# Selecting the Program on Model # ET-7070

## TENS Output Modes

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<tr>
<th>Program Modes</th>
<th>Pulse Rate</th>
<th>Output Mode/ Pulse Width</th>
<th>Type of Pain</th>
<th>Potential Benefits</th>
<th>You Should Feel</th>
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</thead>
</table>
| P1            | 15Hz       | Constant                 | Chronic Pain          | • Pain Gate Control  
• Pain relief associated with muscle groups                                       | • Continuous comfortable tingling                      |
| P2            | 60Hz       | Modulated                | Acute Pain            | • Pain Gate Control  
• Helps relieve muscle twitching/spasms                                               | • Comfortable pulsing sensation                         |
| P3            | 60Hz       | Constant                 | Chronic Pain          | • Pain Gate Control  
• Pain relief associated with muscle groups                                           | • Comfortable pulsing sensation                         |
| P4            | 2-60Hz     | Modulated                | Chronic Pain          | • Achieve endorphin and gate response                                               | • Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves)  
• Massage-like feeling                                                              |
| P5            | 60Hz       | Modulated                | Chronic Pain          | • Achieve endorphin and gate response  
• Decreased muscle fatigue                                                           | • Variable mild tingling sensation (sensation should appear to come in waves)  
• Massage-like feeling                                                              |
| P6            | 7-60Hz     | Modulated                | Chronic Pain          | • Decreased muscle fatigue                                                          | • Variable pulsing and pumping action (action should appear to come in waves)  
• Massage-like feeling                                                              |
| P7            | 60Hz       | Modulated                | Chronic Pain          | • Prevents accommodation of habituation                                              | • Variable tingling and pumping action (action should appear to come in waves)  
• Massage-like feeling                                                              |
| P8            | 245-245Hz  | Cycle                    | Arthritis             | • Combination of pain gate control & endorphin release  
• Pain relief related to muscle groups  
• Helps prevent habituation (recurrence)                                              | • Massage-like feeling                                  |

## EMS Output Modes

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<tbody>
<tr>
<td>P1</td>
<td>40-99Hz</td>
<td>2 Sec On 1 Sec Off</td>
<td>Exercise Prep</td>
<td>• The program can gently warm muscles prior to exercise</td>
<td>• Rhythmic massage</td>
</tr>
</tbody>
</table>
| P2            | 4Hz        | -                        | Muscle Recovery | • The program produces muscle twitches at a very low frequency  
• For muscle recovery from fatigue and relaxation to help decrease muscle stiffness | • Tapping massage                                       |
| P3            | 5Hz        | -                        | Active Recovery | • The program produces muscle twitches at a very low frequency  
• For muscle recovery from fatigue and relaxation to help decrease muscle stiffness | • Soft tapping massage; similar to P2 but twitch rate is slower resulting in softer tapping |
| P4            | 99Hz       | 2 Sec On 1 Sec Off       | Active Recovery  | • The program activates the muscle in a short contraction/relaxation cycle          | • Kneading massage                                      |
| P5            | 4-20Hz     | 2 Sec Ramp Up 6 Sec On 2 Sec Ramp Down 1 Sec Off | Endurance | • The program uses a low frequency pulse to initiate slow twitch fibers for developing aerobic capacity and capillary supply  
• It helps improve fatigue resistance during long duration moderate intensity exercise | • The exercise comprises of alternating sequence of work and rest phases lasting several seconds |
| P6            | 50Hz       | 2 Sec Ramp Up 5 Sec On 3 Sec Ramp Down 10 Sec Off | Muscle Strength | • The program uses a low frequency pulse to initiate fast twitch fibers for developing aerobic capacity and capillary supply and is used for improving maximum muscle strength | • Increase the stimulation intensity until you get a strong and deep muscle contraction  
• Do not exceed your comfort level  
• 20 min/duration                                                               |