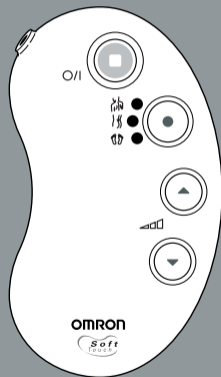


A Good Sense of Health

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**OMRON**



## Electronic Nerve Stimulator **SoftTouch (HV-F158-E)**

- **Instruction Manual**
- **Mode d'emploi**
- **Gebrauchsanweisung**
- **Manuale di istruzioni**
- **Manual de instrucciones**
- **Gebruiksaanwijzing**

EN

FR

DE

IT

ES

NL

PK-HV-F158-E-02-08/08  
1647385-0B

- Thank you for purchasing this OMRON Electronic Nerve Stimulator.
- In order to use the device safely, read this manual carefully before first use.
- Keep this manual in a convenient place for future reference.

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This Electronic Nerve Stimulator is intended to be used as a massager to relieve (muscle) pain, stiffness and fatigue. The massaging effect is achieved by electronic stimulation of the nerves through electrode pads placed on the skin. Various massage regions and treatment programs can be selected.

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## Features

### I. 3 Massage Modes

Pre-programmed massage mode for Shoulder, Waist and Sole

### II. Intensity Mode

Choose from 5 intensity levels to suit your needs

### III. Jumbo Electrode Pads

The electrode pads are made larger for a bigger area of contact, improving massage effectiveness.

## Massage recommendations

**Time:** 10-15 min/time/region

**Frequency:** 1-2 times/day

**Intensity:** At a comfortable level

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## **1. Information on Low-Frequency Therapy**

### **1.1 What is Low Frequency?**

**A treatment method effectively using the physiological action**

Although we do not notice it, our bodies generate very weak electricity from various parts of the body including the brain, heart, muscles, and nerves. This electricity is called bioelectricity. The bioelectricity plays an essential role for the normal functioning of our bodies. Our bodies sensitively react to electric stimulation applied from the outside and cause various changes. The method to treat abnormality of bioelectricity, which is manifested as stiffness or pain, by effectively using the above mentioned action is called electrotherapy, of which low-frequency therapy is typical.

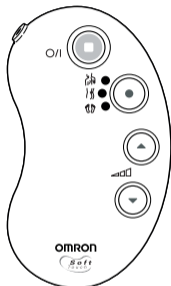
### **1.2 Mechanism of low-frequency electrotherapy**

**Pumping action of muscles**

Muscles contract and relax with the flow of the low-frequency current. When the muscle relaxes, a large amount of blood flows in, and when the muscle contracts, the blood containing wastes is pumped out. With repeated actions, the blood flows smoother and the blood circulation is improved.

## 2. Package Contents

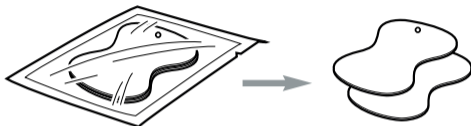
### ■ Main unit



### ■ Electrode cord



### ■ Jumbo Pad (2 pcs)



### ■ Batteries for trial use (2 pcs AAA size (R03) battery)

### ■ Electrode Holder



### ■ Instruction Manual

○/I Power

▲ Intensity

Shoulder

Waist



Sole

## 3. Safety Precautions



- The icons and warning signs are indicated here for your safety and correct usage of the product as well as to prevent injuries and/or damage to properties.
- The icons and meanings are as follows:

### Examples of Icons



The  icon indicates prohibitions (must not do). Matters involving certain prohibitions are indicated by text or pictures in or near . The icon to the left means "Prohibitions to Disassemble".



The  icon indicates something that is compulsory (must be observed). Matters involving certain compulsory actions are indicated by text or pictures in or near . The icon to the left refers to "General compulsory action".

### DANGER

This unit must not be used in combination with the following medical devices:

- (1) Internally transplanted electronic medical devices, e.g. pacemakers
- (2) Electronic life support equipment, such as respirators
- (3) Electronic medical devices attached to the body, such as electrocardiographs

Using this unit with other electronic medical devices may cause erroneous operation of those devices.




**WARNING**

Persons with the following conditions must consult the doctor before using this unit:

- 1) acute disease
- 2) malignant tumor
- 3) infectious disease
- 4) pregnancy
- 5) cardiac dysfunction
- 6) high fever
- 7) abnormal blood pressure
- 8) skin sensory disorders or skin problems
- 9) receiving medical treatment, especially those feeling discomfort

May cause an accident or ill health.



**Do not use this unit near the heart, above the neck, on the head, around the mouth or on diseased skin.**  
May cause an accident or ill health.

**Do not use this unit simultaneously with other therapeutic device or in combination with ointments including spraytype ointments.**  
May cause discomfort or ill health.

**Do not use this unit for purposes other than treatment indicated in this manual.**  
May lead to accident, problems, or failure of the unit.




**Do not insert the electrode cord plug into any place other than the electrode cord jack of the main unit.**  
May cause an electric shock or accident.


**Do not disassemble or remodel this unit.**  
May cause fire, trouble, or accident.



EN

### 3.Safety Precautions

 <b>CAUTION</b>	
<p><b>If the unit is not functioning properly or you feel discomfort, immediately stop using the unit.</b> If you feel any problems with your body or skin, consult the doctor and follow his/her instructions.</p>	
<p><b>If you want to move the Electrode Pad to another region or your body during treatment, be sure to turn off the power.</b> If not, you may receive a strong electrical shock.</p>	
<p><b>Do not try to attach the Pads to any other person during the treatment.</b> You may receive strong electrical shock.</p>	
<p><b>Do not start treatment while wearing an electronic device.</b> The settings and timings of the device may be affected.</p>	
<p><b>Do not use this unit on infants or people not capable of expressing their intentions.</b> May cause an accident or ill health.</p>	

<p><b>Do not use this unit in places with high humidity such as bathrooms or while taking a bath or shower.</b> You will receive a strong electrical shock.</p>	
<p><b>Do not use this unit while sleeping.</b> The main unit may develop trouble, or the pad may move to an unexpected region and cause ill health.</p>	
<p><b>Do not use this unit while driving.</b> Receiving sudden strong stimulation may lead to traffic accident or trouble.</p>	
<p><b>Do not leave the Electrode Pad attached to the skin after treatment.</b> Prolonged attachment may cause skin irritation or infection.</p>	
<p><b>Be careful not to allow any metal object, such as a belt buckle or necklace to come into contact with the Electrode Pad during treatment.</b> You may receive a strong electrical shock.</p>	
<p><b>Do not use cellular phones or other electronic devices near this unit.</b></p>	
<p><b>Do not use this unit to treat one region for a long time (more than 30 minutes).</b> The muscles of the region under treatment may be exhausted and may cause poor physical condition.</p>	

## 4. Name and function of each section

### Electrode Cord Jack

### Power button

When the button is pressed, low frequency massage will start.

### Mode selection button

With this button you can select your preferred massage area, together with the specific massage program for that area.

### Intensity setting button

Set according to your needs at 5 different levels.

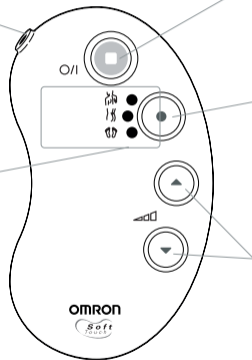
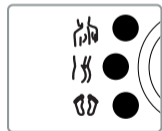
Press ▲ for higher intensity.

Press ▼ for lower intensity.

### Mode indicator

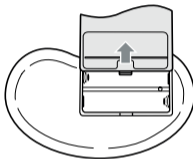
The blinking-light indicates the operation mode.

The blinking pattern of the lights corresponds to the selected intensity level.

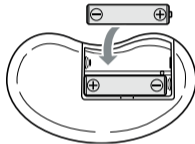


## 5. How to insert battery

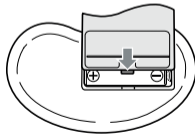
- ① Remove the battery cover on the back.



- ② Make sure the  $\oplus$   $\ominus$  signs correspond when inserting batteries.



- ③ Reinstall the battery cover.



- ※ During battery replacement, replace both batteries with new ones.
- ※ Dispose the used batteries according to the local regulations.

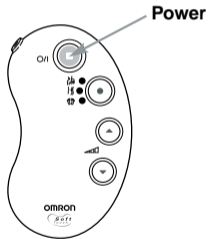
## 6. Usage

### 1 Electrode cord

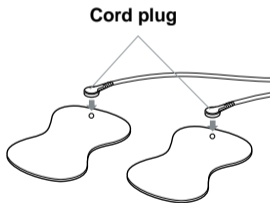
#### ■ How to connect the cord?

- Do not bend or pull the end of the cord.
- When pulling out the cord from the device, hold the plug and pull.
- Replace the cord when broken or damaged.

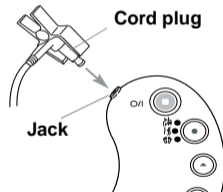
① Make sure the unit is switched OFF.



② Connect the electrode cord to the electrode pads.



③ Insert the cord plug to the jack.



**2** Attach the Jumbo-pads to the area you want to massage

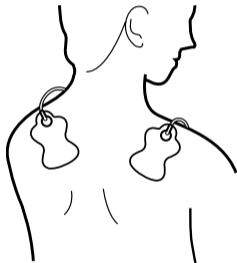


When you use it for the first time, remove the transparent film.

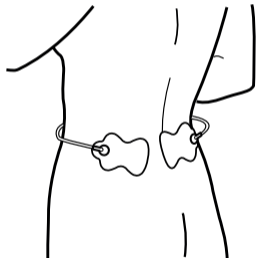
※ Do not bend or fold the pads.

Refer to these illustrations for proper placement of the pads at the indicated areas.

**Shoulder  
massage**



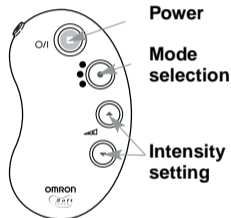
**Waist  
massage**



**Sole  
massage**



### 3 Switch the power ON, and select massage mode



※ When the unit is powered on, the intensity setting will be at the lowest level. You can adjust this to your personal preference.

### Select Shoulder Mode

This program effectively massages the shoulder.

- It also changes between tapping and kneading.
- The speed changes automatically.

The shoulder mode lamp will light up



Your last selected program will be activated automatically after you switch the power ON.

### Select Waist Mode

This program effectively massages the waist.

- It also changes between kneading and pushing.
- The speed changes automatically.

The waist mode lamp will light up



※ Intensity should start from the lowest level.

### Select Sole Mode

This program effectively massages the sole.

- Kneading massage program is applied.
- The speed changes automatically.

The sole mode lamp will light up



When the mode selection button is pressed, the mode will change every time you press it.



### Intensity adjustment

Press ▲ for higher intensity.  
Press ▼ for lower intensity.

The intensity is adjustable in 5 steps, indicated by a blinking light.

Weak



The blinking pattern of the light corresponds to the selected intensity level.



Strong



**4**

Press the power button to turn the unit OFF

### Massage termination

- ※ The massage will stop automatically after 15 minutes.
- ※ When the battery is weak, the intensity will drop. Replace with new batteries according to the instructions on how to change the battery.

## 7. Cleaning and storage

### ■ Cleaning the unit

Clean with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently.

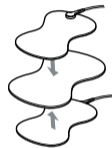
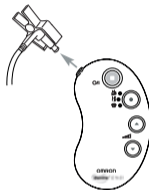
- ※ Do not use chemicals (like thinner, benzene).
- ※ Do not let water get into the internal area.

### ■ Jumbo Pad

- ※ When the Jumbo-pad gets dirty, it may affect the skin. In such a case wipe it gently with a wet cloth. The stickiness will recover temporarily. Do not use too much water.  
Replacement of the Jumbo pads depends on each individual, but generally after approximately 30 uses.
- ※ In case the pads are damaged, replace with the same Jumbo pads or with OMRON Long-Life pads (E plus).

### ■ Packing up

- ① When you are packing up, pull the cord plug from the jack.
- ② Leave the Jumbo-pad that has been used connected as it is to the cord and attach to the electrode holder (one on each side).
- ③ Wrap up the cord around the pad.



### ■ Storage

- Do not keep the Jumbo pads and the unit in areas subject to direct sunlight, high temperature, humid area, near to fire, vibration, or shock.
- Do not keep at places that can be easily reached by children.
- When not in use for a long period, to avoid liquid discharge from batteries, remove the batteries before storage.

## 8. Trouble-shooting

Problem	Cause	Solution
The intensity is not felt. Very weak intensity level	Are both Jumbo-pads attached to the body?	Attach both to the body.
	Have you removed the transparent film from the Jumbo-pad?	Remove the transparent film.
	Are the Jumbo-pads stacked together?	Do not stack them together.
	Is the cord properly connected?	Push right into the jack.
	Is the intensity setting getting weak?	Press the ▲ up button.
	Are the batteries weak?	Replace battery.

Skin becomes reddish. The skin is itchy.	Is massage time too long?	Use 10-15 min.
	Are the 2 Jumbo-pads attached properly to the body?	Attach 2 of them properly.
	Is the Jumbo-pad surface clean, or dry?	Wipe gently with a piece of wet cloth.
	Is the Jumbo-pad surface worn out?	Replace with new ones.
No power source	Polarities of battery (+ and -) aligned in wrong direction.	Insert batteries in correct alignment.
Power cut off	Are the batteries weak?	Replace batteries.
	Is the cord broken?	Replace cord.
Power cut off during use.	Every 15 min. it stops automatically.	
※ When the above measures are not effective, then contact the nearest OMRON dealer for check-up or repair.		

## 9. Specifications

Product name: OMRON Electronic Nerve Stimulator

Model: SoftTouch (HV-F158-E)

Power source: DC3V (2 pcs AAA size battery)

Battery life: New batteries will last for approx. 3 months  
(when used for 15 minutes day, Waist Mode,  
max. intensity).

**Note:** Supplied batteries are for trial use. These  
batteries can run out within 3 months.

Output frequency: Approx. 1~100Hz

Power control: 5 steps.

Operating temperature range: +10°C~+40°C

Storage temperature range: -20°C~+60°C.

Weight: Approx. 60g (incl. battery)

Outer dimension: Width 55 x Height 95 x Depth 18mm

- ※ Specification may change without prior notice.
- ※ This OMRON product is produced under the strict quality system of OMRON Healthcare Co. Ltd., Japan.

### Accessories/replacement parts

OMRON Jumbo Electrode Pads (set of 2), order no.:  
1098186-1

OMRON Long Life Electrode Pads (set of 2, incl. holder),  
order no.: 4928818-7

Electrode cord, order no.: 1097937-9

## 9. Specifications



= Type BF



= Warning: read the instruction manual carefully




Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.



This product should not be used by persons with medical implants, e.g. heart pacemakers, artificial heart, lung or other electronic life support systems.

CE 0197

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<b>EU-representative</b>	<b>OMRON HEALTHCARE EUROPE B.V.</b> Kruisweg 577, 2132 NA Hoofddorp, The Netherlands <a href="http://www.omron-healthcare.com">www.omron-healthcare.com</a>	<table border="1" data-bbox="2034 269 2287 372"> <tr> <td>EC</td> <td>REP</td> </tr> </table>	EC	REP
EC	REP			
<b>Production facility</b>	<b>OMRON DALIAN CO., LTD.</b> Economic & Technical Development Zone Dalian 116600, China			
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