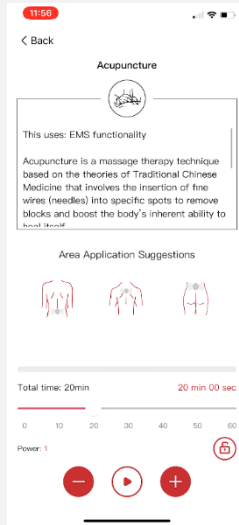
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When a mode is activated, tap **-** or **+** to select the intensity from 1-20.



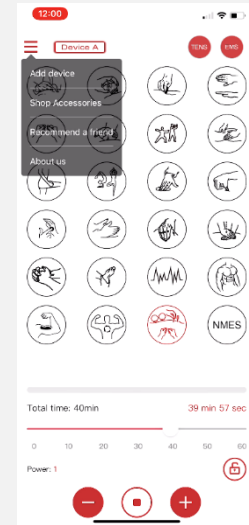
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To begin your TENS or EMS session, tap the  icon.



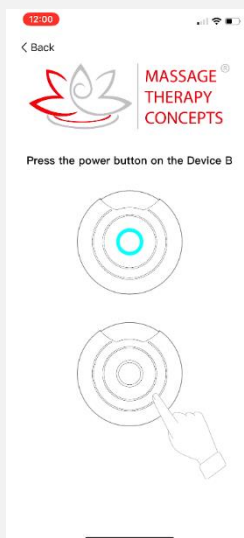
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To add a device, tap the menu symbol and tap Add device.



10

Tap the Device B on the screen, then press the power button on Device B.




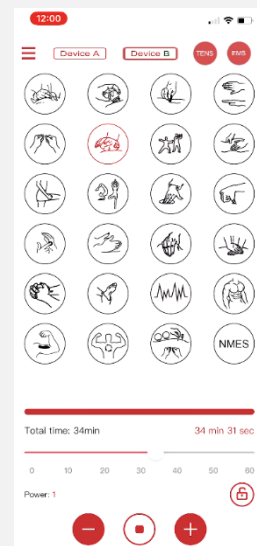
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Device B has been added and paired.



12

Device B is active. A mode is selected. To stop the session, tap the  icon.



7. When finished with your session, turn off the VPod by pressing its power button. Remove the VPod from the pad. Remove the electrode pad from your body and place it on the electrode pad holder to protect the adhesive side of the pad.
8. When the VPods are powered off, the VPod app will return to the START screen.
9. Carefully return the VPod and accessories to the travel case.

VPod Modes

- We suggest that you initially experiment using each of the modes. The mode or combination of modes that gives you the most desirable sensations and comfort is the most appropriate one for you to use.



increases the intensity.



decreases the intensity

- Intensity should be set at a level where you will feel some muscular vibration and involuntary muscle movements. It should be set to give a 'comfortable' Intensity and should not be painful.
- Timing of application should be at least 10 to 20 minutes.
- Frequency of the application should be at one to three times per day.



starts the mode when tapped.



stops the mode when tapped.



locks and unlocks the settings.



and some are



.and some are both. Tap the

icon to select or deselect TENS or EMS.



Acupuncture
EMS

Acupuncture is a massage therapy technique based on the theories of Traditional Chinese Medicine that involves the insertion of fine wires (needles) into specific spots to remove blocks and boost the body's inherent ability to heal itself.

VPod acupuncture simulates the same sensation without needles, by utilizing electronic pulses to achieve the sensation of differing needle depths. By stimulating specific acupuncture points, it corrects imbalances in the flow of Qi through channels known as meridians. For more information on acupuncture, we recommend referring to the Acupuncture Chart included with your purchase, online research or speaking with a clinician.



Cupping
TENS

Cupping is a technique that has been used for thousands of years in ancient medicine in which evacuated cups are applied to the skin to draw blood through the surface.

Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even reduction of cellulite.



Scraping / Gua Sha
TENS

The scraping technique is a popular chiropractic treatment that uses instruments to break down muscle adhesions and scar tissue and to massage trigger points with the goal of increasing range of motion and increase blood circulation. The benefit of scraping is to really align the fibers of the muscle. It can be used on minor or torn muscles, sprains and ligaments. It is used for post-surgery recovery, during rehab and prolonging pain-free motion and relieving muscle knots. It helps with reducing inflammation and promotes healing.



Tapping
TENS & EMS

Tapping is a light percussion movement, often appropriate for small areas of the body. By tapping the tendons or muscles, you increase the body's natural blood flow and oxygen supply to the target area. It breaks up the lactic acid and muscular toxins and can reduce stress while relaxing the muscles. This also helps reduce any inflammation or swelling in a targeted area. This is an excellent treatment to improve flexibility and strength of your muscles as well as relieve muscle tension. It works well on localized pain or tender points such as fibromyalgia pain.



Knocking
TENS & EMS

Knocking massage can release muscle knots, aches, cramps and fatigue. It increases blood flow circulation throughout the body and may improve metabolism.



Tui Na
TENS & EMS

Tui Na simulates hands-on body treatment which opens the flow of Qi (Chee) through the body's meridian lines. It's especially effective for joint pain, sciatica, muscle spasms, back pain, neck and shoulders. It also helps chronic conditions such as insomnia, constipation, headaches, and tension associated with stress.



Tai Chi
TENS & EMS

Chinese traditional massage (relaxation and remedial) that combines East and West practices, offers a deep tissue massage to transform your health from the inside out. It helps increase the range of motion for your muscles and helps to recover after injuries. It's very effective at toning the muscles after workouts. It also aids with digestion, stress and helps you relax.



Stretching
TENS & EMS

The stretching mode is designed to extend the limb muscles while releasing tension. It helps to improve the muscle's elasticity and achieve muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. It increases blood flow to your muscles and helps maintain a range of motion in the joints. It is great for healing and preventing back pain, sciatic pain, and works well to help with muscle knots and body tightness.



Swedish
TENS

Swedish massage helps increase the level of oxygen in the blood, decrease muscle toxins, improve circulation and flexibility while easing tension. This technique aims to promote relaxation by releasing muscle tension. Swedish massage loosens up tight muscles caused by daily activities such as sitting at the computer or exercising. It can be very helpful for people who hold a lot of tension in their lower back, shoulders and neck.



Reflexology
TENS

Reflexology is a type of massage that involves applying different amounts of pressure to the feet and hands. It's based on a theory that these body parts are connected to certain organs and body systems. Reflexology is generally relaxing and may help alleviate stress.



Continuous
EMS

This mode continuously provides low frequency vibrations to promote circulation of blood and help relieve any type of pain.



Kneading
TENS

Kneading simulates the thumb fingers and palms of a real massage therapist. It focuses on hypertension and stress and helps to break that down by returning full range of motion and flexibility while treating tight muscles and decreases pain. It helps improve blood circulation, thereby promoting overall body strength and well-being. It helps reduce the tension in your muscles and helps tone the muscle after and before workouts.



Thai
TENS & EMS

Thai massage is a traditional healing system combining acupressure with stretching, pulling, and rocking techniques to relieve tension, muscle or joint pain, and boost a person's mood. Thai massage, is also said to relieve tension headaches, reduce subacute and chronic nonspecific back pain, relieve muscle pain, relieve joint stiffness and pain, increase flexibility and range of motion, stimulate circulation and lymphatic drainage, boost energy, and calm the nervous system.



Butterfly
EMS

Butterfly Massage is a gentle technique which works with a soft and delicate touch, helping melt away tension in the whole body, relieving symptoms of stress, promotes relaxation, and improves overall health and wellness.



Toning Abs
EMS

This mode applies electronic muscle stimulator technology which helps improve muscle core strength, firms as well as tones your ab muscles. It also improves resting tone which means your stomach muscles would do a better job of holding your stomach flat. Much like conventional exercising, this repetitive contracting and relaxing makes the muscles toned and tight.



Muscle Growth
EMS

This mode helps preserve muscle mass in patients who are currently immobile. It is often used for post-operative patients dealing with severe muscle atrophy and lack of coordination. For athletes, use this mode to transmit bio-electrical pulses for faster muscle growth.



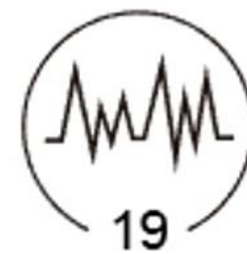
Rubbing
TENS & EMS

Rubbing mode is a mechanical stimulation of tissue that applies rhythmic pressure to provide the sensation of rubbing. It increases blood flow and tones muscles while reducing pain. This mode manipulates the soft tissue of the body including the connective tissue, muscles, ligaments, tendons and joints in order to have a therapeutic effect and health improvements by acting directly on the muscular, nervous and circulatory system.



Trigger point
TENS & EMS

Trigger point therapy is a more aggressive, direct manipulation of muscular tightness in targeted areas such as neck and lower back. It generates repeated, involuntary twitching in the muscle or muscle group and leads to an immediate reduction in tightness. Trigger point massage returns the natural balance to your muscles and improves range of motion, posture, and alignment. This mode can also help with athletic performance and acute pain from injuries or accidents.



Lomi lomi
EMS

Lomi lomi is a traditional Hawaiian massage to help the body let go of its old patterns and behaviors which cause stress, strains and muscle tension. Lomi lomi aims to treat the body and mind as one. It is used to release tension, assist blood and lymph flow, eliminate waste and toxins, rejuvenate the body, and instill a sense of peace, harmony and well-being.



Recovery
EMS

This mode helps speed up recovery after high-intensity workouts and allow you to train harder. The muscle pumping activity helps with circulation and decreases swelling in the lower limbs without requiring additional impact or exercise.



Striking
TENS & EMS

Striking massage simulates a series of light, brisk, striking actions applied with clenched fists, used to produce stimulation. Striking is a specific massage technique used to stimulate muscles before exercise to increase the flow of blood, temperature and tissue elasticity.



Combination 1
TENS & EMS

This mode combines Acupuncture, Cupping and Knocking.



Shiatsu
TENS

Shiatsu mode simulates a massage that puts the focus on pressure points of various parts of the body. It helps with healing from sprains, arthritis, neck and shoulder stiffness, upper and lower back pain, sciatica, digestive disorders, menstrual pain, fatigue, fibromyalgia and musculoskeletal pain.



NMES

NMES treats muscle atrophy and stimulates the muscle when the individual is in a resting state. NMES targets the muscle itself, specifically through the motor nerves. This creates a muscle contraction to recruit more muscle fibers when training, warming up or recovering.

Electrode Guidelines

1. Only use the electrodes supplied by the manufacturer.
2. Do not let other people use your electrodes. Do not use electrodes belonging to others.
3. Always turn the power off before removing or repositioning the electrodes.
4. Wash skin thoroughly and then it dry before applying electrodes. Using alcohol or alcohol swabs is recommended.
5. Apply the whole surface of the electrodes firmly to the skin. Do not use electrodes that do not stick properly to the skin or only partially stick to the skin.
6. In case of skin redness under the electrodes after stimulation, do not use again in the same area if skin redness is still evident.
7. Use larger pads for larger areas and smaller pads for smaller areas.

Application Principals

1. Only use the electrodes supplied by the manufacturer.
2. Find the exact pain point. Place the pads on this position. The acupuncture chart can also serve as a guide for pad placement specific to each ailment.

Care and Maintenance

1. Make sure your skin is free from any dirt, oil or lotions.
2. Before applying pads, put a few drops of water on your fingers and rub them on the pad. This helps the pad maintain its adhesive.
3. Return used pads to the pad holder.
4. Do not wipe the pad with a cloth. Do not wash it with detergent or hot water.
5. When the pad is clean and dry, replace the plastic film on the adhesive side.

Safety Precautions

This device is intended for use by adults, but use on children is possible, but should only occur under adult supervision.

1. Use under the guidance of your medical practitioner.
2. Do not use this unit near shortwave therapy equipment.
3. Do not place electrode pads near your heart.
4. Stop using the VPod immediately if you feel your body abnormal, or if you suspect the VPod is not operating normally.
5. Treatment should not exceed 60 minutes.
6. Turn off the VPod before you move, remove, or change position of the electrode pads.
7. Do not use the device if you have any of the following medical conditions:
 - a. Implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
 - b. If you are pregnant
 - c. If you have epilepsy
8. Consult your medical practitioner if you have the following conditions:
 - a. Diagnosed with cancer
 - b. Have suffered acute trauma or a recent surgical procedure
 - c. Have cardiac problems or cardiac disease
 - d. Have an abdominal hernia
 - e. Have venous thrombosis
9. Electrode pads should not be applied on the head temples, eyes, mouth, front of the neck (especially the carotid sinus), or placed on the thorax and the upper back or passing through the heart.
10. Do not use on genitals, a skin lesion, wounds, swollen, or infected areas.
11. Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may endanger others.
12. Do not use the device in the bath or shower.
13. Never immerse the device in any liquid.
14. Never use the device while sleeping.
15. Keep away from other electronic equipment.

Adverse Reactions

If you experience skin irritations, burns beneath the electrode pads, or any other adverse reactions, stop treatment immediately. Consult with your medical practitioner about further use of the device.

Warranty

One (1) Year Limited Warranty from date of purchase

Massage Therapy Concepts warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Massage Therapy Concepts will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a new product that is at least functionally equivalent to the original product. A replacement product or part, including a user installable part installed in accordance with instructions provided by Massage Therapy Concepts, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Massage Therapy Concepts property.

Obtaining Service: To obtain warranty service, email Massage Therapy Concepts Limited Warranty Service at support@MassageTherapyConcepts.com. A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to Massage Therapy Concepts authorized service center for replacement. per our instructions.

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