SHARPER IMAGE®

T.E.N.S. FOOT MASSAGER WITH INFRARED HEAT

Item No. 211451

User Guide

Thank you for purchasing the T.E.N.S. Foot Massager with Infrared Heat. This device features EMS foot reflexology to help stimulate circulation and support internal organ function. Please take a moment to read this Owner's Guide and store it for future reference.

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6. Remote control
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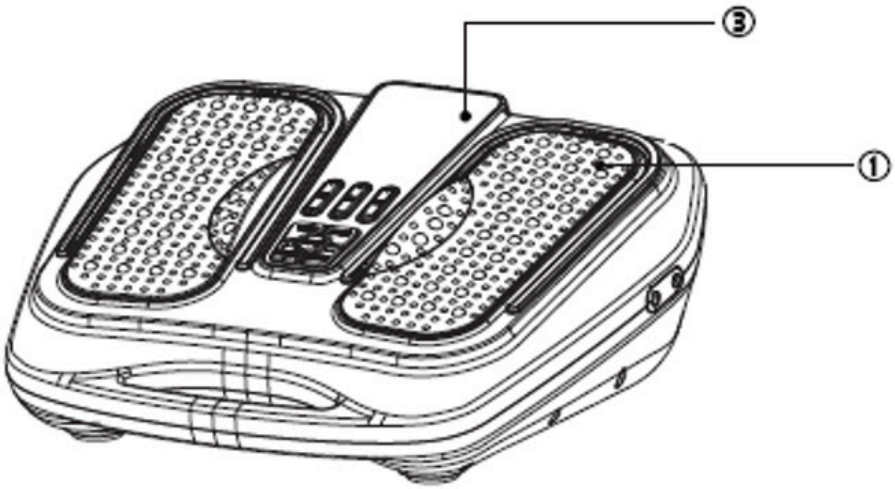

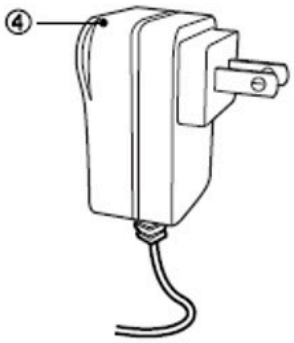


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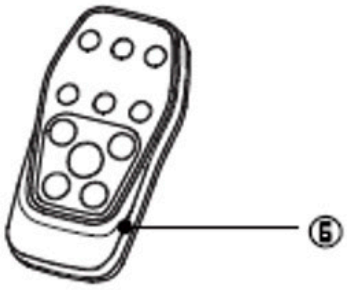
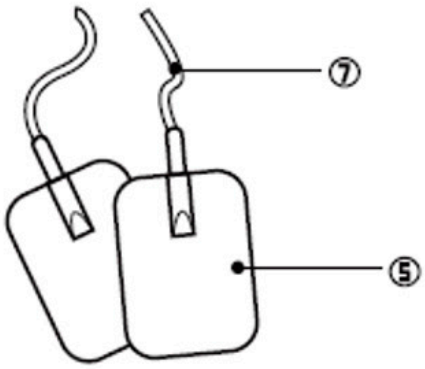




FUNCTION AND INTENDED USE

The T.E.N.S. Foot Massager with Infrared Heat uses low-frequency electrical currents to gently stimulate areas of the body that feel sore or tense. This stimulation causes the muscles to contract and relax, which helps improve blood circulation. As muscles relax, fresh blood flows in, and as they contract, blood carrying waste products flows out. This natural cycle can help relieve pain, swelling, and fatigue while promoting overall comfort and relaxation.

Intended Use:

This product is designed to help relieve or reduce muscle pain, swelling, and fatigue, and to promote better blood circulation.

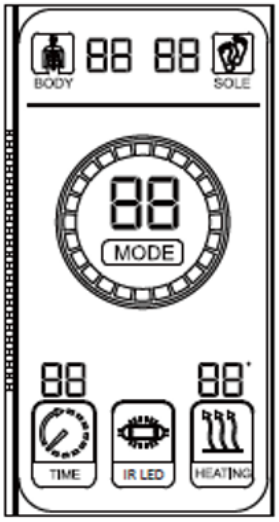
Features:

1. Made with high-quality ABS materials and an ergonomic design for a modern, stylish look and comfortable use.
2. 99 adjustable intensity levels to achieve your preferred level of relief.
3. Automatic 25-minute timer, adjustable from 5 to 60 minutes.
4. 25 massage modes for feet and body—each mode targets different needs to help ease tension and restore energy.
5. Easy-to-use remote control for convenient operation.

USAGE OF ELECTRODE GEL PADS

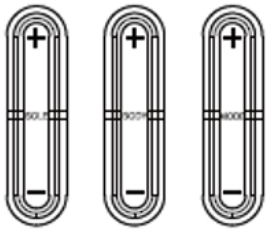
1. The size of the pads is approximately 2.2 × 3.5 inches (5.5 × 9 cm).
2. Connect the output wire to the Electrode Gel Pads.
3. Then connect the other end of the output wire to the electrical muscle stimulator.
4. Remove the protective film from the adhesive side of the pads.
5. Attach the Electrode Gel Pads firmly to the skin.
6. Press and hold the Power button for 3 seconds to turn on the unit. Adjust the stimulation mode and output intensity as desired. (The display will show the selected mode and level.)
7. Keep the adhesive gel pads clean. Do not expose them to high temperatures or direct sunlight.
8. If the Electrode Gel Pads lose adhesion or become dirty, wipe them gently with a damp cloth or replace them with new ones. Do not clean the pads with any chemicals.
9. The effectiveness of the pads will decrease after multiple uses. Please replace them with new pads if they have not been used for a year.

OPERATION

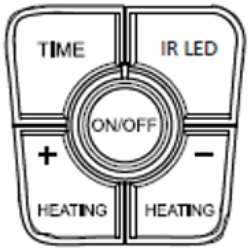


Before use, please check that the equipment is in its original state:
The **BODY** intensity level display, **SOLE** intensity level display, and time display should all show 0, and the **MODE** display should show 1.

Do not operate the equipment above the recommended levels, as this may cause inaccurate results.



1. Place your feet on the unit.
2. Press and hold the Power button for about 3 seconds to turn on the unit. The LCD screen will light up in blue.
3. Select your desired mode by pressing **MODE+** or **MODE-**. There are 25 available modes.
4. Adjust the intensity by pressing the following buttons:
    - **SOLE+ / SOLE -** to increase or decrease foot stimulation intensity
    - **BODY+ / BODY -** to increase or decrease electrode pad stimulation intensity
5. The time can be adjusted from 5 to 60 minutes.
6. You can freely turn the **INFRARED** function on or off as desired.
7. Adjust the heating level by pressing **HEATING+** or **HEATING-**. There are 3 heating levels available: Low- 102.2°F (39°C), Medium- 105.8°F (41°C), High- 109.4°F (43°C)



Tips:
The intensity level for both the Sole mode and the Body mode ranges from 0 to 99. Sensation varies from person to person. When using the device on your feet, you may need to increase the intensity through several levels before feeling noticeable stimulation. Make sure both feet are fully placed on the foot pads, as stimulation will not occur if only one foot is in contact.

When using the device on your body with the gel pads, you may feel stimulation sooner, depending on where the pads are placed. To operate correctly, both gel pads must be applied to the skin.

For either mode, always start at a low intensity level and gradually increase to a level that feels comfortable. It may take passing through several intensity levels before you begin to feel sensation.

BUTTON FUNCTIONS

- **ON/OFF:** Press and hold for about 3 seconds to turn the unit on or off.
- **SOLE+:** Increases the output intensity for the foot massage.
- **SOLE-:** Decreases the output intensity for the foot massage.
- **MODE+:** Scrolls upward through the 25 preset massage modes.
- **MODE-:** Scrolls downward through the 25 preset massage modes.
- **BODY+:** Increases the output intensity for the electrode pads.
- **BODY-:** Decreases the output intensity for the electrode pads.
- **INFRARED:** Turns the infrared function on or off.
- **HEATING:** Adjusts the heating function (3 levels).

HOW TO OPERATE THE REMOTE CONTROL

1. Open the battery cover on the back of the remote control.
2. Insert two AAA (1.5V) batteries, making sure the polarity (+/–) is correct.
3. Close the battery cover securely.

⚠ Note

1. Use only the original standard accessories, detachable parts, and materials.
2. The original power source does not need to be checked or replaced frequently.
3. This device may be affected by high-frequency electromagnetic or microwave radiation. Keep it at least about 1.6 feet (0.5 m) away from such equipment during use.

⚠ CAUTION

Intended Users: This device is mainly intended for use by adults who are healthy and alert. **The following individuals should only use this device after consulting a doctor. Otherwise, use may cause discomfort or other health problems:**

1. Individuals who are extremely weak or suffering from critical illness should not use this product.
2. Those with tumors, cancer, hyperthyroidism, active tuberculosis, or suppurative inflammation should not use this product.
3. Elderly or infirm individuals, or those with heart disease, should not use this product.
4. People who are nervous, fearful, or overly sensitive to electrical muscle stimulation should not use this product.
5. Individuals with severe diabetes, high fever, skin allergies, open wounds, bleeding, or fractures under treatment should not use this product.
6. People with high blood pressure should not use this product.

7. Individuals with abnormal or damaged skin, or with impaired skin sensation, should not use this product.
8. People with psychological disorders should not use this product.
9. Individuals currently undergoing medical treatment, or who feel any abnormal physical discomfort, should not use this product.
10. If the product performance changes — such as weak, strong, or no output; display malfunctions; or unreadable characters — stop using the device and return it to the manufacturer or an authorized service center.
11. This medical electrical equipment requires special precautions regarding electromagnetic compatibility (EMC) and must be installed and operated according to the EMC information provided in the accompanying documents (see pages 13–16).
12. Portable and mobile RF communication equipment may affect the operation of this medical electrical equipment.
13. The use of accessories, transducers, or cables other than those specified — except replacement parts supplied by the manufacturer — may result in increased emissions or decreased immunity of the equipment or system.

⚠ WARNINGS

1. Do not use this device without a doctor's approval if you have an implanted electronic device (such as a cardiac pacemaker).
2. Patients connected to high-frequency surgical equipment should consult a doctor before using this device, as interference may occur.
3. Do not operate this device near (within about 3.3 feet [1 m]) shortwave or microwave therapy equipment, as it may cause instability in the output.
4. The following individuals should only use this device under a doctor's supervision: those with tumors, chronic or serious diseases, severe heart conditions, mental illness, or those who are pregnant.
5. Do not allow the electrode pads to come into contact with metal objects such as straps, watches, or necklaces while the device is operating.
6. Ensure the skin is clean and dry before applying the electrode pads.
7. Do not use the device in wet conditions, such as in the bathroom.
8. Do not sit or stand on the device, and do not drop or throw it.
9. Stop using the device immediately if you feel any discomfort, dizziness, or nausea during use.
10. Do not apply the electrodes near the chest area, as this may increase the risk of cardiac fibrillation.

EXPLANATION OF SYMBOLS AND MARKINGS

	Symbol for the production lot number or batch code
	Symbol for the manufacture date
	Symbol for Warning or Caution
	Symbol for Dispose of this product in accordance with local regulations.
	Symbol for BF Applied Part
	Symbol for This side up
	Symbol for Fragile - Handle with Care
	Symbol for Keep Dry
SN	Symbol for the unit's serial number
IP21	Touch Protection: Internal parts cannot be touched by fingers / objects larger than 12 mm (≈ 0.47 inches) diameter. Water Protection: Product is protected against water sprayed less than 15° from vertical.

CARE AND MAINTENANCE

1. Clean the device with a damp cloth or a mild, neutral cleanser. Do not use flammable liquids such as benzene, thinner, or gasoline.
2. Keep the device away from strong magnetic fields and out of reach of children.
3. Avoid exposing the device to moisture, high temperatures, direct sunlight, or water splashes.
4. If the electrode pads lose adhesion or become dirty, wipe them gently with a damp cloth or replace them with new pads. Do not use chemicals to clean the pads.
5. Do not attempt to disassemble, repair, or modify the device yourself. Unauthorized repairs may void the warranty and after-sales service.
6. If the device will not be used for an extended period, remove the batteries from the remote control.

Environmental Protection

Please dispose of all components responsibly. Separate items like electrode pads and packaging for proper recycling or disposal.

Specifications
Rated: 5 V dc, 2000 mA
Powered by adaptor: HDMA10U-050200
Rated Voltage: 100-240V
Rated input: 0.1 A
Output waveform: Square wave
Pulse repetition frequencies: 1-200Hz
Maximum amplitude of output voltage: 72V
Software version No: MC0188F-REV-V1.0
Rated frequency: 50-60Hz
Rated output: 5v 2000mA
Pulse duration: 115 μS
Effect of load impedance: 1K Ω

Operation condition:
10-40 °C
30% RH ~ 75%RH
860 hPa to 1060 hPa

Store and transport condition:
0-40 °C
≤80% RH
860 hPa to 1060 hPa

⚠ ELECTRODE GEL PAD CARE AND CLEANING

Never stick two adhesive pads together. Keep the gel pads clean and avoid placing them in areas with high temperatures or direct sunlight. To protect the pads and maintain their quality, always place them on the protective sheet after each use. Avoid touching the gel surface with your fingers, as this can reduce its stickiness and overall effectiveness. Do not attempt to clean the pads with hot water or any type of chemical, as this may damage the adhesive gel.

If the pads become dirty, their adhesive strength may weaken and skin irritation could occur. To restore them, lightly moisten the surface with water and gently wipe away any dirt. Be careful not to use too much water, as excessive moisture can reduce the adhesive power. When the pads no longer stick properly, it is recommended to replace them with new ones for best performance.

The electrode pads have passed biocompatibility testing (Report SDFY-2006-2623), confirming that they do not cause skin irritation and are safe for regular use.

TROUBLE SHOOTING

Problem	Reason	Solution
No Stimulation	Wires not connected	Ensure the connecting wires are properly and securely attached.
	Protective film still on pads	Remove the protective film from the electrode pads before use.
Weak Stimulation	Pads not sticking firmly	Make sure the electrode pads are applied flat and securely against the skin.
	Pads overlapping	Gently remove and reapply the pads so they do not overlap.
	Pads are dirty	Clean the pads to restore proper adhesion and performance.
	Low intensity	Increase the intensity level to a comfortable, stronger setting.
	Poor pad placement	Reposition the pads to a more suitable area on the body for better results.
Skin Redness or Discomfort	Therapy time too long	Each therapy session should last about 10–15 minutes.
	Pads too dry	Lightly moisten the pads with a damp cloth, then reapply them firmly to the skin.
	Pads applied too tightly or are dirty	Clean the pads gently before using them again.
	Pads damaged	Change the pads.
Power Turns Off During Therapy	Pads fell off the skin	Turn off the power, reapply the pads securely, and then restart the device.
	Loose or disconnected wire	Turn off the power, reconnect the wire properly, and restart the device.
	No battery power	Replace the batteries with new ones.
	Therapy session ended	The device automatically powers off after approximately 15 minutes of use.

DESCRIPTION OF MODES

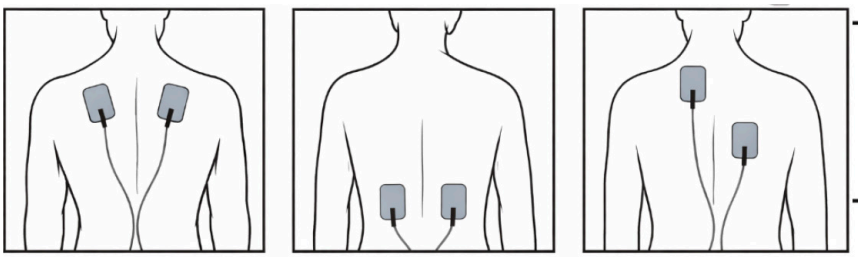
Mode	Pattern
1	Acupuncture Pushing
2	Acupuncture
3	Acupuncture Kneading
4	Acupuncture Tapping
5	Scraping
6	Squeezing
7	Massage
8	Pushing Massage
9	Pushing Squeezing
10	Acupuncture Squeezing
11	Acupuncture Hammering
12	Kneading
13	Thumping
14	Scraping Pressing
15	Cupping
16	Body Shaping
17	Hammering
18	Massage Tapping
19	Pushing
20	Rolling Pounding
21	Squeezing
22	Stroke
23	Acupuncture Therapy Massage
24	Shiatsu
25	Rolling Kneading

EXAMPLES OF ELECTRODE PAD PLACEMENT

See illustrations for correct pad placement.

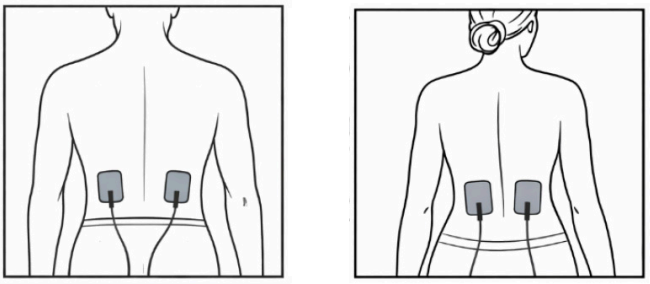
Shoulder and Back

Use for symptoms such as shoulder or back muscle aches and stiffness.



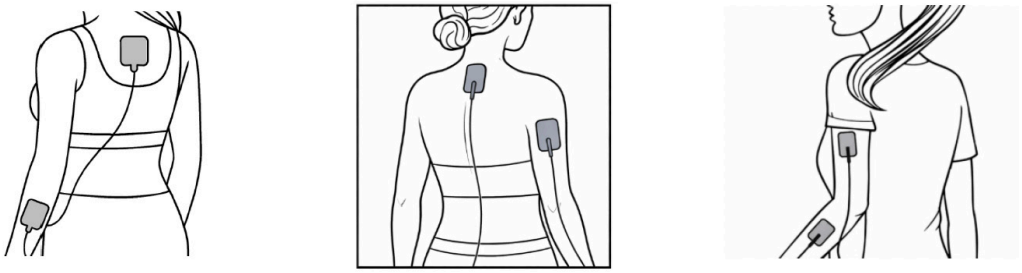
Waist

Use for symptoms such as waist or lower back muscle aches.



Arms

Use for symptoms such as arm numbness or muscle aches.



Legs

Use for symptoms such as leg muscle aches or fatigue.

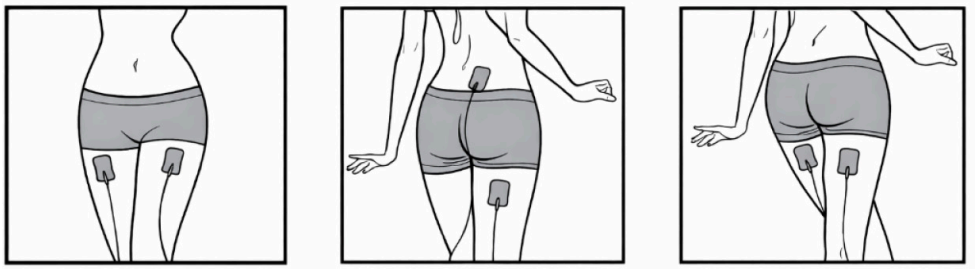
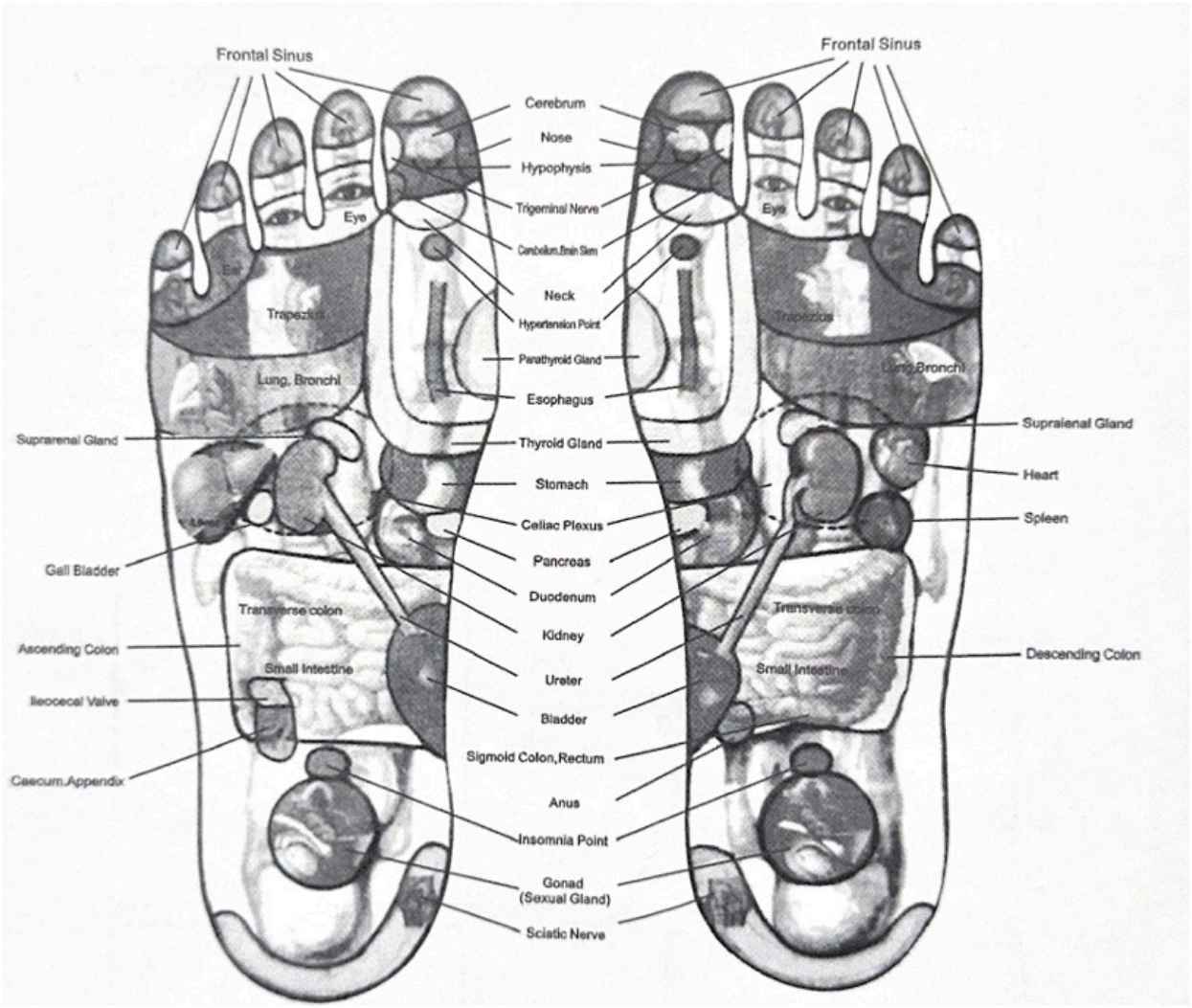


DIAGRAM – FEET REFLEXIVE ZONES



ACCOMPANYING DOCUMENTS:

Instructions for Use

1. The AST-300L requires special precautions regarding electromagnetic compatibility (EMC). It should be installed and operated according to the EMC information provided in the accompanying documents.
2. Portable and mobile radio frequency (RF) communication equipment may interfere with the operation of the AST-300L.

Technical Information

1. Using accessories, transducers, or cables other than those specified—except for manufacturer-approved replacement parts—may increase electromagnetic emissions or decrease the device's immunity.
2. The AST-300L should not be used near or stacked with other electrical equipment.

<table>
<tr><th colspan="3">Guidance and manufacturer's declaration - electromagnetic emissions</th></tr>
<tr><td colspan="3">The AST-300L is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300L should ensure that it is used in such an environment.</td></tr>
<tr><th>Emissions</th><th>Compliance</th><th>Electromagnetic environment-- guidance</th></tr>
<tr><td>RF emissions CISPR 11</td><td>Group 1</td><td>The AST-300L 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.</td></tr>
<tr><td>RF emissions CISPR 11</td><td>Class B</td><td rowspan="3">The AST-300L 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.</td></tr>
<tr><td>Harmonic emissions IEC 61000-3-2</td><td>Class A</td></tr>
<tr><td>Voltage fluctuations/ flicker emissions IEC 61000-3-3</td><td>Complies</td></tr>
</table>

Guidance and Manufacturer's Declaration – Electromagnetic Immunity			
The AST-300L is intended for use in the electromagnetic environment specified below. The customer or user of the AST-300L should ensure that it is used in such an environment.			
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	Floors 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	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) to neutral	±1 kV line(s) to neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions, and voltage variations on power supply input lines IEC 61000-4-11	± 2 kV line(s) to earth <5% UT (>95% dip in UT) for 0.5 cycle; 40% UT (60% dip in UT) for 5 cycles; 70% UT (30% dip in UT) for 25 cycles; <5% UT (>95% dip in UT) for 5 s	± 2 kV line(s) to earth <5% UT (>95% dip in UT) for 0.5 cycle; 40% UT (60% dip in UT) for 5 cycles; 70% UT (30% dip in UT) for 25 cycles; <5% UT (>95% dip in UT) for 5 s	Mains power quality should be that of a typical commercial or hospital environment. If a dip or interruption in mains power occurs, the current of the AST-300L may drop from the normal level. It may be necessary to use an uninterruptible power supply (UPS) or battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	If image distortion occurs, it may be necessary to position the AST-300L further from sources of power frequency magnetic fields or install magnetic shielding. The power frequency magnetic field should be measured at the intended installation location to ensure it is sufficiently low.
NOTE: UT refers to the AC mains voltage before the test level is applied.			

Guidance and manufacturer's declaration - electromagnetic immunity

The AST-300L is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300L should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the AST-300L, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1.2 \times \sqrt{P}$ $d = 1.2 \times \sqrt{P}$ 80 MHz to 800 MHz $d = 2.3 \times \sqrt{P}$ 80 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 dis the recommended separation Distance in meters (m).
Radiated RF IEC 61000-4-3	3V/m 80 MHz to 2.5 GHz	3V/m	Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, and should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur 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 AST-300L is used exceeds the applicable RF compliance level above, the AST-300L should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the AST-300L.
b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the AST-300L			
The AST-300L is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the AST-300L can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the AST-300L as recommended below, according to the maximum output power of the communications equipment.			
	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d=1.21\sqrt{P}$	**80 MHz to 800 MHz** $d=1.21\sqrt{P}$	**800 MHz to 2.5 GHz** $d=2.31\sqrt{P}$
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 distanced 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 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies. NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

WARRANTY AND CUSTOMER SERVICE

This item from SharperImage.com includes a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call our Customer Service department at 1 (877) 210-3449. Customer Service agents are available Monday through Friday, 9:00 a.m. to 6:00 p.m. ET.

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