

QUICK START GUIDE

5 steps needed to use your Tensi+

tensi+

TENSI+ SET UP



PREPARATION

Place a drop of gel onto each electrode.
The conductive gel improves the contact between the electrodes and your skin.




POSITIONING

Place the Tensi+ over your ankle. The lower electrode should be placed just below and behind the medial malleolus (inner side of the ankle).



STARTING UP THE DEVICE

Press and hold down the On/Off button 
The LEDs light up, and you will hear a soft, long beep.




ADJUSTING THE STIMULATION INTENSITY

Gradually increase the intensity of the treatment by pressing and holding down the \oplus button, until you feel a slight tingling under your foot. If the tingling is uncomfortable, decrease the intensity by keeping your finger pressed on the \ominus button.



TREATMENT AND AUTOMATIC SHUT-OFF

Your Tensi+ treatment is now starting. The device will lock after 30 seconds of inactivity. To unlock the device, press on the \ominus button. After 20 minutes the device will switch off. If you wish to switch the device off yourself, press and hold down the  button.



VIDEOS

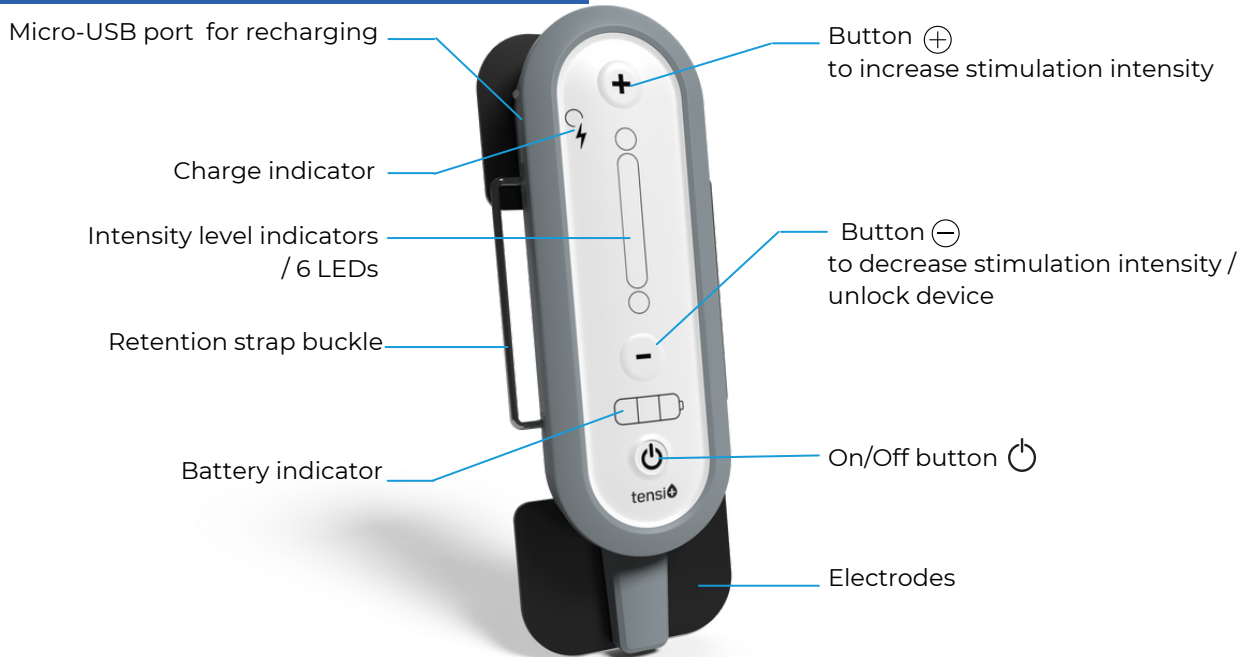
If in doubt, watch one of the helpful videos on our website: tensiplus.com/en.



Warning:

Read all the indications and contraindications detailed in the pack instructions before use.

YOUR TENSI+



ADJUSTING THE STIMULATION INTENSITY

I feel a slight tingling under my foot.



THE POSITION AND CONTACT ARE GOOD

Decrease the intensity slightly by pressing on the ⊖ button. When you stop feeling the tingling, you have reached your comfort level.

I don't feel any tingling under my foot.



CHECK THE DEVICE

Make sure there is enough gel on each electrode and/or adjust the position of the device on your ankle. Sometimes users do not feel any tingling. This does not necessarily mean that your treatment will not work. If this happens, talk about this with the healthcare professional who prescribed your Tensi+.

My Tensi+ starts flashing during treatment.



TENSI+ IS DISCONNECTED

Your Tensi+ has disconnected from your skin for more than one second. Move the device slightly to find your tibial nerve and make sure there is enough gel on each electrode to help conduction. If in doubt, watch one of the helpful videos on our website: tensiplus.com.

I'm unable to increase the intensity level of the LEDs.



MAXIMUM VOLTAGE REACHED

If your Tensi+ device remains at 3, 4 or more LEDs, this means that it has reached the maximum intensity of 50 mA based on your skin's resistance. Your skin has the ability to obstruct the flow of electric current. The device will reach a higher intensity when the skin conducts more electricity. The device will stay at a lower intensity when the skin conducts less electricity.

VISIT OUR WEBSITE FOR HELPFUL TIPS AND VIDEOS

www.tensiplus.com/en



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