

Quick Start Guide for MAX POWER Relief™ (PM 3032)

The T.E.N.S. Power choice for ultimate relief.

2X more Power* 6 pain modes
3 massage-like modes
15 intensity levels

Simple Easy-to-read screen
3 large buttons

The programs are interchangeable and effective for multiple body parts.

Customize your therapy

1. Select the mode (1 of 9)
2. Choose the intensity level (1 to level 15)

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

Feel free to share the MAX POWER Relief 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.

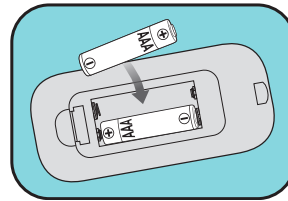
RATE YOUR PAIN to check your progress, 1 low to 10 high.

Stop therapy session if pain has reduced or stopped.

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

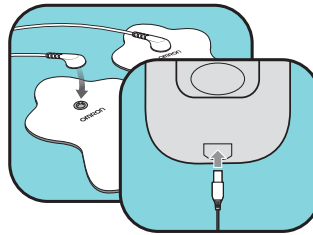


*Versus PM 3030, PM3031



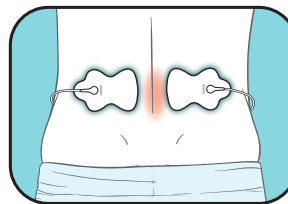
Step 1

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



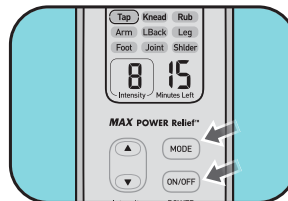
Step 2

Attach the cord to the bottom of the unit and each end to any one of the pads.



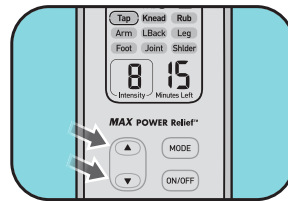
Step 3

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. Place 2 pads around the pain at least 1" apart.



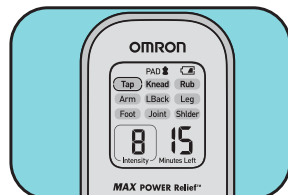
Step 4

Push "ON" button. Select one of the modes that feels good on your pain. Any of the modes can be used on any of your pains.



Step 5

Push ▲ (up) button to increase intensity. There are 15 levels of intensity. 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.