

TWIN STIM™

**Transcutaneous Electrical
Nerve Stimulator &
Electrical Neuromuscular
Stimulator**

Instruction Manual

CONTENTS

It is recommended that you read this entire manual thoroughly before using your stimulator.

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GENERAL INFORMATION

WHAT IS THE TWIN STIM™ ?

TWIN STIM™ has been proven useful in pain management for many pain patients. but also enables you to enjoy the benefits of rapid healing of injury and the ability to rehabilitate and strengthen muscles at your convenience.

TWIN STIM™ achieves these two electrical stimulation functions in one pager sized package by combining the electronic technology used for generating pain relieving stimulation with that used to generate muscle stimulation.

The **TWIN STIM™** is an easy-to-use system. A marvel of miniaturized electronics the lightweight power unit transmits electrical pulsed through the skin surface and stimulates motor units (nerve and muscles) effectively exercising the muscles. The electrical impulses are "ramped" so that they closely emulate natural muscle contractions.

What this means to you is the chance to personally manage a wide range of musculoskeletal disorders as well as develop and strengthen your muscles with one compact, highly efficient electrical body stimulator.

WHAT IS TENS?

TENS, or Transcutaneous Electrical Nerve Stimulation, mean the transmission of small electrical pulses through the skin to the underlying peripheral nerves.

TENS works in two different way :

First of all, "High frequency" continuous, mild, electrical currents may block the pain signal traveling to the brain. Brain cells perceive pain. If the pain signal does not get through to the brain, the pain won't "FEEL".

The second way **TENS** works by stimulating the body's own natural pain-control mechanism. The "low frequency" or short bursts of mild, electrical activity of **TENS** may cause the body to release its own analgesics, called "Beta endorphins". Ask your doctor or clinician for more details.

No matter what pain theory is applied, **TENS** has been proven useful in pain management for many pain patients.

WHAT IS ELECTRICAL NEUROMUSCULAR STIMULATOR ?

Neuromuscular stimulation is achieved by sending small electrical impulses through the skin to the underlying motor units (nerves and muscles) to create an involuntary muscle contraction. This passive exercise is a therapeutic treatment to minimize the degeneration that occurs following partial denervation or immobilization.

Electrical Neuromuscular stimulation has many uses beyond its traditional application to prevent disuse atrophy, including :

- Range of motion - as a substitute for passive and active stretching exercise performed by the patient or therapist.
- Facilitation - for example, teaching a patient how to set his or her quads.

COMMON CANDIDATES

- Patients recover from cortical neuron lesion such as caused by a head trauma or stroke.
- Spinal cord injury patients.
- Anaplasty patients receiving a prosthesis or an athlete recovering from a knee injury.
- Patients recover from lower motor neuron disorders such as Guillain-Barre Syndrome.