

QUICK START GUIDE

5 steps needed to use your Tensi+

tensi+

TENSI+ SET UP



1

PREPARATION

Place a drop of gel onto each electrode. The conductive gel improves the contact between the electrodes and your skin.



2

POSITIONING

Place the Tensi+ over your ankle. The lower electrode should be placed just below and behind the medial malleolus (inner side of the ankle).



3

STARTING UP THE DEVICE

Press and hold down the On/Off button. The LEDs light up, and you will hear a soft, long beep.



4

ADJUSTING THE STIMULATION INTENSITY

Gradually increase the intensity of the treatment by pressing and holding down the (+) button, until you feel a slight tingling under your foot. If the tingling is uncomfortable, decrease the intensity by keeping your finger pressed on the (-) button.



5

TREATMENT AND AUTOMATIC SHUT-OFF

Your Tensi+ treatment is now starting. The device will lock after 30 seconds of inactivity. To unlock the device, press on the (-) button.

After 20 minutes the device switches off. If you wish to switch the device off yourself, press and hold down the ⏻ button.



VIDEOS

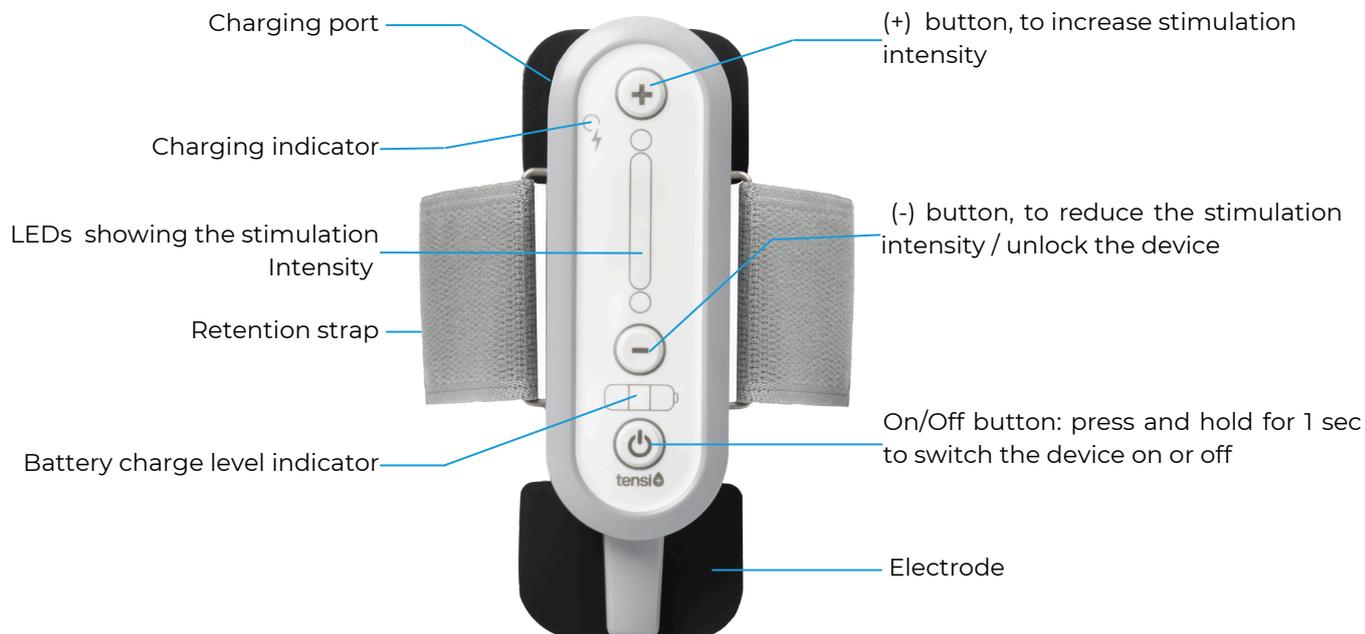


If in doubt, watch one of the helpful videos on our website: tensiplus.com/en.

Warning:

Read all the indications and contraindications detailed in the pack instructions before use.

YOUR TENSI+



ADJUSTING THE STIMULATION INTENSITY

I feel a slight tingling under my foot.



THE POSITION AND CONTACT ARE GOOD

Decrease the intensity slightly by pressing on the (-) button. When you stop feeling the tingling, you have reached your comfort level.

I don't feel any tingling under my foot.



LACK OF SENSATION

If no tingling sensation is felt under the foot, this does not mean that the device is not functional. Feelings may vary from one individual to another. Discuss it with your prescribing physician.

My Tensi+ starts flashing during treatment.



WRONG POSITIONING

Move the strap slightly to find the location of your posterior tibial nerve, and make sure there's enough gel on each electrode.

VISIT OUR WEBSITE FOR HELPFUL TIPS AND VIDEOS

www.tensiplus.com/en



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