

Quick Start Guide for Pain Relief Pro™ (PM 3031)



Professional T.E.N.S. therapy has never been so simple.

- More Choices:** 5 pain modes
3 massage modes
10 intensity levels
- Yet simpler:** Easy to read screen
3 large buttons

The modes are interchangeable and effective for multiple body parts.

Customize Your Therapy

1. Select the mode (1 of 8)
2. Choose the intensity level (1 to level 10)

Read complete instruction manual carefully to safely and correctly use this pain management device.

Feel free to share the Pain Relief Pro™ with others in the family. Make sure each person has their own pads to prevent cross-contamination from one person to another.

Manage pain in as little as 15 minutes*

1 Session

15 Minutes
Automatic Shutoff

Maximum Minutes
per Session

30 Minutes or
2 Sessions

Maximum Sessions
per Day

3 Sessions
per Day

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 "ON" button to continue therapy for another 15-minute session.



0
No Pain



2
Mild Pain



4
Moderate Pain



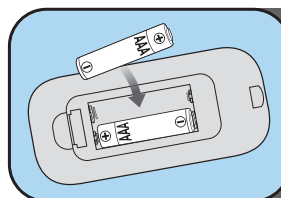
6
Very Uncomfortable Pain



8
Intense Pain

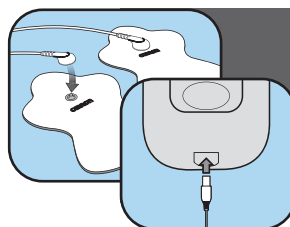


10
Most Severe Pain



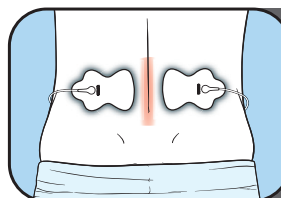
Step 1

Unit should be off. Insert batteries. Read complete instruction manual carefully to safely and correctly use this pain management unit.



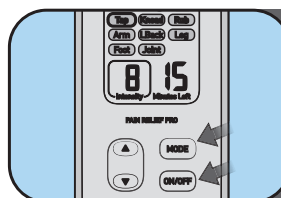
Step 2

Attach the cord to the bottom of the unit and to the pads as shown.



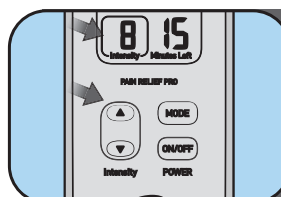
Step 3

Take control and rate your pain before and after therapy (1 mild pain to 10 most severe pain). Place pads onto clean, dry, healthy skin.



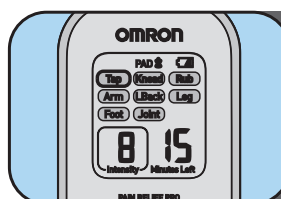
Step 4

Push "ON" button. Select any one of the eight modes that feels good on your pain. Any mode can be used. Screen shows mode selected.



Step 5

Push ▲ (up) button to increase intensity. There are 10 intensity levels that will show on your screen (1 low to 10 high). Set intensity to reach your pain.



Easy to read screen

Screen shows mode, intensity level and number of minutes left in therapy. If battery is low, indicator will show. If one or both pads fall off, indicator will show.



* Results may vary.



For more info: OmronPainRelief.com | OmronPainRelief.com/blog

OMRON Pain Relief Experts for 20 Years

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Strategic
Business
Partner

SILVER LEVEL