

**OMRON®**

**INSTRUCTION MANUAL**

**electroTHERAPY pain relief**

Model: **PM3030**

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## INTRODUCTION

Thank you for purchasing Omron's electroTHERAPY for pain relief solution.

In order to use the device safely, read the complete manual carefully before using the device for the first time.

Keep this instruction manual in a convenient place or store with the device for future reference.

- *Register your product on-line at [www.register-omron.com](http://www.register-omron.com).*
- *Keep your purchase receipt as proof of purchase for warranty coverage.*

The Omron® PM3030 electroTHERAPY pain relief solution is intended for the relief of pain associated with sore or aching muscles of the lower back, arms, or legs due to strain from exercise or normal household and work activities. It should be applied to normal, healthy, dry, clean skin of adult patients. This box contains the following components:

- Unit
- Electrode Cords
- 2 Self-Adhesive Pads
- Plastic Pad Holder
- Two AAA Batteries
- Instruction Manual
- Quick Start Guide with Pad Placement Guide

**SAVE THESE INSTRUCTIONS**

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS



*It is important that you read all the warnings and precautions included in this instruction manual because they are intended to keep you safe, prevent injury and avoid a situation that could result in damage to the device.*

### SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

#### **WARNING**

Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

#### **CAUTION**

Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

### **DANGER**

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

- (1) Internally transplanted electronic medical devices, such as a pacemaker.
- (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.



## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### DO NOT USE THIS DEVICE UNDER THESE CONDITIONS

- ⚠ **Consult with your physician before using this device**, because the device may cause lethal rhythm disturbances in certain susceptible individuals.
- ⚠ **If you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device.** Such use could cause electric shock, burns, electrical interference, or death.
- ⚠ **Together with a life-supporting medical electronic device** such as an artificial heart or lung or respirator.
- ⚠ **In the presence of electronic monitoring equipment** (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- ⚠ **On open wounds or rashes**, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins); On top of, or in proximity to, **cancerous lesions**.
- ⚠ **Over areas of skin that lack normal sensation.**

- ⚠ **On the opposite sides of your head** since the effects of stimulation of the brain are unknown.

### DO NOT USE ON THESE INDIVIDUALS

- ⚠ **Pregnant women**, because the safety of electrical stimulation during pregnancy has not been established.
- ⚠ **Children or infants**, because the device has not been evaluated for pediatric use.
- ⚠ **Persons incapable of expressing their thoughts or intentions.**

### DO NOT USE THIS DEVICE DURING THESE ACTIVITIES

- ⚠ When in the **bath or shower**;
- ⚠ **While sleeping**;
- ⚠ **While driving, operating machinery**, or during any activity in which electrical stimulation can put you at risk of injury.

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### ⚠ NEVER APPLY THE PADS TO:

The head or any area of the face.



The neck or any area of the throat because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.



Both sides of the thorax simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances which could be lethal.



### PAIN MANAGEMENT WARNINGS

⚠ If you have had medical or physical treatment for your **pain**, **consult with your physician** before using this device.

⚠ If your pain does not improve, becomes seriously chronic or severe, or continues for **more than five days**, stop using the device and **consult with your physician**.

⚠ The mere existence of pain functions as a very important warning telling us that something is wrong. Therefore, if you suffer from any serious illness, **consult your physician** in order to confirm that it is advisable for you to use this electroTHERAPY unit.

### WARNINGS AND PRECAUTIONS REGARDING THE PADS

⚠ Apply pads to **normal, healthy, dry, clean skin** (of adult patients) because it may otherwise disrupt the healing process.

⚠ If you experience **any skin irritation or redness** after a session, do not continue stimulation in that area of the skin.

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### WARNINGS AND PRECAUTIONS REGARDING THE PADS

*(continued)*

- ⚠ **Do not bend or fold** because the pad may not function properly. Store on either side of the plastic pad holder when not in use.
- ⚠ **Do not apply ointment or any solvent** to the pads or to your skin because it will disrupt the pads from functioning properly. The pads are already pre-gelled and will adhere to your skin.
- ⚠ To avoid damage to the adhesive surface of the pads, **put the pads only on the skin or on the plastic pad holder provided.**
- ⚠ Place the pads **at least 1 inch apart** on your skin. The pads should never touch each other.
- ⚠ Always place clean pads **in accordance with illustrations** provided (Refer to pages 16-18, Pad Placement).
- ⚠ Make sure the components are **connected well and the pads are fixed** on the part of the body you wish to treat or the therapy may not be effective.

### DO NOT USE YOUR PADS THIS WAY

- ⚠ **Pads should not touch** each other when placed onto your skin.
- ⚠ Do not place on your **spine or backbone.**
- ⚠ Pad **should not touch any metal object**, such as a belt buckle or necklace.
- ⚠ Pads should not be placed **simultaneously on the soles** of both feet.
- ⚠ Pads should not be placed **simultaneously on the calves** of both legs.
- ⚠ **Do not share pads** with another person. This may cause a skin irritation or infection. Pads are intended for use by one person.
- ⚠ Do not place or relocate the pads while the device is on. **Always turn the power off before removing** or changing the pad location.
- ⚠ Do not leave pads **attached to the skin** after treatment.

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### CAUTION WHILE USING UNIT

- ⚠ If the unit is **not functioning properly** or you feel discomfort, immediately stop using the device.
- ⚠ **Do not use for any other purpose** except for what it is intended for.
- ⚠ **Do not insert the electrode plug into any place other** than the jack on the main unit.
- ⚠ **Do not mix Alkaline and Manganese batteries** as this will shorten the battery life.
- ⚠ **Do not pull on the electrode cord** during treatment.
- ⚠ Do not use the device **while wearing electronic devices** such as watches as this may damage the device.
- ⚠ Do not use **near a cell phone** as this may cause the stimulator to malfunction.
- ⚠ **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.

- ⚠ Do not throw the batteries **into a fire**. The batteries may explode.
- ⚠ **Dispose of the device, batteries, and components** according to applicable legal regulations. Unlawful disposal may cause environmental pollution.
- ⚠ The size, shape and type of pads **may affect the safety and effectiveness** of electrical stimulation.
- ⚠ The electrical performance characteristics of pads **may affect the safety and effectiveness** of electrical stimulation.
- ⚠ Using pads that are **too small or incorrectly applied**, could result in discomfort or skin burns.

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### General Precautions

- The long-term effects of electrical stimulation are unknown.
  - Apply stimulation to only normal, intact, clean, dry, and healthy skin.
  - TENS is not effective in treating the original source or cause of the pain, including headache.
  - TENS is not a substitute for pain medications and other pain management therapies.
  - TENS devices do not cure disease or injuries.
  - TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
  - Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
  - You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
  - If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
  - If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
  - Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
  - Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
  - Use caution if stimulation is applied over the menstruating or pregnant uterus.
  - Use caution if stimulation is applied over areas of skin that lack normal sensation.
- ⚠ Keep unit away from young children. The unit contains small pieces that may be swallowed. Immediately contact your physician.

## IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

### General Precautions *(continued)*

- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.
- ⚠ Keep unit out of the reach of young children. The electrode cord can cause strangulation.

### Possible Adverse Reactions

- **Do not use to treat one region for extended periods of time (more than 30 minutes a session, up to 3 times/day)** or muscles in that region may become exhausted and sore.
- You may experience **skin irritation and burns** beneath the stimulation electrodes applied to your skin.
- You may experience **headache and other painful sensations** during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and **consult with your physician** if you experience adverse reactions from the device.

## HOW electroTHERAPY FOR PAIN RELIEF WORKS

### What is it?

The electroTHERAPY for pain relief device is a 3-program, portable device designed for adults only. It is designed to reduce and relieve muscle and joint pain, stiffness and numbness in the arms, legs and foot by applying electrical nerve stimulation to the surface of the skin near the site of the pain. It can be successfully used in conjunction with any other pain treatment or medication. This type of therapy, called Transcutaneous Electrical Nerve Stimulator (TENS), has been used for over 30 years by medical professionals such as physical therapists and chiropractors.

### How does it work?

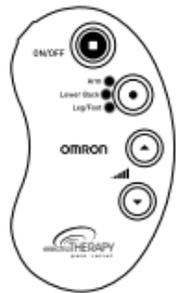
Scientific theory suggests that electrical stimulation therapy may work in several ways:

1. The gentle electrical pulses move through the skin to nearby nerves to block or shut out the pain message from ever reaching the brain from the source of the pain.
2. The gentle electrical pulses increase the production of the body's natural pain killer, such as endorphins.
3. Furthermore, it is thought that the electrical stimulation improves blood circulation as well. Muscles contract and relax with the flow of the electrical stimulation. With repeated contracting and relaxing, the blood flows in and out and the blood circulation is improved.

# KNOW YOUR UNIT

## PACKAGE CONTENTS

Unit



Electrode Cords



Pad Holder



Instruction Manual



Two Pads  
(98mm x 64mm)



Quick Start Guide/  
Pad Placement Guide



Batteries for trial use  
(two AAA size (R03) batteries)



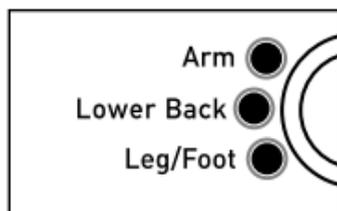
# KNOW YOUR UNIT

## FEATURES

1. Three pre-set programs (Arm, Lower Back, Leg/Foot).
2. Five intensity levels of therapy, 1 low intensity to 5 high intensity.
3. Pair of pads (durable, re-usable, washable, up to 150 uses).  
(Do not use with non-manufacturer's pads or electrode cord).

### Mode Indicator

The blinking light indicates the operation mode. The blinking pattern of the lights corresponds to the selected intensity level.



## BUTTONS AND THEIR FUNCTIONS

### Electrode Cord Jack

### Power Button

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

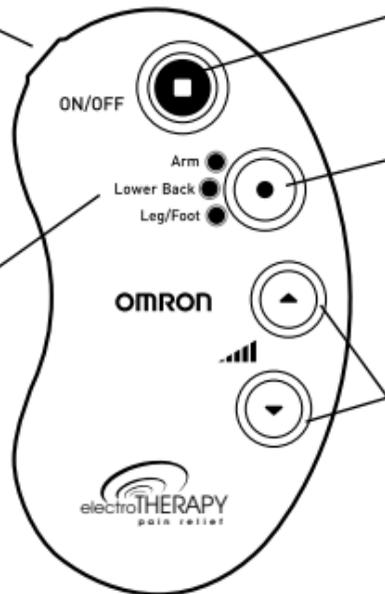
### Program Circle Button

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

### Intensity Setting Button

Set according to your needs at 5 different levels.

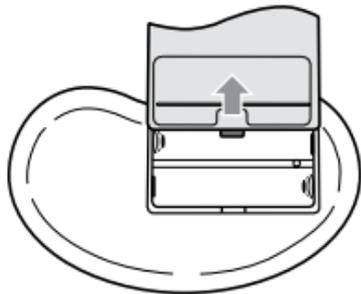
Press ▲ for higher intensity.  
Press ▼ for lower intensity.



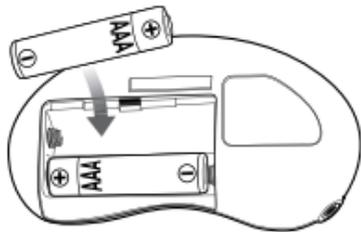
## SIMPLE ASSEMBLY STEPS

### STEP 1 – INSERT BATTERIES

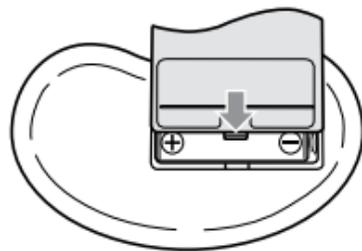
1 Remove the battery cover on the back.



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



3 Reinstall the battery cover.



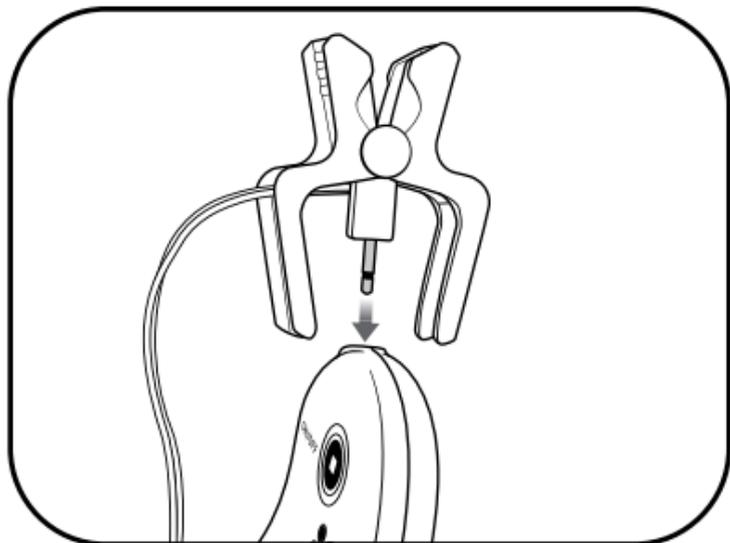
### NOTES:

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

## SIMPLE ASSEMBLY STEPS

### STEP 2 – ATTACH ELECTRODE CORD TO THE UNIT

Attach the clip of the electrode cord to the top and plug into the main unit.



### STEP 3 – ATTACH PADS TO THE ELECTRODE CORD

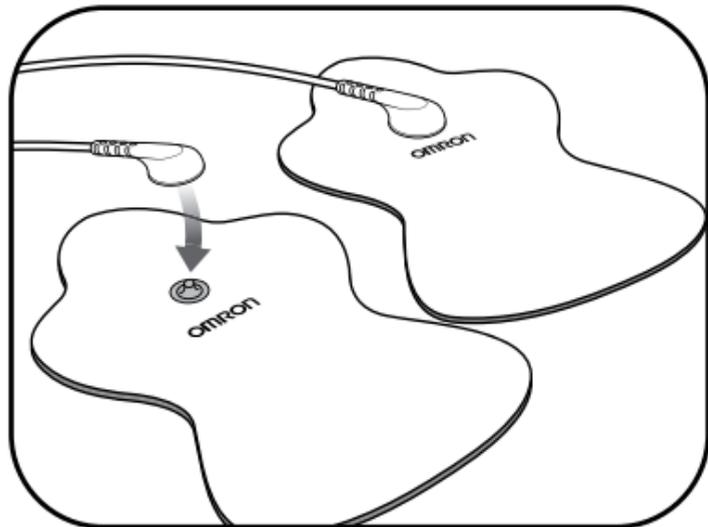
For the first time, take the pads out of the sealed package and remove the clear plastic film from the back of the pad. Discard the plastic film backing as well as the clear packaging.



(In-between uses, turn unit off and keep electrodes connected to pads. Place pads onto sides of plastic holder and wrap cord around holder and store in a dry, cool location).

## SIMPLE ASSEMBLY STEPS

**STEP 4 – SNAP EITHER ELECTRODE CORD TO EACH OF THE PADS**



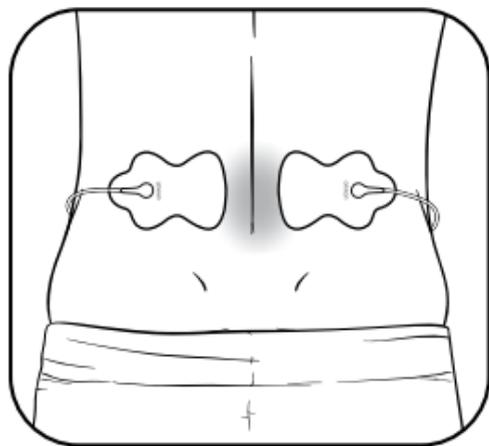
## EASY STEPS TO GET STARTED WITH YOUR THERAPY

(USE FOR A MAXIMUM OF 30 MINUTES)

### STEP 1 – PAD PLACEMENT

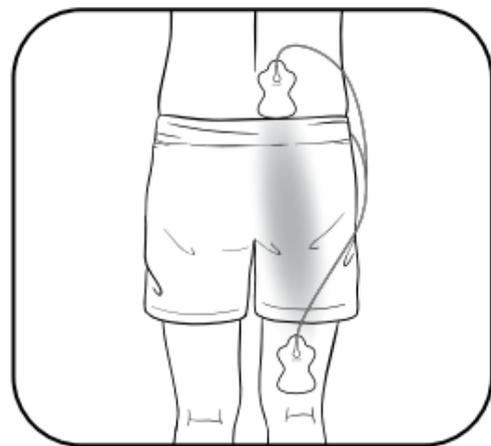
Place pads on clean, dry and healthy skin near the area with pain at least 1" apart, and do not let them touch. OK to place near or surrounding the pain. Make sure there is a linear path between the two pads. (See Pad Placement Guide insert or the following illustrations).

Before starting your therapy, rate your pain from 1 low to 10 high. This mental check gives you a basis you can compare to once the session is complete.



#### LOWER BACK

Attach both pads on the lower back with the backbone in the center. Do not place on the backbone or spine.

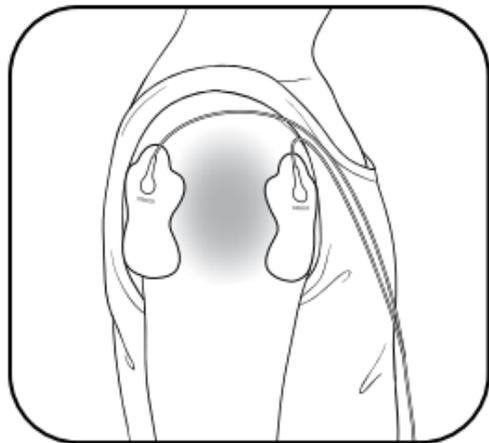


#### SCIATIC

Attach one pad below and above the region in pain, both on same side (NOT on spine).

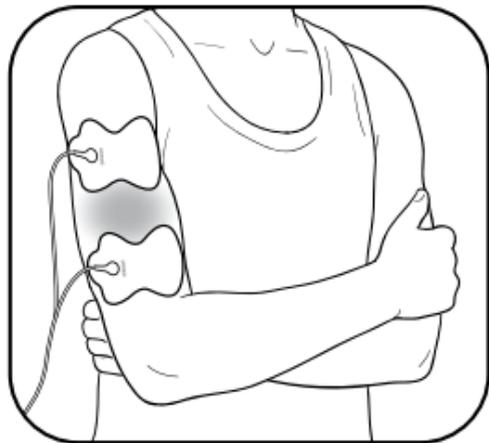
## EASY STEPS TO GET STARTED WITH YOUR THERAPY

### STEP 1 – PAD PLACEMENT (continued)



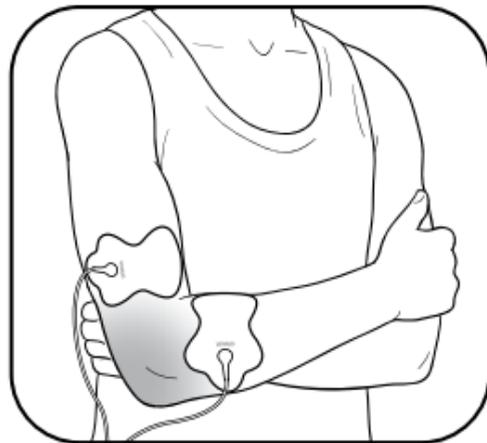
#### **DELTOID**

Attach one pad in front and one in back of the muscle.



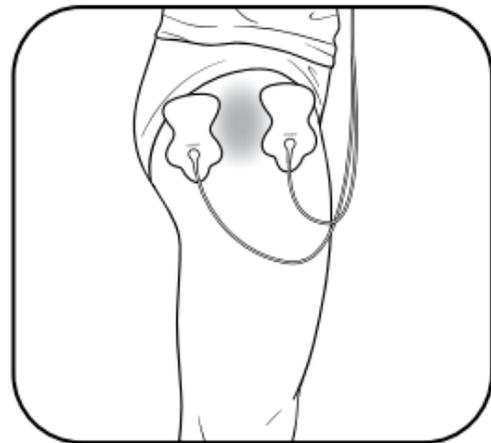
#### **UPPER ARM**

Attach both pads on either side of the region where you feel pain.



#### **ELBOW**

Attach both pads on either side of the joint with the pain.



#### **HIP & THIGH**

Attach both pads on either side of the area with pain.

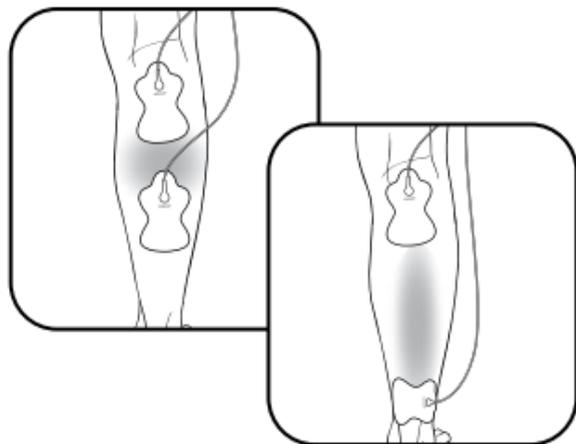
## EASY STEPS TO GET STARTED WITH YOUR THERAPY

### STEP 1 – PAD PLACEMENT (continued)



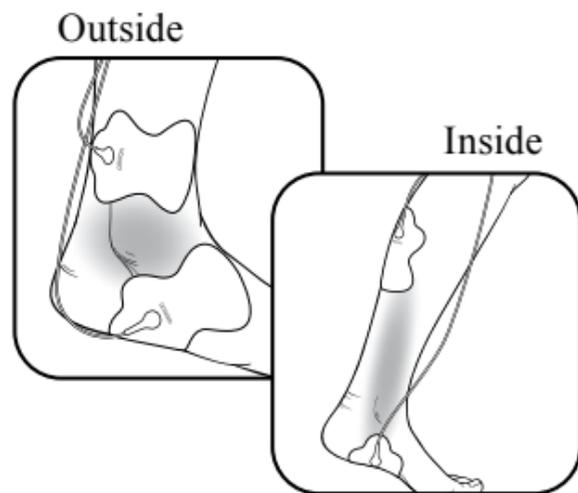
#### **KNEE**

Attach both pads above the knee or above and below the joint with pain.



#### **CALF**

Attach both pads on the calf/leg where you feel pain. (Do not place electrode pads simultaneously to the calves of both legs.)



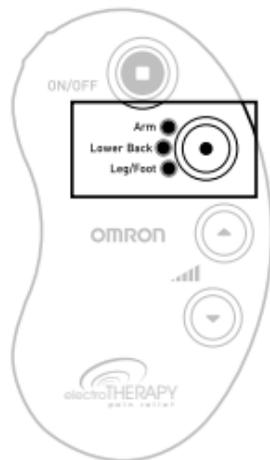
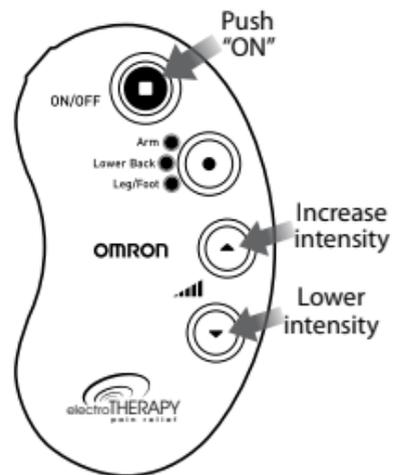
#### **ANKLE/FOOT**

Attach pads per the illustration, on the left for pain on the outside of your ankle/foot. Attach the pads per the illustration on the right for pain on the inside of your ankle/foot.

## EASY STEPS TO GET STARTED WITH YOUR THERAPY

### STEP 2 – SELECT 1 OF 3 PROGRAMS

- Push “ON” and the default program “blinks” (device defaults to the last program at the lowest intensity level).
- Personalize your therapy by pushing the orange circle button to a pre-set program (1. Arm 2. Lower Back 3. Leg/Foot).



### How do you switch programs?

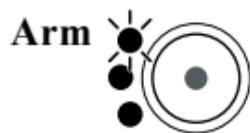
Each time you push the orange circle button, it switches to the next program at the lowest intensity level. Depending on the program, you will feel a gentle combination of tapping, kneading or pulsing sensations that vary in pulse speed.

### How to select the right program

Select the program that feels right for your unique pain. The programs are interchangeable and may be used for more than one body part.

## EASY STEPS TO GET STARTED WITH YOUR THERAPY

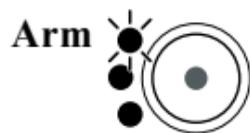
### STEP 2 – SELECT 1 OF 3 PROGRAMS (continued)



Therapies designed for	Upper & Lower Arm, Elbow	Lower Back	Leg, Knee, Foot, Hip & Thigh
Potential conditions	Swelling, stiffness, sore or achy, muscle or nerve pain	Stiffness, soreness, muscle spasm, nerve pain	Swelling, fatigue, chilling feeling, sore or achy
What does the therapy deliver?	Series of low rate tapping, tingling and pulsing sensations.	Series of tingling sensations, followed by tapping. With higher intensity, you may feel kneading or massage sensations.	Series of tapping sensations.
How long does the therapy last?	Turns off automatically at 15 minutes		

## EASY STEPS TO GET STARTED WITH YOUR THERAPY

### STEP 2 – SELECT 1 OF 3 PROGRAMS (continued)



Therapies designed for	Upper & Lower Arm, Elbow	Lower Back	Leg, Knee, Foot, Hip & Thigh
How do I personalize the therapy?	You set the program. You pick the intensity (level 1 to level 5)		
How long should I use it? How often?	Total 30 minutes per session. 3 times/day at most.		
When should you stop using it?	If pain is reduced or stopped. If it's uncomfortable. If there's an adverse reaction. If the condition worsens. If the condition continues for 5+ days.		

## EASY STEPS TO GET STARTED WITH YOUR THERAPY

### STEP 3 – SELECT THE CORRECT INTENSITY LEVEL (1 LOW – 5 HIGH)

Start at the lowest intensity level and slowly increase it by pushing the green “UP” arrow button. You should feel a gentle pulsing sensation.

#### How do I pick the right intensity level for my pain?

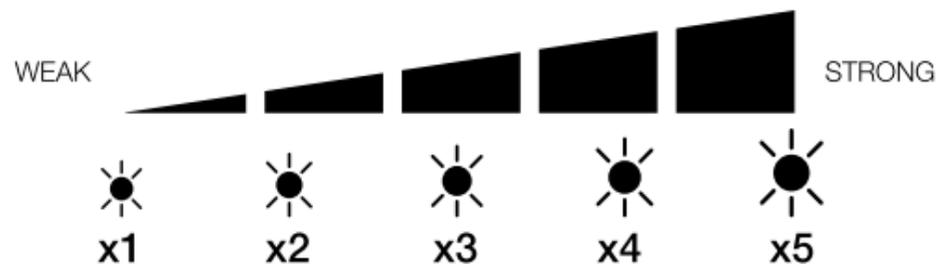
Each time you push the green “up” or “down” arrow, it moves to another level. If the stimulation sensation becomes weaker or disappears, increase the intensity until it is restored. But, if the sensation is at all uncomfortable, press the down arrow to decrease the intensity.

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

#### What intensity level is my unit on?

The program’s blinking light indicates the level you have selected. For example, 2 blinks means you are at level 2, 3 blinks means level 3 and so on.

The number of blinks corresponds to the selected intensity level.



## HOW TO CONTROL AND REDUCE YOUR PAIN

### When should the device be used?

Use as soon as your pain begins. Start with one session (unit automatically turns off at 15 minutes). Turn off with pads still on and RATE YOUR PAIN again (1 low to 10 high).

### Get to your pain early

If you get to your pain early, it may prevent the pain from becoming worse, or even chronic. It's better for you to get it under control sooner so that it does not reach a high pain threshold where it limits your daily activities.

### How long should you use it?

Start with one 15 minute session. Always turn unit off with pads still on. Rate your pain to check your progress, 1 low to 10 high. Stop therapy session if pain has reduced or stopped. Press "On" button to continue therapy for another 15 minute session.

<b>1 session</b>	<b>Max minutes/session</b>	<b>Max times/day</b>
15 minute automatic shut-off	30 minutes or two sessions	3 times per day

(NOTE: Long-time treatment and strong stimulation may cause muscular fatigue and may generate adverse effects.)

### When to stop using the device?

1. If you experienced an adverse reaction (skin irritation/redness/burns, headache or other painful sensation, or if you feel any unusual discomfort).
2. If your pain does not improve, becomes seriously chronic and severe, or continues for more than five days.

## HOW TO CONTROL AND REDUCE YOUR PAIN

### **What type of pain is it best for?**

This therapy works best on acute pain because it is localized. Acute pain is pain in one area for less than 3 months. If you have chronic pain, you may have pain in more than one area and for longer than 6 months. Chronic pain may be compounded by other issues that this device cannot address.

Yet remember, this device does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

## CLEANING AND STORAGE

**The unit is designed for repeated use over time. The pads will last up to 150 uses, or 5 months (based on use 1/day). Here are important cleaning and storage instructions:**

### **Cleaning the pads**

1. Turn the power off and remove the electrode cord from the pads.
2. Wash the pads when the adhesive surface becomes dirty and/or the pads are difficult to attach.
  - Wash the pad softly with your fingertips under slow running cold water for several seconds (do not use a sponge/cloth/sharp object like a nail on adhesive side, do not use detergents, chemicals or soap).
3. Pads can be washed after 15 uses, approximately ten times for up to 150 uses (do not wash the pads too long or too frequently).
4. Dry the pads and let the adhesive surface air-dry completely (do not wipe with a tissue paper or cloth).

5. Pads are replaceable and can be purchased when needed by calling 1-800-634-4350 or go to [www.omronhealthcare.com](http://www.omronhealthcare.com).

The life of pads may vary by the frequency of washing, skin condition, and storage state.

### **When should you replace your pads?**

If the pad no longer sticks to your skin or if more than 25% of the pad's surface is not in contact with your skin.

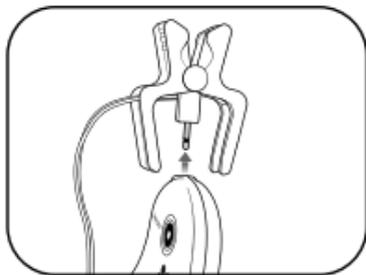
## CLEANING AND STORAGE

### Cleaning the unit

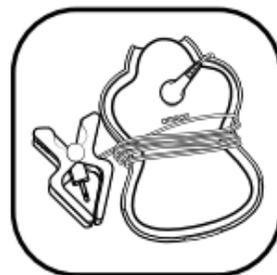
1. Turn unit off and disconnect the electrode cords from the pads.
2. Clean with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently.
  - Do not use chemicals (like thinner, benzene).
  - Do not let water get into the internal area.

### Storing the pads

1. Turn unit off and remove the cord plug from the jack.



2. Remove the pads from your body.
3. Leave the electrode cords connected to the pads and place the pads on the pad holder (one on each side).
4. Wrap the electrode cords around the pad holder.



### Storing the unit and pads

- Place the unit, pads with electrode cords on pad holder, Pad Placement Guide and Instruction Manual inside the original box.
- Do not keep in areas subject to direct sunlight, high or low temperatures, humid area, near to fire, vibration, or shock. Store in a cool, dry place, 5° ~ 40°C (4° - 104°F), 30% - 40% relative humidity.
- Do not keep at places that can be easily reached by children.
- When not in use for a long period, remove the batteries before storage, to avoid liquid discharge from batteries.

## TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
The intensity is not felt. Very weak intensity level.	Are both pads attached to the body?	Attach both to the body.
	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Are the pads stacked together or do pads overlap?	Do not stack pads together or overlap pads.
	Is the cord properly connected to the unit?	Connect cord correctly into the jack.
	Is the intensity setting getting weak?	Press the ▲ up button.
	Are the batteries weak?	Replace batteries.

If this happens...	Possible causes...	Try this solution...
The skin turns red or the skin feels irritated.	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running water.
	Is therapy time too long?	Use less than 15 minutes.
	Are the 2 pads attached properly to the body?	Attach 2 of them properly.
	Is the pad surface worn out?	Replace pad.

## TROUBLESHOOTING

<b>If this happens...</b>	<b>Possible causes...</b>	<b>Try this solution...</b>
No power source.	Are the polarities of battery (+ and -) aligned in the wrong direction? OR batteries are depleted.	Insert batteries in correct alignment, OR replace batteries.
Power cut off during use.	Are the batteries weak?	Replace batteries.
	Is the cord broken?	Replace cord.

<b>If this happens...</b>	<b>Possible causes...</b>	<b>Try this solution...</b>
It is difficult to attach the pad to the skin.	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Was the pad applied immediately after washing?	Sufficiently dry the pad.
	Is the adhesive surface of the pad damaged?	Replace the pad.

## TROUBLESHOOTING

<b>If this happens...</b>	<b>Possible causes...</b>	<b>Try this solution...</b>
Adhesive surface of pad is not sticky.	Are you using pad during perspiring?	Use when not perspiring.
	Have pads been washed too long and/or too frequently?	Leave the pad in freezer for overnight.
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace the pad.
If the above measures are not effective, contact OMRON at <a href="http://www.omronhealthcare.com">www.omronhealthcare.com</a>		

## LIMITED WARRANTY

Your electroTHERAPY for pain relief unit and electrode cords are warranted for 1 year and the pads are warranted for 30 days. They are guaranteed to be free from defects in materials and workmanship if used in accordance with the instructions provided. The above warranties extend only to the original retail purchaser. We will, at our option, repair or replace without charge any device covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service, contact Customer Service by calling 1-800-634-4350 for the address of the repair location and the return shipping and handling fee. Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to

prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY. OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

## LIMITED WARRANTY

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

### FOR CUSTOMER SERVICE

Visit our web site at: [www.omronhealthcare.com](http://www.omronhealthcare.com)

Call toll free: 1-800-634-4350

## SPECIFICATIONS

Product Name	electroTHERAPY pain relief
Model #	PM3030 (HV-F158-Z)
Power Source	DC3V (2 AAA alkaline batteries or 2 AAA manganese batteries)
Battery Life	New batteries will last for approx. 3 months (when used for 15 minutes a day, Back Mode, max. intensity).
Output Frequency	Approx. 1–100Hz
Power Control	5 intensity levels
Operating Temperature, Humidity	+50°F to +104°F (+10°C to +40°C), 30 to 85% RH

Storage Temperature, Humidity, Air Pressure	–4°F to +140°F (–20°C to +60°C), 10 to 95% RH, 700 - 1060 hPa
Weight	Approx. 60g (incl. batteries)
Outer Dimension	Width 55mm x Height 95mm x Depth 18mm

This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co. Ltd., Japan.

### Accessories/replacement parts

- electroTHERAPY Long-Life Pads (2 pads per box),  
Model #: PMLLPAD
- Electrode cords

**NOTE:** These specifications are subject to change without notice.

## IMPORTANT INFORMATION REGARDING ELECTRO MAGNETIC COMPATIBILITY (EMC)

With the increased number of electronic devices such as PC's and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices. Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.

Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the IEC60601-1-2 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

Medical devices manufactured by OMRON Healthcare conform to this IEC60601-1-2:2007 standard for both immunity and emissions.

Nevertheless, special precautions need to be observed:

- The use of accessories and cables other than those specified by OMRON, with the exception of cables sold by OMRON as replacement parts for internal components, may result in increased emission or decreased immunity of the device.
- The medical devices should not be used adjacent to or stacked with other equipment. In case adjacent or stacked use is necessary, the medical device should be observed to verify normal operation in the configuration in which it will be used.
- Refer to further guidance located at:  
[http://www.omron-healthcare.com/export/sites/default/\\_global/EMC/EMCinfo-HV-F158-v01.pdf](http://www.omron-healthcare.com/export/sites/default/_global/EMC/EMCinfo-HV-F158-v01.pdf)  
regarding the EMC environment in which the device should be used.

## NOTES

## NOTES

Manufactured by **OMRON HEALTHCARE Co., Ltd.**

Made in China

Distributed by:

**OMRON HEALTHCARE, INC.**

1925 West Field Court

Lake Forest, IL 60045 USA

[www.omronhealthcare.com](http://www.omronhealthcare.com)

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