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IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

 *It is important that you read all the warnings and precautions included in this instruction manual because they are intended to keep you safe, prevent injury and avoid a situation that could result in damage to the unit.*


SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

 DANGER	Improper use may cause danger resulting in death or serious injury. These are situations in which the device should not be used.
 WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

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DANGER

Do not use this unit with these other devices:

- (1) If you have a **pacemaker**, implanted defibrillator, or other **implanted metallic** or electronic device. Such use could cause electric shock, burns, electrical interference or death. 
- (2) **Do not use this device while using another TENS device.**
- (3) Together with a **life-supporting medical electronic device** such as an artificial heart or lung or respirator.
- (4) For Hospitals and Clinics, in the presence of or **when attached to the body, electronic monitoring equipment** (e.g. cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- (5) For Hospitals and Clinics, Simultaneous **connection of a patient to a high frequency surgical ME equipment** may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
- (6) For Hospitals and Clinics, operation in close proximity (e.g. /m) to a **shortwave or microwave therapy ME equipment** may produce instability to the stimulator output.

INTRODUCTION

Thank you for purchasing the Omron® Pocket Pain Pro™ Model PM3029.

In order to use the unit safely, read the complete manual carefully before using the unit for the first time.

Keep this instruction manual in a convenient place or store with the unit for future reference.

- Register your product on-line at www.register-omron.com.
- Keep your purchase receipt as proof of purchase for warranty coverage.

The Omron® Pocket Pain Pro™ is intended for the relief of pain associated with sore or aching muscles of the lower back, arms, legs, feet and shoulder due to strain from exercise or normal household and work activities. It should be applied to normal, healthy, dry, clean skin of adult patients.

This box contains the following components:

- Pocket Pain Pro™ Unit
- Electrode Cords
- 2 LONG LIFE PADS™
- Pad Holder
- Two AAA Batteries
- Instruction Manual
- Quick Start Guide / Pad Placement Guide

SAVE THESE INSTRUCTIONS

2

IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

DO NOT USE THIS UNIT UNDER THESE CONDITIONS

- ⚠ **Consult with your physician before using this unit.**
The unit may cause lethal rhythm disturbances in certain susceptible individuals. If you have had a recent surgical procedure, the stimulation may disrupt the healing process.

Before using your unit, inspect these things.

1. Cord is not broken.
2. Pad gel is not damaged.
3. Electrode cord connection is not broken.
4. Unit is intact and working.
5. There is no battery leakage.







DO NOT USE ON THESE INDIVIDUALS

- ⚠ **Pregnant women.**
- ⚠ Do not use on **children or infants** because this device has not been evaluated for pediatric use.
- ⚠ Keep out of the reach of **young children** because the electrode cord could cause strangulation.
- ⚠ **Persons incapable of expressing their thoughts or intentions.**
- ⚠ **Persons incapable of operating the unit by themselves.**
- ⚠ Use caution if you have a **tendency to bleed internally**, such as following an injury or fracture.
- ⚠ If you have **suspected or diagnosed heart disease**, you should follow precautions recommended by your physician.
- ⚠ If you have **suspected or diagnosed epilepsy**, you should follow precautions recommended by your physician.
- ⚠ Use caution if stimulation is applied **over the menstruating uterus**.

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IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

⚠ NEVER APPLY THE PADS TO THESE BODY AREAS:

	The head, the mouth, or any area of the face.		Both sides of the thorax simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances which could be lethal.
	The neck or any area of the throat because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.		On the calves of both legs at the same time because this may cause cardiac disturbance.
	Near the heart, or on genital area.		On the soles of both feet at the same time because this may cause cardiac disturbance.

Open wounds or rashes or over swollen, red, infected or inflamed areas or skin eruptions (such as varicose veins, phlebitis, thrombophlebitis and thrombosis), or on top of or close to **cancerous lesions**, or over areas of skin that lack normal sensation.

DO NOT USE THIS UNIT DURING THESE ACTIVITIES

- ⚠ **When in the bath or shower;**
- ⚠ **While sleeping;**
- ⚠ **While driving, operating machinery,** or during any activity in which electrical stimulation can put you at risk of injury.

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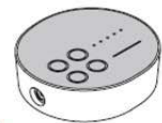
IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

PAIN MANAGEMENT WARNINGS

- ⚠ If you have had medical or physical treatment for your **pain**, **consult with your physician** before using this unit.
- ⚠ If your pain does not improve, becomes seriously chronic or severe, or continues for **more than five days**, stop using the unit and **consult with your physician**.
- ⚠ The mere existence of pain functions as a very important warning telling us that something is wrong. Therefore, if you suffer from any serious illness, **consult your physician** in order to confirm that it is advisable for you to use this Pocket Pain Pro™ unit.
- ⚠ If you have any infectious disease or illness, **consult with your physician** before using this unit.

DO NOT ALTER THE UNIT

- ⚠ Do not plug this cord into any other device that is not an Omron PM3029.
- ⚠ **No modification** of this unit is allowed.
- ⚠ Use this unit **only with the pads, leads, electrodes, and accessories** recommended by the manufacturer to avoid damage to the unit.



WARNINGS REGARDING THE PADS

- ⚠ Apply pads to **normal, healthy, dry, clean skin** (of adult patients) because it may otherwise disrupt the healing process.
- ⚠ If you **experience any skin irritation or redness** after a session, do not continue stimulation in that area of the skin.



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IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

PRECAUTIONS REGARDING THE PADS

- ⚠ Do not move the pads to another location while the unit is on.
- ⚠ Therapy won't work with just one pad. **You MUST USE TWO PADS at the same time.**
- ⚠ **Make sure the components are connected well and the pads are fixed** on the part of the body you wish to treat or the therapy may not be effective.
- ⚠ **Pad should not touch any metal object**, such as a belt buckle, necklace, or other metal worn under clothing.
- ⚠ **Do not overlap pads** or put pads on top of each other. It may weaken or stop therapy, or the unit may stop working. **Gel pads may also stick together** and cause gel to be removed when separating.
- ⚠ **Do not share pads with another person.** This may cause a skin irritation or infection. Pads are intended for use by one person.
- ⚠ **Do not use pads after Exp. date.**

- ⚠ **Do not apply pads with wet hands.**
- ⚠ **Do not leave pads attached to the skin after treatment.**
- ⚠ **Do not bend or fold** because the gel may get damaged and it won't stick or function properly.
- ⚠ To avoid damage to the adhesive surface of the pads, **put the pads only on the skin or on the plastic pad holder provided.**
- ⚠ **Always place clean pads in accordance with illustrations** provided (Refer to pages 16-20, Pad Placement).
- ⚠ **Do not apply ointment or any solvent** to the pads or to your skin because it will disrupt the pads from functioning properly. The self-adhesive pads will adhere to your skin.

- ⚠ **Place pads at least 1 inch apart for optimal results.**
- ⚠ **Single patient use only.**

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IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

CAUTION WHILE USING UNIT

MAIN UNIT

- ⚠ **If the unit is not functioning properly** or you feel discomfort, immediately stop using the unit.
- ⚠ **Do not use for any other purpose** except for what it is intended for.
- ⚠ **Do not place in a room with high humidity**, such as a bathroom. This will damage the unit. **Ideal temperature for using 50°F - 104°F (10°C - 40°C), 30% - 80% relative humidity.**
- ⚠ Do not use the unit without proper lighting. You may not be able to operate unit successfully.

CORD

- ⚠ Do not wash the electrode cords.
- ⚠ **Do not insert the electrode plug into any place other than the jack on the unit.**
- ⚠ **Do not pull on the electrode cord** during treatment.
- ⚠ **Do not bend or pull the end of the cord.**
- ⚠ When pulling out the cord from the unit, **hold the plug and pull.**
- ⚠ **Replace the cord when broken or damaged.**

BATTERY

- ⚠ **Do not throw the batteries into a fire.** The batteries may explode.
- ⚠ **Dispose of the unit, batteries, and components according to applicable legal regulations.** Unlawful disposal may cause environmental pollution.
- ⚠ **Do not mix alkaline and manganese batteries** as this will shorten the battery life.
- ⚠ During therapy, do not remove the battery cover and do not touch the battery terminals.
- ⚠ Do not use rechargeable batteries.

PADS

- ⚠ **Use only pads recommended by the manufacturer** to avoid affect the safety and effectiveness of electrical stimulation.
- ⚠ **The electrical performance characteristics of pads may affect the safety and effectiveness** of electrical stimulation.
- ⚠ **Applying pads incorrectly** could result in discomfort or skin burns.
- ⚠ Detach the pads before replacing the batteries.

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IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

General Precautions

- ⚠ The long-term effects of electrical stimulation are unknown.
- ⚠ Apply stimulation to only normal, intact, clean, dry, and healthy skin.
- ⚠ TENS is not effective in treating the original source or cause of the pain, including headache.
- ⚠ TENS is not a substitute for pain medications and other pain management therapies.
- ⚠ TENS devices do not cure disease or injuries.
- ⚠ TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- ⚠ Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- ⚠ **You may experience skin irritation or hypersensitivity** due to the electrical stimulation or electrical conductive medium (gel).

- ⚠ **Keep unit away from young children.** The unit contains small pieces that may be swallowed. Immediately contact your physician.

Possible Adverse Reactions

- ⚠ **You should stop using the unit and consult with your physician** if you experience adverse reactions from the unit.
- ⚠ **You may experience skin irritation and burns** beneath the stimulation electrodes applied to your skin.
- ⚠ **You may experience headache and other painful sensations** during or following the application of electrical stimulation near your eyes and to your head and face.
- ⚠ **Do not use to treat one region for extended periods of time (more than 30 minutes a session, up to 3 times/day)** or muscles in that region may become exhausted and sore.

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HOW Pocket Pain Pro™ WORKS

What is it?

The OMRON® Pocket Pain Pro™ unit is a portable device designed for adults only. It is designed to reduce and relieve muscle and joint pain, stiffness and numbness in the back, arms, legs, shoulder and foot by applying electrical nerve stimulation to the surface of the skin near the site of the pain. **Any of the modes can safely be used on body parts or pains described in this manual or Quick Start Guide/Pad Placement Guide. Just find one that feels good and is comfortable on your pain.** It can be successfully used in conjunction with any other pain treatment or medication.

This type of therapy, called Transcutaneous Electrical Nerve Stimulator (TENS), has been used for over 30 years by medical professionals such as physical therapists and chiropractors.

How does it work?

Scientific theory suggests that electrical stimulation therapy may work in several ways:

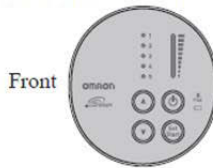
1. The gentle electrical pulses move through the skin to nearby nerves to block or shut out the pain message from ever reaching the brain from the source of the pain.
2. The gentle electrical pulses increase the production of the body's natural pain killer, such as endorphins.
3. Furthermore, it is thought that the electrical stimulation improves blood circulation as well. Muscles contract and relax with the flow of the electrical stimulation. With repeated contracting and relaxing, the blood flows in and out and the blood circulation is improved.

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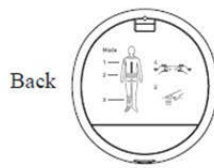
KNOW YOUR UNIT

PACKAGE CONTENTS

Pocket Pain Pro™ Unit



Front



Back

Electrode Cords



2 LONG LIFE PADS™
(1 standard pair)



Pad Holder (1 standard)

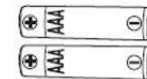


Instruction Manual



Batteries

(two AAA size (LR03) batteries)



Quick Start Guide /
Pad Placement Guide



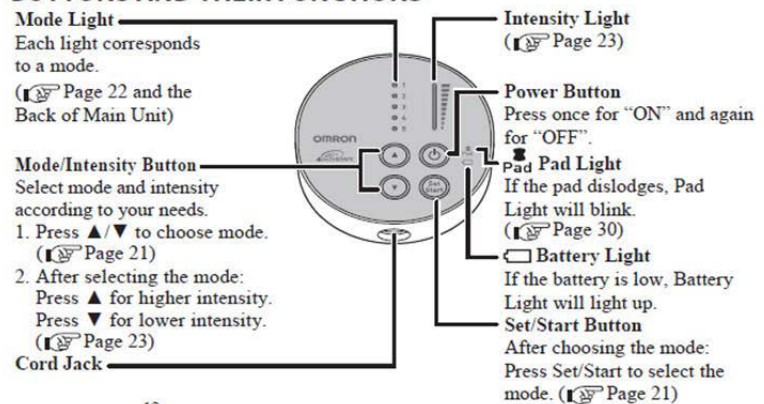
11

KNOW YOUR UNIT

FEATURES

1. Five pre-set modes (Arm/Shoulder, Lower Back, Leg/Foot, Knead, Steady).
2. Ten intensity levels (1 low to 10 high).
3. Pair of pads (durable, re-usable, washable, up to 150 uses).
(Only use OMRON manufactured pads or cords with this unit).
4. Automatic 15 minute shut off.
5. The lights let you clearly control your therapy with mode, intensity level.
6. Battery Light lights up to remind you to replace the batteries.
7. Pad Light blinks if pad falls off.

BUTTONS AND THEIR FUNCTIONS



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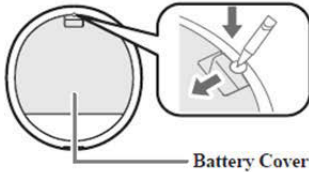
ASSEMBLY STEPS

Before using your unit, inspect these things.

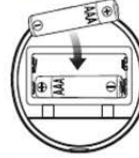
1. Cord is not broken.
2. Pad gel is not damaged.
3. Electrode cord connection is not broken.
4. Unit is intact and working.
5. There is no battery leakage.

STEP 1 – INSERT BATTERIES

1 Remove the battery cover using a hard object (such as the tip of a pen, thin screwdriver).



2 Insert batteries. Make sure the ⊕ ⊖ signs correspond when inserting batteries.



3 Reinstall the battery cover.

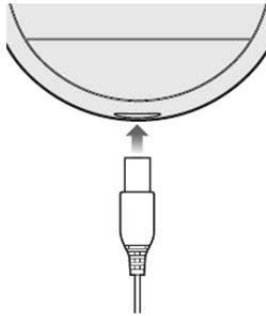


13

ASSEMBLY STEPS

STEP 2 – ATTACH ELECTRODE CORD TO THE MAIN UNIT

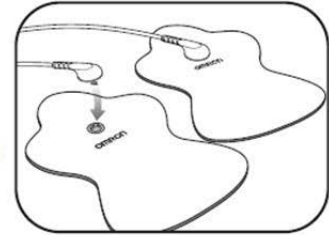
Attach the electrode cord plug to the bottom of the main unit.



STEP 3 – SNAP EITHER ELECTRODE CORD TO EACH OF THE PADS

For the first time, take the pads out of the sealed package.

- ⚠ Do NOT turn unit on, until pads are on your skin.
- ⚠ You MUST USE BOTH PADS or stimulation will not work.



NOTE:

Pads will not stick if the skin has too much hair. We recommend shaving the area for effective treatment.

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ASSEMBLY STEPS

STEP 4 – REMOVE AND DISCARD PLASTIC FILM FROM PADS

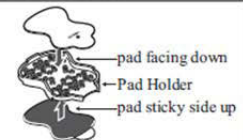
For the first time, remove the clear plastic film from the back of the pad.

Discard the plastic film backing as well as the clear packaging.



STORING PADS ON PAD HOLDER

Remove plastic film and put sticky side of pads on either side of the pad holder.



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GET STARTED WITH YOUR THERAPY

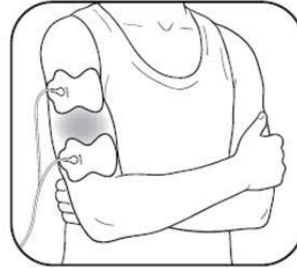
(USE FOR A MAXIMUM OF 30 MINUTES PER SESSION)

STEP 1 – PAD PLACEMENT

For optimal therapy:

- ⚠ Place pads on either side of the pain, not directly on the pain.
- ⚠ Place pads at least 1 inch apart.
- ⚠ **MUST USE TWO PADS** at a time for therapy to work.
- ⚠ Do not overlap pads or put on top of each other.
- ⚠ Do not add spray, lotions or creams to skin or pads.
- ⚠ Do not share pads.

Before starting your therapy, rate your pain from 1 low to 10 high. This mental check gives you a basis you can compare to once the session is complete.



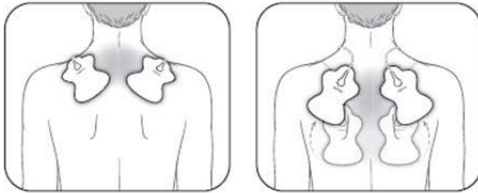
ARM

Attach both pads on either side of the region where you feel pain.

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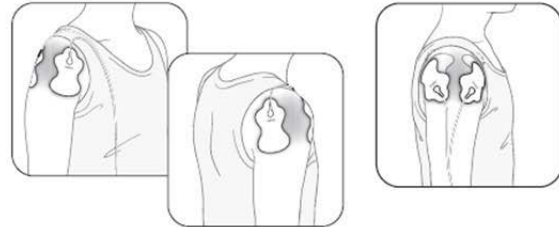
GET STARTED WITH YOUR THERAPY

STEP 1 – PAD PLACEMENT (continued)



SHOULDER

Attach both pads on the shoulder according to your pain.



SHOULDER

Attach one pad on the front and on the back of your shoulder.

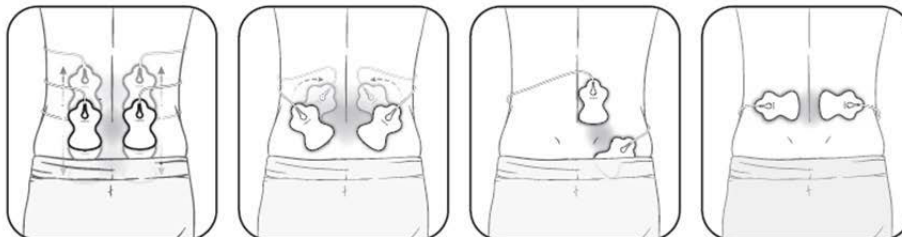


⚠ Do not use near the heart, on both sides of the thorax or across your chest because the introduction of electrical current may cause rhythm disturbances which could be lethal.

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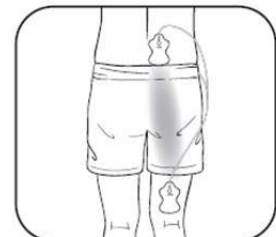
GET STARTED WITH YOUR THERAPY

STEP 1 – PAD PLACEMENT (continued)



LOWER BACK

Attach both pads on the lower back according to your pain.
Place pads on muscle of back, not on spine, for optimal therapy.



LOWER BACK

Attach one pad below and above the region in pain, both on same side.

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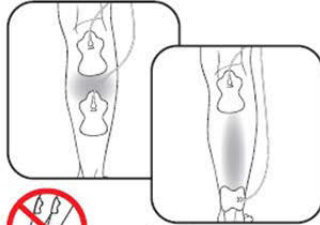
GET STARTED WITH YOUR THERAPY

STEP 1 – PAD PLACEMENT (continued)



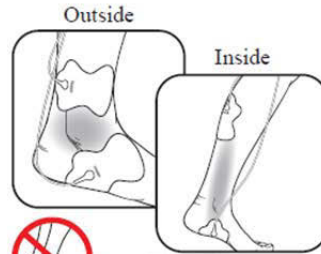
LEG (HIP & THIGH)

Attach both pads on either side of the area with pain.



LEG (CALF)

Attach both pads on the calf where you feel pain.
 ⚠ Pads should not be placed simultaneously on the calves of both legs.



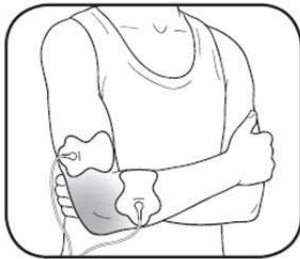
FOOT (ANKLE)

Attach pads on the left for pain on the outside of your ankle/foot. Attach the pads on the right for pain on the inside of your ankle/foot.
 ⚠ Do not put the pads on the bottom of both feet at the same time.

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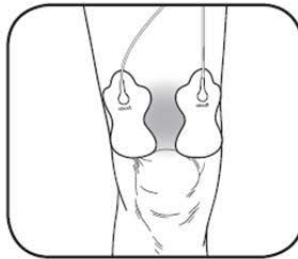
GET STARTED WITH YOUR THERAPY

STEP 1 – PAD PLACEMENT (continued)



JOINT (ELBOW)

Attach both pads on either side of the joint with the pain.



JOINT (KNEE)

Attach both pads above the knee or above and below the joint with pain.

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GET STARTED WITH YOUR THERAPY

STEP 2 – SELECT 1 OF 5 MODES

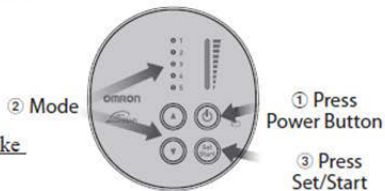
- ① Press the Power button.
- ② Press ▲(Up) or ▼(Down) button to choose 1 of the 5 modes. **Modes cannot be combined.**
- ③ Press the Set/Start button to select the mode. It will start the therapy at the intensity level of 1.

Select a pain mode:

1. Arm/Shoulder
2. Lower Back
3. Leg/Foot

Or select a massage-like mode:

4. Knead
5. Steady



How to change modes during therapy?

If you want to change modes during therapy, press the Set/Start button and ▲(Up) or ▼(Down) button to select a new mode. You can only use ONE MODE at a time.

If you don't press the Set/Start button to select the mode, the unit will automatically turn off after 3 minutes.

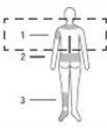
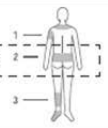
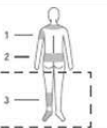


How to select the right mode?

Any of the modes can be used on body parts or pains described in this manual or Quick Start Guide/Pad Placement Guide. Select the mode that feels right for your unique pain.

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GET STARTED WITH YOUR THERAPY

STEP 2 – SELECT 1 OF 5 MODES (continued)

Therapies designed for	Arm/Shoulder	Lower Back	Leg/Foot	Knead	Steady
Mode Light and the Back of Main Unit	<ul style="list-style-type: none"> ● 1 ● 2 ● 3 ● 4 ● 5 	<ul style="list-style-type: none"> ● 1 ● 2 ● 3 ● 4 ● 5 	<ul style="list-style-type: none"> ● 1 ● 2 ● 3 ● 4 ● 5 	<ul style="list-style-type: none"> ● 1 ● 2 ● 3 ● 4 ● 5 	<ul style="list-style-type: none"> ● 1 ● 2 ● 3 ● 4 ● 5 
Potential conditions	Stiffness, sore or achy, tight feeling.	Stiffness, soreness, muscle spasm, nerve pain.	Swelling, fatigue, chilly feeling, sore or achy.	Stiffness, soreness, tight feeling.	Stiffness, soreness, tight feeling, or achy.
What does the therapy deliver?	Series of low to high rate tapping, pulsing, kneading and massage-like sensations.	Series of high rate to low tingling sensations, followed by tapping. With higher intensity, you may feel kneading or massage-like sensations.	Series of low rate tapping, pulsing sensations.	Series of medium rate pulsing sensations to mimic massage.	Series of regular pulsing sensations that do not change.

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GET STARTED WITH YOUR THERAPY

STEP 3 – SELECT INTENSITY LEVEL (1 LOW – 10 HIGH)

The unit automatically starts at the intensity level of 1. Slowly increase the intensity level by pressing ▲(Up) button. You should feel a gentle pulsing sensation.

How do I select the right intensity level for my pain?

Each time you press ▲(Up) or ▼(Down) button, it moves to another level. If the stimulation sensation becomes weaker or disappears, increase the intensity. But, if the sensation is at all uncomfortable, press ▼(Down) button to decrease the intensity.

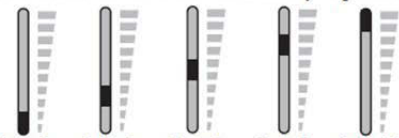
- Press ▲ for higher intensity.
- Press ▼ for lower intensity.

If Pad Light is blinking, the unit will automatically turn off after 30 seconds. (☹️ “TROUBLE SHOOTING” on page 30)

What intensity level is my unit on?

Press ▲(Up)/▼(Down) button to increase/decrease the intensity. The Intensity Light moves up/down after pressing it once or twice (as shown below). Therefore, the light may not move up/down, but the intensity level does increase/decrease each time you press it.

Intensity Light:



Intensity level: 1 or 2 3 or 4 5 or 6 7 or 8 9 or 10

How long is the therapy?

The unit will continue automatically for 15 minutes before it shuts off. If you want to stop the therapy while in use, press the Power button. We recommend a total of 30 minutes therapy in one sitting, up to 3 times/day.

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HOW TO CONTROL AND REDUCE YOUR PAIN

When should you start therapy?

Use as soon as your pain begins. Start with one session (the unit automatically turns off at 15 minutes). Turn off with pads still on and RATE YOUR PAIN again (1 low to 10 high).

Get to your pain early

If you get to your pain early, it may prevent the pain from becoming worse, or even chronic. It's better for you to get it under control sooner so that it does not reach a high pain threshold where it limits your daily activities.

How long should you use it?

Start with one 15 minute session. Always turn unit off with pads still on. Rate your pain to check your progress, 1 low to 10 high. Stop therapy session if pain has reduced or stopped. Press the Power button to continue therapy for another 15 minute session.

1 session	Max minutes/session	Max times/day
15 minute	30 minutes	3 times
automatic shut-off		

⚠️ See warnings on page 9. Long-time treatment and strong stimulation may cause muscular fatigue and may generate adverse effects.

When to stop using the unit?

1. If you experienced an **adverse reaction** (skin irritation/redness/burns, headache or other painful sensation, or if you feel any unusual discomfort).
2. If your pain **does not improve**, becomes seriously chronic and severe, or continues for **more than five days**.

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HOW TO CONTROL AND REDUCE YOUR PAIN

What type of pain is it best for?

This therapy works best on acute pain because it is localized. Acute pain is pain in one area for less than 3 months. If you have chronic pain, you may have pain in more than one area and for longer than 6 months. Chronic pain may be compounded by other issues that this unit cannot address.

Remember, this unit does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

Before using, check these points to make sure everything is working properly.

1. Make sure the cord is not broken.
2. Check that the pad adhesive sticks and is not damaged.
3. The electrode cord connection is not broken.
4. The unit is intact and in working order.
5. There is no battery leakage.

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CLEANING AND STORAGE

The unit is designed for repeated use over time. The pads will last up to 150 uses, or 5 months (based on use 1/day). Here are important cleaning and storage instructions:

Cleaning the pads

1. Turn the power off and remove the electrode cord from the pads.
2. Wash the pads when the adhesive surface becomes dirty and/or the pads are difficult to attach.
 - Wash the pad softly with your fingertips under slow running cold water for several seconds (do not use a sponge/cloth/sharp object like a nail on adhesive side, do not use detergents, chemicals or soap).
3. Pads can be washed after 15 uses, approximately ten times for up to 150 uses. Do not wash the pads too long or too frequently.



4. Dry the pads and let the adhesive surface air-dry completely. Do not wipe with a tissue paper or cloth.
5. Pads are replaceable and can be purchased when needed by calling 1-800-634-4350 or go to omronhealthcare.com.

The life of the pads may vary by how often you wash the pads, the skin condition, and how you store the pads.

When should you replace your pads?

If the pad no longer sticks to your skin or if more than 25% of the pad's surface is not in contact with your skin.

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CLEANING AND STORAGE

Cleaning the unit

1. Turn unit off and disconnect the electrode cords from the pads.
2. Clean with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently.
 - Do not use chemicals (like thinner, benzene).
 - Do not let water get into the internal area.

Storing the pads

1. Turn the unit off and remove the cord from the bottom of the unit.
2. Remove the pads from your body.
3. Leave the electrode cords connected to the pads.

Place the pads on the pad holder, one pad on each side with the sticky side of each pad on the pad holder.

4. Wrap the electrode cords around the pad holder.



Storing the unit and pads

- Place the unit, pads with electrode cords on pad holder, Pad Placement Guide and Instruction Manual inside the original box.
- Do not keep in areas subject to direct sunlight, high or low temperatures, humid area, near to fire, vibration, or shock.

Storage temperature, 32°F - 104°F (0°C - 40°C),
30% - 80% relative humidity.

- Do not keep at places that can be easily reached by children.
- When not in use for a long period, remove the batteries before storage, to avoid liquid discharge from batteries.
- Do not wrap the electrode cords around the unit because it may damage the cord.



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TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
The intensity is not felt. Very weak intensity level.	Are you using only 1 pad?	Put the other pad on your skin. You must use BOTH PADS for therapy to work.
	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Are the pads stacked together or do pads overlap?	Check placement of pads. Refer to Pad Placement Guide.
	Is the cord properly connected to the unit?	Connect cord plug correctly into the jack at bottom of this unit.
	Is the intensity setting getting weak?	Press the ▲(Up) button.
	Is the gel damaged?	Replace pad.

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If this happens...	Possible causes...	Try this solution...
The intensity is not felt. Very weak intensity level.	Are the batteries weak?	Replace both AAA batteries.
	Is the intensity "1"?	Press the ▲(Up) button.
The skin turns red or the skin feels irritated.	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running water.
	Is therapy time too long?	Use less than 15 minutes.
	Are the two pads attached properly to the body?	Refer to the Pad Placement Guide and attach correctly.


TROUBLESHOOTING


If this happens...	Possible causes...	Try this solution...
The skin turns red or the skin feels irritated.	Is the pad surface worn out?	Replace both pads at the same time.
No power source.	Are the polarities of battery (+ and -) aligned in the wrong direction? or Are the batteries depleted?	Check batteries for correct alignment. or Replace batteries.
Power cut off during use.	Are the batteries weak?	Replace both batteries at the same time.
	Is the cord broken?	Replace cord.
Battery Light lights up. 	Are the batteries weak?	Replace both batteries at the same time.

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If this happens...	Possible causes...	Try this solution...
Pad gel does not stick to skin.	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Is the pad wet? or Is your skin too wet?	Dry the pad. or Dry the skin.
	The pad gel may be damaged.	Replace the pad.
	Is there too much hair on your skin?	Shave the immediate area for proper pad adhesion.
	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running cold water.

TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
Pad gel does not stick to skin.	Are you using pad during perspiring?	Dry the pad placement area.
	Have the pads been washed too long and/ or too frequently?	Leave the pad in freezer for overnight.
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace both pads.
Pad Light is blinking. 	Are both pads attached to the body?	Re-attach dislocated pad(s) onto the skin firmly.

If this happens...	Possible causes...	Try this solution...
Pad Light is blinking. 	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Is the cord properly connected to the main unit?	Connect cord plug correctly into the jack at the bottom of the main unit.
	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running cold water.
If the above measures are not effective, contact us at 1-800-634-4350.		

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LIMITED WARRANTY

Your OMRON® Pocket Pain Pro™ unit, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided. The pads supplied with the unit are warranted for 30 days. The above warranties extend only to the original retail purchaser. We will, at our option, replace without charge, any unit covered by the above warranty. Replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service, contact Customer Service by calling 1-800-634-4350 for the address of the Inspection Center and shipping and handling charges that may apply. Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

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LIMITED WARRANTY

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL,

CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE EXCLUSION OR LIMITATION MAY NOT APPLY TO YOU.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: omronhealthcare.com
Call toll free: 1-800-634-4350

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SPECIFICATIONS

Product Name	OMRON® Pocket Pain Pro™
Model #	PM3029
Power Source	DC3V (two AAA alkaline batteries or two AAA manganese batteries)
Battery Life	New batteries (two AAA alkaline batteries) will last for approx. 3 months (when used for 15 minutes a day, Lower Back Mode, max. intensity).
Frequency	Approx. 1 to 108Hz
PULSE Duration	100 µsec
Maximum Output Voltage	32V (during 500Ω load)
Power Control	10 intensity levels
Operating Temperature, Humidity (When using product)	50°F to 104°F (10 °C to 40 °C), 30 to 80% RH
Storage Temperature, Humidity	32°F to 104°F (0 °C to 40 °C), 30 to 80% RH
Transportation Temperature, Humidity, Air Pressure	-4°F to 140°F (-20 °C to 60 °C), 10 to 95% RH, 700 to 1060 hPa

Weight	Approx. 75g (incl. batteries)
Outer Dimension	Approx. Width 75mm x Height 70mm x Depth 22mm
Classification of ME equipment	Internally powered
IP classification	IP 22*

This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co. Ltd., Japan. Designed for a minimum of 5 years life expectancy.

⊠ = This shows the Type BF applied part.

* **IP22** Protection against ingress of an object of ϕ 12.5 mm or more. Protection against the ingress of vertically falling water drips with the device tilted at 15 degrees.

Accessories/replacement parts

- PMLLPAD (2.5"x4")
- Plastic Pad Holder-Standard
- Electrode Cords

To order : omronhealthcare.com

NOTE: These specifications are subject to change without notice.

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FCC STATEMENT

FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation of this device.

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

With the increased number of electronic devices such as PC's and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices. Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.

Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the IEC60601-1-2 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

Medical devices manufactured for OMRON Healthcare conform to this IEC60601-1-2:2007 standard for both immunity and emissions.

Nevertheless, special precautions need to be observed:

- The use of accessories and cables other than those specified by OMRON, with the exception of cables sold by OMRON as replacement parts for internal components, may result in increased emission or decreased immunity of the device.
- The medical devices should not be used adjacent to or stacked with other equipment. In case adjacent or stacked use is necessary, the medical device should be observed to verify normal operation in the configuration in which it will be used.
- Do not use mobile (cellular) telephones and other devices, which generate strong electrical or electromagnetic fields, near the medical device. This may result in incorrect operation of the unit and create a potentially unsafe situation. Recommendation is to keep a minimum distance of 7 m. Verify correct operation of the device in case the distance is shorter.

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

The PM3029 is intended for use in the electromagnetic environment specified below. The customer or the user of the PM3029 should assure that it is used in such environment.

Electromagnetic emissions IEC60601-1-2		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The PM3029 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The PM3029 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes
Harmonic emissions IEC 61000-3-2	not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	not applicable	

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

Electromagnetic immunity IEC60601-1-2			
Immunity test	IEC 60601 Test level	Compliance level	Electromagnetic environment –guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floor should be wood, concrete, or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	Not applicable	Not applicable
Surge IEC 61000-4-5	±1 kV line(s) to line(s) ±2 kV line(s) to earth	Not applicable	Not applicable

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

Electromagnetic immunity IEC60601-1-2			
Immunity test	IEC 60601 Test level	Compliance level	Electromagnetic environment –guidance
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % U_T (>95 % dip in U_T) for 0.5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5 s	Not applicable	Not applicable
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

Note: U_T is the A.C. mains voltage prior to application of the test level.

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

Electromagnetic immunity IEC60601-1-2			
Immunity test	IEC 60601 Test level	Compliance level	Electromagnetic environment –guidance
Conducted RF IEC 61000-4-6	3 V rms 150 kHz to 80 MHz	3 V rms	Portable and mobile RF communications equipment should be used no closer to any part of the PM3029 including cables, than the recommended separation distance calculated from the equation appropriate to the frequency of the transmitter. Recommend separation distance $d = 1.2 \sqrt{P}$ 150 kHz to 80 MHz $d = 1.2 \sqrt{P}$ 80 MHz to 800 MHz $d = 2.3 \sqrt{P}$ 800 MHz to 2.5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters as determined by an electromagnetic site survey, ²⁾ should be less than the compliance level in each frequency range. ³⁾ Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

Electromagnetic immunity IEC60601-1-2			
Immunity test	IEC 60601 Test level	Compliance level	Electromagnetic environment –guidance
Note1: At 80 MHz and 800 MHz, the higher frequency range applies. Note2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.			
*2) Field strengths from fixed transmitters, such as base stations for radio (cellular/ cordless) telephones and land mobile radio, AM and FM radio broadcast, and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the PM3029 is used exceeds the applicable RF compliance level above, the PM3029 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the PM3029.			
*3) Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.			

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IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

Recommended separation distance between portable and mobile RF communications equipment and the PM3029			
The PM3029 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customers or the users of the PM3029 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the PM3029 as recommended below, according to the maximum output power of the communications equipment.			
Output Power of Transmitter in Watt	Separation distance according to frequency of transmitter in meter		
	<i>150 kHz to 80 MHz</i> $d = 1.2 \sqrt{P}$	<i>80 MHz to 800 MHz</i> $d = 1.2 \sqrt{P}$	<i>800 MHz to 2.5GHz</i> $d = 2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23
For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. Note: At 80MHz and 800MHz, the separation distance for the higher frequency range applies Note: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.			

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