



Product Catalogue 2022-23

Introduction

The People

In 2017, TensCare became an Employee Owned Business with the majority of shares being held in a Trust for the benefit of all TensCare Ltd employees. When you talk to any member of the TensCare team they are a stake holder in the business, they have a desire to understand our customer needs and go all out to provide reliable, safe products. There is a true triumph and sense of achievement in improving the well-being of our customers and knowing that this positively impacts the communities around our customers, and that the emotional and financial rewards for this are shared by all members of the TensCare family.

The Mission

We recognise that by helping each other and working together, we are greater than the sum of the parts. The TensCare team and the partners we work with are fortunate; by working in healthcare we get to contribute beyond ourselves, improving the quality of people's lives which in turn improves the quality of life of the people in their world. We can all make ripples that extend beyond ourselves to help others.

The Process

We credit our success with our ability to develop and maintain a cutting-edge product portfolio, which continues to meet and exceed the expectations of the end user. TensCare's Management and Quality Systems are ISO 13485 accredited. This ensures that the product we have produced meets EU consumer health and safety requirements and our products are registered with many World Health Regulatory Authorities and Government Ministries of Health around the World.

The Service

TensCare offers an unrivalled package of innovative pain relief and well-being products to improve the quality of life for the young and elderly:

- TENS devices for the treatment of long-term chronic pain conditions.
- Maternity TENS devices for the acute pain of childbirth; back pain relief after 37 weeks pregnancy and pain management post-partum.
- Electrotherapy devices for muscle rehabilitation post injury or trauma, as well as sports and beauty applications.
- Pelvic floor exercisers for the improvement in continence and relief from bladder weakness as well as erectile dysfunction.

TensCare's first 26 years have been important ones, but what matters most now is what we do next. We are committed to a continuous research and development programme, which ensures that each and every TensCare product benefits from the most advanced digital technology available. In addition, we have a vast experience of working with partner companies to design bespoke units to meet your specific needs, market place requirements or particular patient needs.



Pain Relief

What is TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS stimulates your body's own natural defences against pain, namely the release of endorphins. TENS is entirely safe and has been used successfully by thousands of pain sufferers.

How does TENS work?

TENS sends a gentle stimulation through the skin which works in TWO ways: Pain Gate and Endorphin Release.

Pain Gate: TENS stimulates the sensory nerves, which carry touch and temperature signals to the brain. These nerves go to the same connections in the spine as the nerves carrying pain. A strong sensory signal will block the pain signal travelling up the spine to the brain. This is known as closing the "Pain Gate" and takes effect quite quickly after the unit is switched on. When the pain gate is open, pain messages are sent to the brain, and we feel pain. When the pain gate is closed, these pain messages are blocked, and pain is not felt. Scientifically, the pain gate works by releasing chemicals in the synapse at spinal level that inhibits transmission of pain signal.

Evidence suggests that TENS produces pain relief in a similar way to 'rubbing the pain better'. The pain gate can be closed by activation of mechanoreceptors through 'rubbing the skin'.

Endorphin Release: At low frequency settings, and slightly stronger outputs, TENS drives the motor nerves to produce a small repetitive muscle contraction. This is seen by the brain as exercise, and this promotes the release of endorphins - your body's own natural pain killer. The relief builds up and normally takes about 40 minutes to reach a maximum level which can last for hours after the machine is switched off.

TENS Applications

TENS is effective for pain relief from a very wide range of causes. TENS machines can be used to help reduce pain from problems in muscles, joints as well as nerves. It can also be used for people with musculoskeletal pain such as long-term (chronic) back pain or knee joint arthritis. TENS devices are also often used for pain relief during childbirth (see maternity TENS), particularly in the early stages of labour, whilst a pregnant woman remains at home. Other uses include migraine headaches, period pain (see Ova+) and sports injuries. Additionally, low frequency (<10 Hz) programmes can be used to achieve similar effects to acupuncture, by placing the electrode pads on trigger points. TENS machines can be used alone or be combined with other treatments for pain relief. The effect of TENS may wear off after a few hours of continued use, this is called “accommodation”. If this happens, take a break for an hour or so before trying again.

What is Ultrasound? Therapeutic ultrasound is a form of mechanical sound waves that pass through the tissues to produce heat in the tissue. The normal human sound range is from 16 Hz to something approaching 20,000 Hz (in children and young adults). Beyond this upper limit, the mechanical vibration is known as ULTRASOUND. The frequencies used in therapy are typically between 1.0* and 3.0 MHz (1MHz = 1 million cycles per second). *1.0 MHz penetrates deeper into the tissue than 3.0 MHz. Ultrasound is applied using a round-headed wand that is put in direct contact with the patient’s skin. Ultrasound gel must be used on all surfaces of the head in order to allow the transmission of the ultrasonic waves which cannot travel through air.

How does Ultrasound work? The ultrasound waves are generated by a piezoelectric effect caused by the vibration of crystals within the head of the device. Sound waves are longitudinal waves consisting of areas of compression and rarefaction. The ultrasound waves that pass through the skin cause a vibration of the local soft tissues. This vibration or cavitation can cause a deep heating locally, however, usually no sensation of heat will be felt by the patient. In situations where a heating effect is not desirable, such as a fresh injury with acute inflammation, the ultrasound can be pulsed rather than continuously transmitted.



Knee, Elbow & Wrist Pain



Sciatica and Hip Pain



Upper & Lower Back, Neck

Therapeutic ultrasound has been shown to increase: Healing rates, tissue relaxation, tissue healing, local blood flow, scar tissue breakdown.

Ultrasound Applications: One of the therapeutic effects for which ultrasound has been used is in relation to tissue healing. It is suggested that the application of ultrasound to injured tissues will, amongst other things, enhance the rate of healing and the quality of the repair. Through the increase in local blood flow, ultrasound can be used to help reduce local swelling, chronic inflammation and according to some studies, promote bone fracture healing. A typical ultrasound treatment will take from 3 to 5 minutes. In cases where scar tissue breakdown is the goal, this treatment time can be much longer. During the treatment, the head of the ultrasound probe is kept in constant motion, to ensure that the patient feels no discomfort at all. Some conditions treated with ultrasound include tendinitis (tendinopathy), non-acute joint swelling and muscle spasm.

While receiving an ultrasound treatment, a slight warming sensation or tingling around the area being treated can be felt. If the ultrasound is used in a combination with electrotherapy, TENS reinforces the user feedback and sensation. A combination therapy involves the simultaneous application of ultrasound with an electrical stimulation therapy (TENS). This combination appears to give beneficial effects of both modalities. Application of ultrasound undoubtedly causes tissue healing, TENS on the other hand, helps in the pain modulation. In addition, the simultaneous application of ultrasound with TENS minimises the accommodation phenomenon normally associated with electrical stimulation of the peripheral nerves.



Overview

Mynd is a clinically-proven electrotherapy device to help treat and prevent frequent episodic and chronic migraines. The light-weight, wearable device has two programmes: Programme 1 – designed to treat migraines providing soothing pain relief. Programme 2 – Regular use of this programme helps to reduce the frequency of migraine attacks.



Features

- Mynd offers two adjustable TENS programmes, with 40 levels of intensity.
- Comfortable and effective stimulation.
- Includes a rechargeable and long-life battery along with a micro-USB cable.

- Dedicated Mynd gel pads for multiple use.
- 3 intensity LEDs give instant indication of selected intensity level.
- Audio feedback indicates increase of intensity, end of session and maximum and minimum intensity settings.

DIMENSIONS _____ 120 x 38 x 11 mm
 WEIGHT _____ 15 grams
 AMPLITUDE _____ 20 mA (max)
 FREQUENCY _____ 55 - 110 (Hz)
 PULSE WIDTH _____ 200 µs
 WAVEFORM _____ Alternated Mono-phasic Rectangular
 POWER SUPPLY _____ Li-ion, 110mAh, 3.7 V
 PRODUCT CODE _____ K-MYND

Kit Contents



Perfect TENS

Pain Relief



DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 120 grams
AMPLITUDE _____ 60 mA (max)
FREQUENCY _____ 2 - 150 (Hz)
PULSE WIDTH _____ 50 - 250 μ s
WAVEFORM _____ Symmetrical Bi-polar Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-PERFECT

Overview

This unit is specifically designed to provide safe and effective pain relief in the comfort of your own home. It can help manage the pain from a wide range of conditions.

Chronic pain: back pain, arthritis, rheumatic pain, lumbago, hip pain, osteoarthritic pain in the knee and sciatica central pain. **Musculoskeletal pain:** fibromyalgia, falls, sprains, direct blows to muscles and auto accidents. **Acute pain:** Dental and facial pain, neck pain, postoperative pain, migraine and neuralgias.



Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- 1 manual programme that can be defined to experiment and save preferred settings.
- 8 preset TENS programmes including: burst, constant, modulation modes as well as HAN Stimulation.
- Comfortable stimulation with 60 small steps of intensity.
- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme that was used).

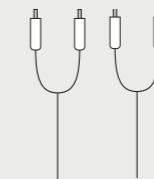
Kit Contents



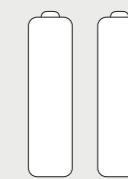
x1 Device



x4 Electrodes



x2 Lead Wires



x2 AA Batteries

TENS One

Pain Relief



Overview

An accurate and versatile TENS unit that is easy to use, with simple settings and rotating strength controls. It can help manage the pain from a wide range of conditions. **Chronic pain:** back pain, arthritis, rheumatic pain, lumbago, hip pain, osteoarthritic pain in the knee and sciatica central pain. **Musculoskeletal pain:** fibromyalgia, falls, sprains, direct blows to muscles and auto accidents. **Acute pain:** Dental and facial pain, neck pain, postoperative pain and neuralgias.



Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- Manual settings with 3 modes including N (Normal/Constant), B (Burst) and M (Modulation) modes.
- Comfortable and effective stimulation with 20 steps of intensity.
- Simple & intuitive multi-turn rotary controls to reduce the risk of sudden changes.
- Open circuit cut-out to avoid sudden changes, the unit will reset the intensity to zero for 3 seconds and then ramp up.

DIMENSIONS _____ 100 x 67 x 32 mm
WEIGHT _____ 140 grams
AMPLITUDE _____ 80 mA (max)
FREQUENCY _____ 1 - 150 (Hz)
PULSE WIDTH _____ 50 - 250 μ s
WAVEFORM _____ Asymmetrical
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-TENSONE

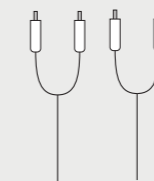
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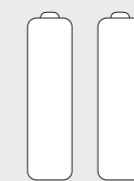
x1 Device



x4 Electrodes



x2 Lead Wires



x2 AA Batteries



Overview

A non-invasive TENS machine designed and clinically proven to treat period pain and to provide completely natural form of relief from conditions such as:

- Primary dysmenorrhea
- Menstrual cramps
- Endometriosis
- Fibroids & pelvic inflammatory disease
- Over-active bladder and enuresis



Features

- Single channel, mono plug connection with 2 large electrode pads.
- 4 preset TENS programmes including constant, burst and endorphin release.
- Additional 10 Hz soothing programme to treat symptoms of over-active bladder and refractory enuresis.

- Lightweight and portable.
- Comfortable stimulation with 40 small steps of intensity.
- Built-in Li-ion rechargeable battery via micro USB.

DIMENSIONS _____ 65 x 38 x 10 mm
 WEIGHT _____ 15 grams
 AMPLITUDE _____ 52 mA (max)
 FREQUENCY _____ 10 - 110 (Hz)
 PULSE WIDTH _____ 50 - 200 μ s
 WAVEFORM _____ Symmetrical Bi-polar Rectangular
 POWER SUPPLY _____ Li-ion 3.7 V
 PRODUCT CODE _____ K-OVAP

Kit Contents



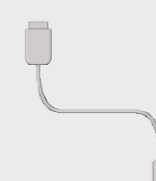
x1 Device



x2 Electrodes



x1 Lead Wire



USB Charging Cable

Sonic Stim+

Pain Relief



Overview

Combines two different forms of pain therapy: TENS and ultrasound. **TENS** relieves pain by helping the body to release natural painkillers and by blocking pain signals from reaching the brain; while ultrasound provides pain relief and trigger point therapy. **Ultrasound therapy:** provides pain relief, reduction of muscle spasm; trigger point therapy. TENS therapy: offers relief from chronic intractable pain, post-traumatic acute pain, post-surgical acute pain.



Features

- Two treatment programmes; Ultrasound Therapy and Combination Therapy.
- Adjustable ultrasound intensity (Low, Medium or High) Adjustable treatment time (5, 10 or 18 mins).
- Adjustable stimulation intensity.
- Load detection ensures device only operates when good skin contact is made.
- Temperature protection prevents the treatment head from overheating.

DIMENSIONS _____ 209 x 53 x 89 mm
 WEIGHT _____ 235 grams
 AMPLITUDE _____ TENS: 30 mA (max)
 FREQUENCY _____ TENS: 1 - 150 / Ultrasound: 1.0 (Hz)
 INTENSITY (W/cm²) _____ Ultrasound: 1.25 (at 50% duty cycle)
 WAVEFORM _____ (TENS) Symmetrical
 POWER SUPPLY _____ Mains
 PRODUCT CODE _____ K-SSPLUS

Kit Contents



x1 Device



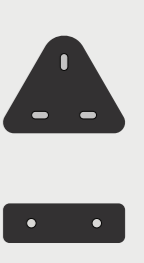
x1 Electrode



x1 Lead Wire



x1 Gel



x1 Plug

Continence

What is Incontinence?

Incontinence is a widespread condition that affects 8.7% of individuals above 20 years old worldwide, which increases up to 30 to 60% in women aged 40+. Incontinence ranges in severity from 'just a small or occasional leak' to the complete loss of bladder or bowel control. It can occur at any age, but it is more likely to develop as you get older or following childbirth. Some people wrongly think that incontinence is a normal part of ageing or that it cannot be treated. This is unfortunate, as many cases can be successfully treated or significantly improved.

Urinary incontinence often occurs as a result of weak or stretched pelvic floor muscles. These muscles usually assist in supporting the abdominal and pelvic organs; help to control bladder and bowel; provide support for the baby during pregnancy and assist in the birthing process; as well as working with the abdominal and back muscles to stabilise and support the spine. In men, they are also important for erectile function and ejaculation.

Urinary incontinence can often be improved and can in most cases be treated. Urinary incontinence is treated differently according to the type and cause. Pelvic floor exercises are seen as the most effective way to prevent issues with incontinence. Yet, 1 in 3 women who are trying to perform pelvic floor exercises, do not know how or are unable to voluntarily exercise their pelvic floor muscle themselves and require assistance.

Incontinence is commonly associated with:

- Accidentally leaking urine when you exercise, laugh, cough or sneeze
- Needing to get to the toilet in a hurry or not making it there in time
- Constantly needing to go to the toilet
- Finding it difficult to empty your bladder or bowel
- Accidentally losing control of your bladder or bowel
- Accidentally passing wind
- A prolapse: In women, this may be felt as a bulge in the vagina or a feeling of heaviness, discomfort, pulling, dragging or dropping. In men, this may be felt as a bulge in the rectum or a feeling of needing to use their bowels but not actually needing to go
- Finally, if pain is experienced in your pelvic area during or after sex

Risk factors most commonly linked with urinary incontinence include:

- Pregnancy (pre and post-natal women) and menopause
- Specific types of surgery such as prostatectomy (removal of all or part of the prostate) and hysterectomy (removal of all or part of the uterus and/or ovaries)
- Reduced mobility preventing you from getting to or using the toilet
- Neurological and musculoskeletal conditions such as multiple sclerosis and arthritis
- Health conditions such as obesity, diabetes, stroke, heart conditions, respiratory conditions, prostate problems, constipation and urinary tract infections
- Some medications

There are different types of incontinence with a number of possible causes. The following are the most common:

Stress Incontinence - occurs during activities that increase abdominal pressure such as coughing, sneezing, laughing, lifting heavy objects or during physical activity. It is the most common form of urinary incontinence and affects about 51% of women suffering from incontinence.

Urge Incontinence - occurs when the need to urinate comes on so quickly that you might fail to make it to the bathroom in time. Also known as an over-active bladder. This is the most common form of urinary incontinence in men, affecting between 40-80% of men above 20 years old, worldwide. It can affect anyone at any age, but it appears to be more prevalent in the elderly.

Mixed Incontinence - a combination of both stress and urge incontinence.

What Are Kegel Exercises? Kegel exercises will help making the pelvic floor muscles stronger and keep them tone. It is recommended to make pelvic floor exercises as part of your daily life. Kegel exercises can be done at any time and are very discreet, so you can do them almost anywhere; lying in bed or sitting at the computer. It is a good idea to try and develop a routine which you can repeat each day. First, it is important to find your pelvic floor muscles and feel them working. So here are a couple of techniques which might help: Try to stop the flow of urine during urination. If you are successful, then you know you are exercising the correct muscles. For women, another way is to try inserting one or two clean fingers into your vagina and then squeezing the surrounding muscles, lifting up and towards your belly button - a squeezing and lifting sensation.

For a lot of women and men, it is complicated to perform the Kegel exercises correctly as it may be hard to identify the muscles that need to be contracted. In order to ensure that the Kegel exercises are being performed effectively, it is recommended to use a pelvic floor trainer or a pelvic floor exerciser. A pelvic floor trainer (Fleur or iEase) would help to use the correct muscles while practising the Kegel exercises, like a coach or a personal trainer. A pelvic floor exerciser (Kegel Toner, itouch sure, Elise, Sure PRO, perfect PFE and perfect PFE Men) would send a gentle electrical stimulation to the pelvic floor muscles, causing the muscles to contract and therefore perform the exercises without any effort.

Two Pelvic Floor Trainers (PFT) are available for women to help perform the Kegel exercises correctly:

Fleur, pelvic floor toning balls: due to the weight inside the toning balls, the unit will tend to come out if the pelvic floor muscles remain relaxed. The goal will be to try to keep the toning balls inside the body by contracting the pelvic floor muscles. The repetition of the contractions will help toning the pelvic floor.

iEase, pneumatic feedback technology: the unit will help performing the Kegel exercises correctly by making the muscles contract against the inflatable probe. The unit will also, like a personal trainer, notify you when to contract and when to relax; and will count down the contraction/rest time with a personalised programme depending on the current strength of the pelvic floor muscles.



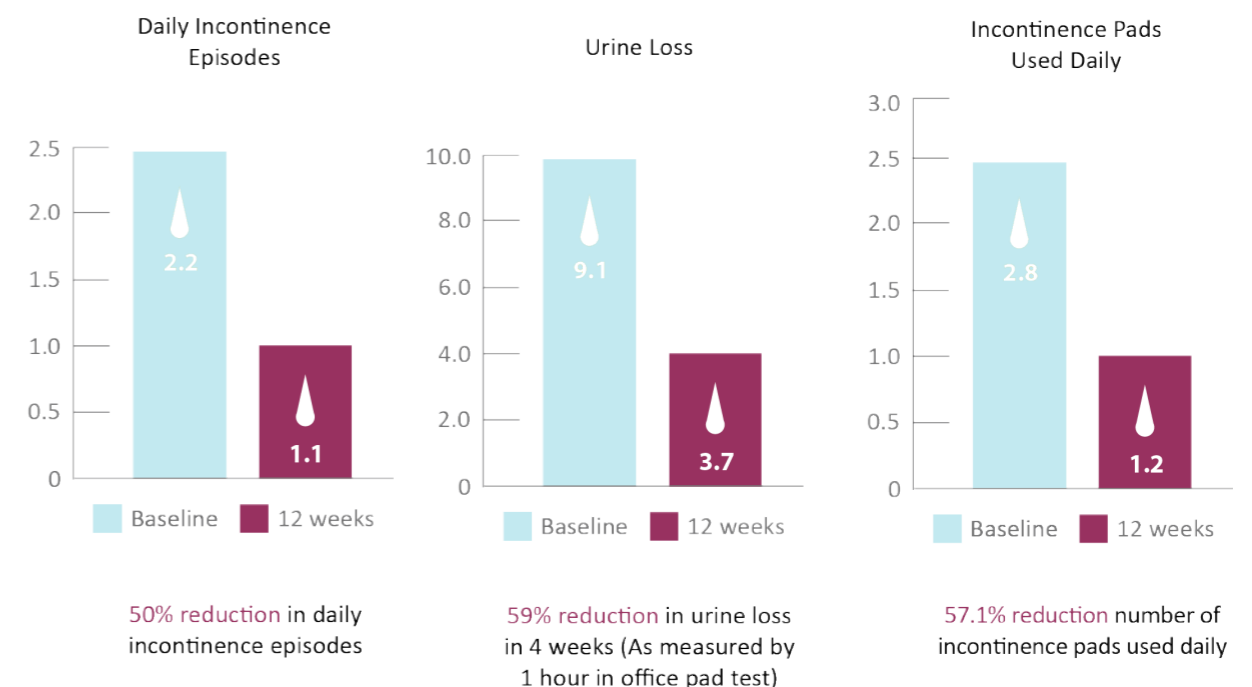
How do Pelvic Floor Exercisers Work? A Pelvic Floor Exerciser (PFE) sends a gentle stimulation (similar to your natural nerve impulses) direct to your pelvic floor muscles through a vaginal or anal probe with stainless steel electrodes, or through auto adhesive electrode pads. These signals make your pelvic floor muscles contract. If you have forgotten how to contract them, are having trouble getting muscle response, or simply want to bring back the condition of your pelvic floor muscles, a pelvic floor exerciser can work them for you to build up their strength and help you to develop your own muscle control. It perfectly complements pelvic floor exercises. In urge incontinence pelvic floor exercisers work in a slightly different way. The electrical stimulation is designed to soothe your bladder muscles rather than exercise your pelvic floor. The pelvic floor exerciser would then use a gentler, low frequency setting which promotes the release of endorphins and reduces involuntary contractions of the bladder (detrusor) muscle.

PFT and PFE Applications: Like other muscles in your body, the pelvic floor can be strengthened with regular exercise. Building pelvic floor strength enables the muscles to better support the pelvic organs, improves bladder and bowel control, and can stop accidental urine, faeces leakage or flatulence. In men, anal stimulation may also help men to strengthen their pelvic floor. Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction. However it is not intended to treat any medical issues and your first step in deciding appropriate therapy should be to consult your professional medical advisor. The exercises will also generate a rush of blood towards the pelvic floor area, which allows a better vascularization of these muscles, which will improve sensitivity and sensations during sexual intercourse. It can also reduce the risk of prolapse, improve recovery from childbirth and gynaecological surgery. Doing just a few pelvic floor exercises daily will help to treat bladder weakness or prolapse symptoms and will help to prevent problems later on.

For Women: 1 in 3 women have issues with urinary incontinence, that's 1 billion women in the entire world. The average woman with incontinence will spend over US \$ 1,000 on incontinence management. And it's not just age that might cause it but also doing sports or giving birth. Indeed, 51% of female athletes have had this problem and the average age is only around 23 years old. It is also very common after a second pregnancy and if untreated, the problem will only worsen over time. Using a pelvic floor trainer or exerciser is an effective way of preventing incontinence before it starts and treating incontinence. This means that woman can stop using incontinence management products and prevent a potentially invasive surgery in the future.

For Men: The prevalence of incontinence in men of all ages is certainly lower than that for women. Large studies have indicated that about 3% to 11% overall, with urge incontinence accounting for 40% to 80% of all male patients. Stress incontinence accounts for less than 10% of cases and is attributable to prostate surgery, trauma, or neurological injury. Incontinence in men increases with age and appears to rise more steadily than it does in women. However, the estimates for severe incontinence in men in their 70's and 80's is still only about half of that in women. Men are also less likely to speak with a health care professional about incontinence, so it is probably far more common than statistics show.

Proven Results: A recent clinical trial carried out on the TensCare iTouch sure has been conducted in the US with excellent results. The chart below provides the results from the clinical trial.





Overview

Unicare is the new pelvic floor exerciser from TensCare. The powered muscle stimulator combats bladder leakage and incontinence by strengthening the pelvic floor muscles. Unicare provides relief from conditions such as urinary and faecal incontinence, including stress, urge and mixed incontinence as well as post prostatectomy urinary incontinence in men.



Features

- 5 preset programmes including a new programme for period pain relief.
- New and improved detachable belt clip.
- Memory function tracks device usage and last programme used.
- Single channel unit provides relief from symptoms of incontinence via a vaginal loop probe with biofeedback pointer.
- Adjustable treatment timer.
- The brand-new period pain programme also offers drug-free relief from secondary menstrual pain, whilst stimulation can have further benefits including improved sexual intimacy and, in the case of anal stimulation in men, recovery from some causes of Erectile Dysfunction.

DIMENSIONS _____ 120 x 60 x 20 mm
 WEIGHT _____ 100 grams
 AMPLITUDE _____ 99 mA (max)
 FREQUENCY _____ 10 - 110 (Hz)
 PULSE WIDTH _____ 100 - 300 μ s
 WAVEFORM _____ Asymmetrical Rectangular
 POWER SUPPLY _____ Li-ion, 1000mAh, 3.7 V
 PRODUCT CODE _____ K-UNICARE

Kit Contents



x1 Device



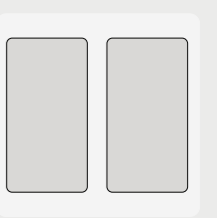
x1 Liberty Loop Probe



x1 GoGel 50 ml



x1 Lead Wire



x2 Electrodes

Alivia

Continence



Overview

The Alivia is a powered muscle stimulator used to treat symptoms of urinary and/or faecal incontinence. Alivia may also help to relieve the pain of secondary menstrual pain due to conditions such as endometriosis, fibroids or pelvic inflammatory disease. Alongside bladder leakage, Alivia may also help sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to treat symptoms of urinary incontinence via a probe with biofeedback pointer.
- Gentle stimulation with fine tune adjustment settings for different levels of intensity, 1 mA per step.
- Large LCD display
- Strong and robust belt clip
- 4 programmes for treating the different types of incontinence
- Specifically designed programme for period pain

DIMENSIONS _____ 120 x 63 x 26 mm
WEIGHT _____ 100 grams
AMPLITUDE _____ 99 mA
FREQUENCY _____ 10 - 110 Hz
PULSE WIDTH _____ 30 - 300 μ s
WAVE FORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-ALIVIA

Kit Contents



x1 Device



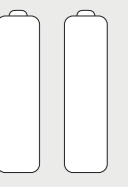
x1 Lead Wire



x1 Liberty Loop
Probe



x2 Electrode Pads



x2 AA Batteries

Fleur

Continence



DIMENSIONS _____ 180 x 35 x 35 mm
WEIGHT _____ 125 grams
MATERIAL _____ Medical Grade Silicone
SPHERE DIAMETER _____ 35 mm
PRODUCT CODE _____ K-FLEUR

Overview

Fleur, pelvic floor toning balls have been developed with the most effective design to help perform Kegel exercises for:

- Urinary bladder leakage: mild stress, urge and mixed incontinence in women.
- Childbirth Preparation: the pelvic floor muscles are put under pressure during pregnancy, exercising these muscles regularly before and after labour will help to avoid bladder leakage post-partum.

Features

- High quality medical grade & phthalates-free silicone and perfect weight.
- Active or passive training: includes an assortment of Kegel exercises with every kit.
- Smooth silicone and patterned ridges for improved comfort during use.
- Oblong head for easy insertion and heart shaped tail's end for easy removal.



- Sexual intimacy: toning the pelvic floor muscles may also improve sexual sensation by increasing the blood flow to the area.
- Maintenance of pelvic floor strength: like any other muscles, the pelvic floor will weaken over time, it is important to exercise these muscles regularly to avoid bladder leakage in the future.

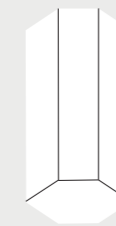
Kit Contents



x1 Device



Water-based Gel



Traveller Box

Kegel Toner

Continence



DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 125 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 35 - 50 (Hz)
PULSE WIDTH _____ 250 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-KT

Overview

The Kegel Toner is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from urinary stress incontinence and/or faecal incontinence. Kegel Toner can also be used to rehabilitate the pelvic floor muscles after childbirth. Most women need to rehabilitate their pelvic floor muscles after childbirth, and/or suffer from mild bladder leakage.

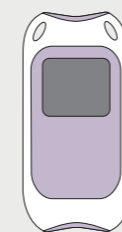
Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 2 preset programmes, train to strengthen weak muscles and a tone after-care programme.
- Comfortable stimulation with small steps of intensity, 1 mA per step. Automatically resets the strength to zero and flashes 'LEADS' if the connection comes loose



- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme used)
- Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.
- Maintenance of pelvic floor strength: the pelvic floor will weaken over time, it is important to exercise these muscles regularly to avoid future bladder leakage.

Kit Contents



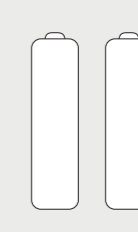
x1 Device



x1 Liberty Probe



x1 Leads



x2 AA Batteries

Elise 2

Continence



Overview

The Elise, pelvic floor exerciser, is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from conditions such as: Urinary and faecal incontinence: including stress, urge and mixed types as well as post prostatectomy urinary incontinence in men. Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 4 preset programmes including stress, urge, mixed and tone after-care programme.
- Comfortable stimulation with small steps of intensity, 0.5 mA per step.
- For safety purposes, the strength automatically resets zero and flashes 'LEADS' if the connection comes loose.
- Memory functions displaying the total duration of use and average strength used.
- Anal stimulation may also help men who are unable to execute Kegel exercises to strengthen their pelvic floor.
- Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction (anal probe is required).

DIMENSIONS _____ 100 x 65 x 18 mm
WEIGHT _____ 85 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 10 - 50 (Hz)
PULSE WIDTH _____ 200 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ Li-ion, 600mAh, 3.7 V
PRODUCT CODE _____ K-EL2

Kit Contents



x1 Device



x1 Liberty Probe



x1 Lead Wire



x2 Charging Adaptors

iTouch Sure

Continence



DIMENSIONS _____ 102 x 53 x 28 mm
 WEIGHT _____ 125 grams
 AMPLITUDE _____ 99 mA (max)
 FREQUENCY _____ 10 - 50 (Hz)
 PULSE WIDTH _____ 200 - 300 μ s
 WAVEFORM _____ Asymmetrical Rectangular
 POWER SUPPLY _____ x2 AA
 PRODUCT CODE _____ K-IT2

Overview

The iTouch Sure is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from conditions such as: Urinary and/or faecal incontinence: including stress, urge and mixed types in both men and women as well as post prostatectomy urinary incontinence in men. Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 4 preset programmes including stress, urge, mixed and a tone after-care programme.
- Comfortable stimulation with small steps of intensity, 0.5 mA per step. Automatically resets the strength to zero and flashes.

- 'LEADS' if the connection comes loose.
- Programme retention (automatically starts in the last programme used).
- Anal stimulation may also help men who are unable to execute Kegel exercises to strengthen their pelvic floor.
- Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction.

Kit Contents



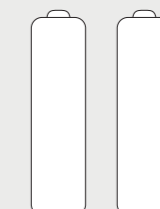
x1 Device



x1 Liberty Probe



x1 Lead Wire



x2 AA Batteries

Sure Pro

Continenence



DIMENSIONS _____ 115 x 56 x 23 mm
WEIGHT _____ 100 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 3 - 90 (Hz)
PULSE WIDTH _____ 50 - 500 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ Li-ion 3.7 V
PRODUCT CODE _____ K-SP

Overview

The Sure Pro is a versatile professional continence stimulator unit that offers the latest technology in a simple package that is suitable for home use. The Sure Pro, pelvic floor exerciser, provides relief from conditions such as: urinary and/or faecal incontinence, chronic pelvic pain and improvement of pelvic strength.

Features

- 2 independent channels to treat symptoms of incontinence via a tampon-shaped probe and/or electrode pads.
- 9 preset EMS programmes including stress, urge, mixed, endurance, pelvic floor workout and tone after-care.
- 3 preset TENS programmes including tibial nerve stimulation and pelvic pain relief. 3 manual programmes that can be defined to experiment and save preferred settings.
- Comfortable stimulation with 99 small steps of intensity (1 mA per step).
- History of daily usage by programme and by time (up to 90 days of usage).
- Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.
- Use with an anal probe can help men to strengthen their pelvic floor muscles which is recommended for recovery from causes of Erectile Dysfunction.



Kit Contents



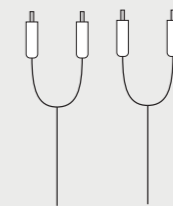
x1 Device



x4 Electrodes



x1 Liberty Probe



x2 Lead Wires



x2 Charging Adaptors

Perfect PFE Men

Continence



Overview

The perfect PFE, Pelvic Floor Exerciser for men is a powered muscle stimulator used for strengthening the pelvic floor muscles, it may also help to relieve symptoms of chronic prostatitis/chronic pelvic pain. It provides relief from conditions such as: Urinary and faecal incontinence: including stress, urge and mixed types including post prostatectomy urinary incontinence.



Features

- Single channel unit to provide relief from symptoms of incontinence via an anal probe or self-adhesive electrode pads.
- 4 preset EMS programmes including stress, urge, mixed, tone and 1 preset TENS programme for pelvic pain relief Comfortable stimulation with small steps of intensity, 1 mA per step.
- Automatically resets the strength to zero and flashes 'LEADS' with a loose connection.
- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme used).

DIMENSIONS _____ 120 x 60 x 20 mm
 WEIGHT _____ 120 grams
 AMPLITUDE _____ 99 mA (max)
 FREQUENCY _____ 4 - 50 (Hz)
 PULSE WIDTH _____ 200 - 300 µs
 WAVEFORM _____ Asymmetrical Rectangular
 POWER SUPPLY _____ x2 AA
 PRODUCT CODE _____ K-PPFE-MEN

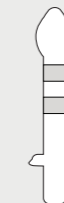
Kit Contents



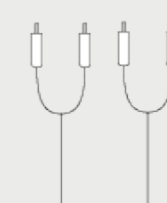
x1 Device



x1 Electrodes



x1 Liberty Fit Probe



x2 Lead Wires



x1 Water based Gel

What Are Labour Pains? The intensity of labour pains varies from one mum-to-be to the other, thus making it difficult to answer the question of 'how much will it hurt?'. However, what is possible, is to be able to improve the ability to cope with the pain experienced during labour; as well as understanding the various pain relief options available, and their impact on the labour, mum to-be and the baby. During the final stages of pregnancy (third trimester), occasional tightening or contractions of the uterus (womb) may occur. These contractions are referred to as Braxton Hicks Contractions or "false labour"; and these typically become more frequent closer to the due date. Real contractions begin when your body releases oxytocin, which in turn stimulates the uterus to contract. The pain starts low, rises until it peaks, and finally gradually decreases. As labour progresses the time between contractions becomes shorter and contraction pain becomes more intense.

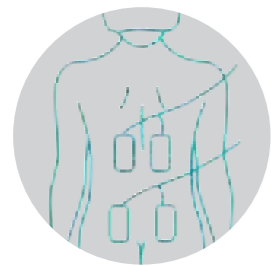
Research suggests that adequate preparation can help to reduce pain or at least modify the perception of pain and reduce anxiety, which can help cope with labour. There are several pain relief options: three main medical pain-relieving options (nitrous oxide, pethidine or epidural anaesthesia) and drug-free pain relief options (self-help techniques, complementary therapies and TENS). Maternity TENS machines have an excellent reputation as one of the safest, most effective forms of modern pain control available to women during childbirth. Many midwives recommend maternity TENS because the machines enable mothers to remain mobile and upright during labour; aiding the descent and dilation whilst providing a more natural, drug-free form of pain relief. It is probably most effective during the early stages of labour, when many women experience lower back pain.

If medication is used to start off (induce) or speed up labour, the contractions may be more painful. Most women use a range of ways to cope with labour pain. It is a good idea to have an open mind and be flexible.

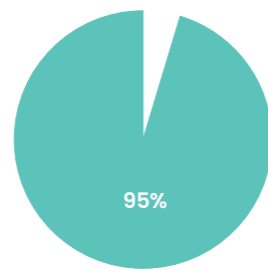
How does Maternity TENS Work? A maternity TENS machine consists of a battery powered, hand-held controller connected by fine leads to four flat electrode pads. The pads are covered in a firm gel that helps them stick to the skin; and are placed near where the sensory nerves that transport pain signals from the uterus and pelvis enter the spinal cord.

Maternity TENS works in the same way as general TENS by: preventing pain signals from reaching your brain and stimulating the body to release endorphins. Additionally, it helps mum-to-be to feel in control of labour and be less anxious, and it also offers a distraction from the contractions.

The machine sends small, safe pulses of electrical current via the leads to the electrode pads onto the skin. The pulses pass through the skin and into the muscles and tissues. This gives a gentle tingling or buzzing sensation, which may be stronger or weaker, depending on the level of intensity selected. The intensity of the pulses can be easily adjusted by buttons on the maternity TENS unit.



Electrode Pad Placement



Percentage of Mums who said they would use Maternity TENS again

Applications: Maternity TENS can be used from 37 weeks, to aid with lower back pain and is most effective when used from the onset of labour, as this allows the body time to build endorphin levels. This can take around 30 to 40 minutes. It provides drug-free pain relief, with no side-effects for mother and baby.

Many women find TENS particularly effective in the early stages of labour, giving them pain relief in the comfort of their own home. Using TENS gives mum-to-be control over her pain relief, which in turn can help her to feel more relaxed. TENS can also be used to ease postoperative pain following caesarean, perineal tear or episiotomy.

Whilst some expectant mothers will achieve sufficient pain relief using just a maternity TENS machine, others may require additional pain relief. Maternity TENS can safely be used with other pain relief options such as gas and air however, due to its electrical nature it cannot be used for water births.

General TENS vs. Maternity TENS: Unlike general TENS machines, the mamaTENS Eco and perfect mamaTENS machines have preset programmes which are specifically designed to help relieve pain through each stage of labour.

TensCare maternity TENS units use extra-large electrode pads with integrated leads to ensure that all the relevant nerves are covered to give the most effective pain relief. They also offer a boost button which allows mums-to-be to rapidly increase the intensity to provide additional pain relief during contractions.

Benefits of Maternity TENS:

- Can be used from the onset of labour, helping with transition from home to hospital
- Can be safely used in conjunction with analgesics such as pethidine or standard gas and air
- Can be used to manage after birth pain, post-episiotomy pain and general back pain
- Safe for mother and baby
- Drug-free
- Often recommended by midwives
- Easy-to-use
- 9 out of 10 women find TENS helpful in labour
- Mum-to-be remains in control and mobile

In 2013, a survey of more than 1,200 mums who had given birth within the last five years, revealed that almost 20% of respondents had used a maternity TENS machine while giving birth, and the majority of those who used one, confirmed it provided effective or very effective pain relief. In our recent survey of more than 5,350 mamaTENS users, 90% confirmed it provided effective pain relief and that they would use a maternity TENS again for consequent labour.

Perfect mamaTENS

Maternity



Overview

The perfect mamaTENS machine is safe and effective to use from the onset of labour providing mums-to-be with pain relief in the comfort of their own home.

The unit also enables the mum-to-be to remain mobile and upright, which can aid descent and dilation.



Features

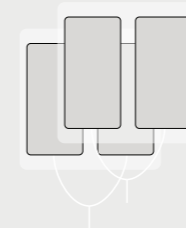
- 2 channels with 4 electrode pads and a single intensity control for ease of use during labour.
- 3 preset programmes designed to counter labour pain at every stage.
- Integrated boost button provides additional pain relief during contractions.
- Maternity TENS could also be used to relieve back pain in the last 3 weeks of pregnancy, to ease post-operative pain following caesarean, perineal tear or episiotomy and is safe to be used in conjunction with other forms of pain relief during labour.

DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 120 grams
AMPLITUDE _____ 70 mA (max)
FREQUENCY _____ 80 -150 (Hz)
PULSE WIDTH _____ 150 - 250 μ s
WAVEFORM _____ Symmetrical Bi-phasic Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-PM

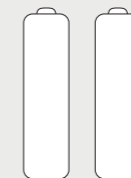
Kit Contents



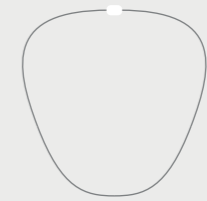
x1 Device



x4 Electrodes



x2 AA Batteries



x1 Neck Cord

Perfect mama+

Maternity



DIMENSIONS _____ 120 x 60 x 20 mm
 WEIGHT _____ 120 grams
 AMPLITUDE _____ 70 mA (max)
 FREQUENCY _____ 80 - 115 (Hz)
 PULSE WIDTH _____ 150 - 250 μ s
 WAVEFORM _____ Symmetrical
 POWER SUPPLY _____ x2 AA
 PRODUCT CODE _____ K-MAMA+

Overview

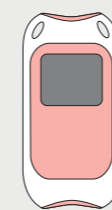
The perfect mama+ machine is safe and effective to use from the onset of labour providing mums-to-be with pain relief in the comfort of their own home. The unit also enables the mother to remain mobile and upright, which can aid descent and dilatation. Additionally, the perfect mama+ gives information about contraction times and the length of your labour.



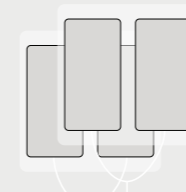
Features

- 2 channels with 4 electrode pads and a single intensity control for ease of use during labour.
- 3 preset programmes designed to counter labour pain at every stage. Integrated boost button provides additional pain relief during your contractions.
- Comfortable stimulation with 50 steps of intensity in programmes A and B or 60 steps in programme C.
- Contraction timer and labour log to enable the mum-to-be to monitor the duration and frequency of the contractions.
- Unique breast electrode pads to help initiate lactation TENS could also be used to relieve back pain in the last 3 weeks of pregnancy and to ease post-operative pain following caesarean, perineal tear or episiotomy.

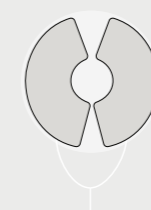
Kit Contents



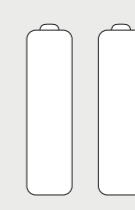
x1 Device



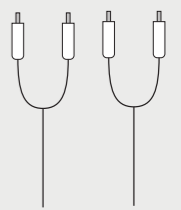
x4 Electrodes



x4 Breast Electrodes



x2 AA Batteries



x2 Lead Wires

Nouri Pump

Maternity



Overview

Nouri Pump is a manual breast pump, designed to provide a comfortable experience whilst you express milk. The pump offers two suction forces and gently stimulates milk flow through the soft massage cushions. Nouri Pump is compact for on-the-go use.



Features

- Easy to use, manual breast pump.
- 2 suction forces Soft breast shield provides comfort whilst you pump.
- Cleaning and sterilising guide included.
- Compact and lightweight - perfect for on-the-go use.

DIMENSIONS _____ 233 x 103 x 230 mm

WEIGHT _____ 200 grams

MATERIALS _____ BPA Free

PRODUCT CODE _____ K-NRIPUMP

Kit Contents



x1 Manual Pump



x1 Bottle (150ml)



x1 Teat & Cap



x1 Breast Shield

Nouri Auto

Maternity



Overview

Nouri Auto is an automatic breast pump, designed to make breast pumping quick and easy. The pump has three different modes: **Massage** is used at the start of the session to stimulate breasts. **Expression** is used to pump the milk and **Rapid** is also used to express milk but at a higher pumping frequency.



Features

- Automatic pump for quick and effective milk expression.
- Each mode has 8 different suction forces to choose from, ensuring every expression is comfortable and efficient.
- Soft breast shield provides comfort whilst you pump.
- The user can switch between modes using the Mode Switch button.
- Rechargeable lithium battery. Cleaning and sterilising guide included.
- Integrated LCD screen and night light so you can pump day and night.

DIMENSIONS _____ 325 x 102 x 225 mm

WEIGHT _____ 517 grams

POWER SUPPLY _____ Rechargeable

MATERIALS _____ BPA Free

PRODUCT CODE _____ K-NRIAUTO

Kit Contents



x1 Bottle Dock



x2 Bottles (150ml)



x1 Breast Shield & Connector



x1 Feeding Teat & Cap



x1 Tube

Nouri Duo

Maternity



Overview

Nouri Duo is an automatic, dual breast pump, designed to express milk from both breasts simultaneously. A variety of suction forces ensure comfortable and quick pumping, so that mothers can enjoy every expression. **Massage** Mode is used at the start of the session to stimulate breasts whereas **Expression** Mode is used to pump milk, where the user can select between 12 suction forces and 4 pumping frequencies.



Features

- Dual, electric pump offers milk expression from both breast simultaneously.
- 2 modes of use with adjustable suction forces and pumping frequencies.
- Soft breast shield provides comfort whilst you pump.
- A variety of suction forces ensure comfortable and quick pumping, so that mothers can enjoy every expression.
- Cleaning and sterilising guide included.
- Integrated LCD screen and night light so you can pump day and night.

DIMENSIONS _____ 255 x 213 x 162 mm

WEIGHT _____ 890 grams

POWER SUPPLY _____ Rechargeable

MATERIALS _____ BPA Free

PRODUCT CODE _____ K-NRIDUO

Kit Contents



x1 Pump Body



x2 Bottles (150ml)



x2 Feeding Teat & Cap



x2 Shield & Connector



x2 Tubes

Digi Duckling

Maternity



Overview

Incredibly easy-to-use bath thermometer. LCD display for quick and accurate temperature readings. The thermometer will automatically turn off after an hour. Displays water temperature 0°C to 50°C. A RED warning light illuminates if the water is too hot.

PRODUCT CODE _____ K-DKBT

Eboo

Maternity



Overview

Safe and soft children's night light. Energy-efficient and eye-caring LED creates a uniform non-flickering light that doesn't hurt the eyes. Made of washable squeezable silicone and has no sharp edges. Small dimensions suitable for children's hand.

PRODUCT CODE _____ K-OWL

Aesthetics

What is EMS? EMS stands for Electrical Muscle Stimulation and has successfully been used in medical rehabilitation and training in competitive sports. EMS produces intensive and effective muscular contractions which can help to tone and shape selected muscle groups and parts of the body. Using EMS alongside exercise particularly useful for targeting areas of the body which are difficult to exercise and often lose their shape, such as the upper arms and face.

How does EMS work? The impulses are generated by a device and delivered through electrode pads on the skin in direct proximity to the muscles to be stimulated. The impulses mimic the action potential coming from the central nervous system, causing the muscles to contract - these muscle contractions retrain the muscles, increase their effectiveness and improve their condition. EMS is widely used for rehabilitation purposes, for instance in physical therapy in the prevention of disuse muscle atrophy which can occur following musculoskeletal injuries. However, EMS is commonly being used as a supplement to conventional muscle training and as a cosmetic tool. Used correctly, EMS can help tone and shape the body and help improve muscle bulk. Different frequencies of muscle stimulation have different effects: Low frequencies (1-10 Hz) coupled with long impulse times, have a purifying and relaxing effect through individual contractions; whereby the circulation in the treated muscle is simultaneously improved and removal of metabolic end products is supported (lymphatic drainage). In contrast, by means of a rapid succession of contractions (fibrillation), medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure. High frequencies (60-90 Hz) can be used to promote muscle definition and bulk.

Applications: Facial toning; helps tone, firm lift and tighten the soft tissues of the face, counteracting the effects of aging. Body shaping and toning by generating passive muscle contractions in targeted areas of the body. Muscle training helping to build, strengthen and firm targeted muscles and increase muscle mass. Muscle wastage, including: neuromuscular facilitation; muscle re-education; muscle training; prevention or reduction of atrophy; prevention of hypertrophy; prevention of post-operative muscle weakness; reduction of spasticity; maintenance of or improved range of motion; training of partial peripheral nerve damage with signs of re-innervation; treatment of scoliosis. Muscle relaxation: to loosen up muscular tension; improve muscular fatigue symptoms; accelerate muscle regeneration after high muscular performance.

What is Microcurrent? MIC stands for Microcurrent stimulation and is a type of therapy where very low current is sent into the cells of the body. MIC therapy uses extremely low-level electrical currents (microcurrents) to treat nerve and muscle pain, inflammation and other health challenges. Each tissue type in our body has its own signature electrical frequency, which may be disrupted by injury or disease. MIC therapy restores normal frequencies within the cells, resulting in improvements in pain, inflammation and function. Whilst Microcurrent is used to treat medical conditions, it is a technique that is also regularly used in Beauty Therapy to overcome the signs of aging.

How does MIC work? MIC is a physiological electric modality that increases adenosine triphosphate (ATP; energy) production in the cells of your body. It also improves protein synthesis, which is necessary for tissue repair. The ensuing enhancement in blood flow and decrease in inflammation translates into reductions in pain and muscle spasm, as well as increased range of motion. MIC stimulation delivers tiny electrical impulses that mirror the body's own natural bio-electrical field, increasing the tissue's healing rate. In most cases, treatment is virtually sub-sensory, with just a slight electrical tingling sensation.

MIC Applications: As we get older, the body slows down, the muscles start to age, and the skin begins to deteriorate. Microcurrent can speed up the whole metabolism of the tissue and cellular activity. It works in two ways: preventative and corrective. It heals the tissues so that a visible result will be seen after only one session. The skin will tighten, and lines and wrinkles will be softened because of the cellular activity being stimulated. In addition, because the muscle and tissue are in a better state of repair to receive the body's own natural bio-electrical impulses, there is preventative care as well. The ageing process is being delayed and a healing effect is produced.



Why use Microcurrent?

- Tightens and softens lines with very little sensation felt: relaxing treatment.
- Corrective: enhances natural features, encourages collagen production to plump out the tissue.
- Preventative: delays the aging process and stops further damage by stimulating the existing collagen
- Non-invasive: safer and less intrusive than face lifting surgery

Benefits of Microcurrent:

- Gives a youthful appearance to the skin
- Tightens and reduces open pores
- Improves colours and texture of the skin
- Tones flabby or sunken areas
- Diminishes scar tissue: although older scars take longer to heal
- Lifts sagging muscles
- Reduces the appearance of wrinkles and fine lines
- Reduces oedema: puffiness under the eyes is reduced as is dark circles under the eyes.



Overview

Uniglo is the new beauty therapy device from TensCare. The powered muscle stimulator is used for body toning and shaping, as well as for the reduction of wrinkles through a brand new, specifically developed Microcurrent programme. The device targets all areas of the body, including face, abs, buttocks and thighs, to help you keep your natural 'glo'.



Features

- 8 preset programmes including a new Microcurrent deep facial toning programme.
- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- Rechargeable battery and micro USB charging adapter.
- New and improved detachable belt clip.
- Memory function tracks device usage and

last programme used.

- Adjustable treatment timer
- Uniglo uses EMS (Electrical Muscle Stimulation) and Microcurrent technology.
- The device sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four adhesive electrode pads, in order to help you to firm and toned.

DIMENSIONS _____ 120 x 60 x 20 mm
 WEIGHT _____ 100 grams
 AMPLITUDE _____ 90 mA (max) / 80-300µA (MIC)
 FREQUENCY _____ 4-100 Hz / 0.8-20 (MIC)
 PULSE WIDTH _____ 80-600 µs / 25-120ms (MIC)
 WAVE FORM _____ Symmetrical
 POWER SUPPLY _____ Li-ion, 1000mAh, 3.7 V
 PRODUCT CODE _____ K-UNIGLO

Kit Contents



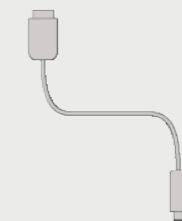
x1 Device



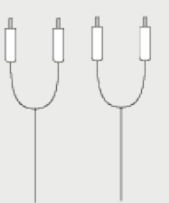
x2 Face Electrodes



x4 Electrodes



x1 Charging Cable



x2 Lead Wires

Uniwand

Aesthetics



DIMENSIONS _____ 134 x 25 x 25 mm
WEIGHT _____ 53 grams
MICROCURRENT _____ 100 - 750 μ A
PRODUCT CODE _____ K-UNIWAND

Overview

Uniwand brings the professional beauty therapy treatment to your home. Uniwand is a non-invasive facial toning tool to be used alongside microcurrent facial toning devices, such as the Uniglo, to reduce visible signs of ageing. Uniwand works by delivering low-level electrical impulses via the dual sphere treatment head to the facial muscles.



Benefits

- Encourages collagen production
- Helps to tighten and soften lines & wrinkles
- Boosts sagging muscles
- Reduces oedema: puffiness under the eyes is reduced as is dark circles.
- Gives a youthful appearance to the skin.
- Tightens and reduces open pores.
- Enhances colours and texture of the skin.
- The wand offers precise and flexible control, allowing users to target the specific areas of need.
- Stimulation is so subtle that in most cases, no sensation will be felt.
- Most effective results occur via the use of the hyaluronic conductive gel provided.

Kit Contents



x1 Device



x1 Hyaluronic
Conductive Gel



DIMENSIONS _____ 120 x 63 x 26 mm
 WEIGHT _____ 145 grams
 AMPLITUDE _____ Face: 40 mA / Other: 90 mA
 FREQUENCY _____ 10-100 Hz
 PULSE WIDTH _____ 80-600 μ s / 25-120ms (MIC)
 WAVE FORM _____ Asymmetrical Bi-phasic
 POWER SUPPLY _____ x2 AA
 PRODUCT CODE _____ K-ALLURA

Overview

The Allura is a powered muscle stimulator used for body toning and shaping, as well as for the reduction of wrinkles. It sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four auto-adhesive electrode pads, in order to help you to firm and tone your body, and to maintain your youthful appearance.



Features

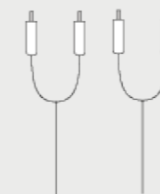
- Two independent channels with four electrode pads to treat two areas at the same time.
- Gentle stimulation with 90 small steps of intensity (about 1 mA per step).
- Including facial toning and firming; as well as programmes for body toning and shaping: abs, buttocks & hips, thighs, bust, arms and calves.

- Programme retention (automatically starts in the last programme used), number of uses and time of usage.
- Bespoke programmes dedicated to each specific area: face, abs, buttocks & hips, thighs, bust, arms and calves.

Kit Contents



x1 Device



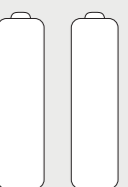
x2 Lead Wires



x4 Electrodes



x4 Face Pads



x2 AA Batteries



Overview

Nailit is a nail-cleaning, light therapy device used to improve the appearance of fungal nails without the need for drugs or creams. The device uses infrared and blue light technology to safely and effectively clean your finger and toe nails.



Features

- Daily 7 minute sessions for quick and convenient nail cleaning.
- Dual-action hinge ensures the device is comfortable to use for fingers and toes of all sizes.

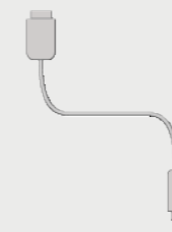
- Compact and ergonomic design.
- Integrated and rechargeable battery with a long battery life and low battery indicator.
- Drug and ointment free with no pain and zero side effects.

DIMENSIONS	69.5 x 40.5 x 35.5 mm
WEIGHT	50 grams
BLUE LIGHT WAVELENGTH	470 nm
LASER INTENSITY	25 W
PULSE INTENSITY	55 - 110 (Hz)
INFRARED WAVELENGTH	905 nm
POWER SUPPLY	Li-ion 3.7 V
PRODUCT CODE	K-NL

Kit Contents



x1 Device



x1 USB Charging Cable

Rehabilitation

EMS in Sports and Rehabilitation: Electrical Muscle Stimulation is a widespread and generally recognized method that has been used for years in sports and rehabilitation medicine. EMS uses external electrical impulses that act through the skin to stimulate the nerves supplying a specific muscle group.

EMS is used in the treatment of medical conditions involving:

- Muscle wastage (including: neuromuscular facilitation; muscle re-education muscle training; prevention/slowing of atrophy/hypertrophy; preventing postoperative muscle weakness; reduction of spasticity; maintaining or increasing range of motion; training of partial peripheral nerve damage with signs of re-innervation treatment of scoliosis)
- Muscle relaxation (in order to loosen up muscular tension, improve muscular fatigue symptoms; accelerate muscle regeneration after high muscular performance). For sports, the benefit is to increase the effect of training and enhance performance. Typical uses are: muscle training to improve endurance performance; muscle training to support the strengthening of certain muscles or muscle groups in order to achieve desired changes to body proportions; sports training, covering - warm-up, strength, speed, power, resistance, endurance and recovery; rehabilitation in relation to sports injury). The effect on muscle tone of electrical stimulation (EMS) is generally only noticeable after regularly repeated application.

What is IFT? Interferential Therapy (IFT) is known to be used for the symptomatic relief and management of chronic (long-term) intractable, post traumatic and post surgical pain. In addition to providing pain relief by the same mechanism that TENS uses Interferential Therapy's major role is to accelerate the inflammatory or healing rate.

How does IFT work? Interferential Therapy delivers an electrical stimulation into the affected tissue and utilises two of the medium frequency currents, passed through the tissues simultaneously, where they are set up so that their paths cross and they literally interfere with each other. This interaction gives rise to an interference current (or beat frequency) which has the characteristics of low frequency stimulation – in effect the interference mimics a low frequency stimulation. Low frequency nerve stimulation is known to be physiologically effective (as with TENS and NMES) and this is the key to IFT intervention. Unlike TENS however, which delivers intermittent pulses to stimulate surface nerves and block the pain signal, IFT delivers continuous stimulation deep into the affected tissue by using a 4000Hz carrier wave to overcome the skin impedance.

IFT is believed to work by stimulating parasympathetic nerve fibres to give increased blood flow and oedema reduction and by passing currents across cell membranes; these currents vary depending upon the tissue involved. By using particular frequencies in the range, different systems within the body can be stimulated or used to increase the blood supply, which in turn fastens the healing rate.

Treatable Conditions: IFT is used to treat inflammatory conditions. For example, sports injuries, arthritic conditions, bruising and swelling, back pain, and muscular pain. Many practitioners use a “Sweep” treatment which uses constantly changing interference pulse frequency. Practical clinical experience suggests therapeutic benefits for these sweeps, in addition to those of conventional nerve stimulation. Low frequency nerve stimulation is known to be physiologically effective (as with TENS and EMS) and this is the key to IFT intervention. Unlike TENS however, IFT delivers continuous stimulation deep into the affected tissue by using a 4000 Hz carrier wave to overcome the skin impedance. IFT is believed to work by stimulating parasympathetic nerve fibres to increase blood flow and reduce oedema reduction, by passing currents across cell membranes; these currents vary depending upon the tissue involved. By using specific frequencies in the range, different systems within the body can be stimulated or used to increase the blood supply, which in turn hastens the healing rate.

How Does MIC work? MIC is a physiological electric modality that increases ATP (energy) production in the cells of your body. Micro-current stimulation delivers tiny electrical impulses that mirror the body’s own natural bio-electrical field. In most cases, treatment is virtually sub-sensory, with just a slight electrical tingling sensation. MIC is a very faint

current that is so small, it is measured in millionths of an amp (microamps). Human cells generate a current that is in the micro amp range which is why some can’t feel it – the current is so low it doesn’t stimulate the sensory nerves. This dramatically increases the tissue’s healing rate. The immediate response to the correct MIC frequency suggests that other mechanisms are involved as well. The exact effects or changes in the tissue can be noticeable; scars can suddenly soften; trigger points often become less painful when the “correct” frequency is applied.

MIC in Sports and Rehabilitation: Microcurrent has shown to give very effective pain relief. In patient surveys over 90% of patients reported significant improvement. In many situations the changes can be long lasting and even permanent in some cases. The results of MIC can be seen after only a minute or so of treatment in most people. At the cellular level, microcurrent therapy stimulates a dramatic increase in ATP, the energy that fuels all biochemical functions in the body. It also bumps up protein synthesis, which is necessary for tissue repair. The ensuing enhancement in blood flow and decrease in inflammation translates into reductions in pain and muscle spasms, as well as increased range of motion. Unlike TENS, which also use electrical currents to relieve pain, microcurrents are so weak that they don’t stimulate the sensory nerves, so you feel no shock-like sensations.

Originally developed for treating facial palsy Microcurrent therapy is now also used widely in physiotherapy for pain control and in hospitals for wound healing. As an aesthetic treatment micro-current stimulation has been shown to have a number of other cosmetic benefits:

- Re-educates muscles,
- Increases blood and lymph circulation ,
- Enhances the penetration of the active ingredients of skin care formulations
- Increases the production of collagen and elastin
- Increases protein synthesis, gluconeogenesis and cell membrane transport
- Increases mitochondria activity , adenosine triphosphate (ATP)

It is commonly used by professional and performance athletes with acute pain and / or muscle tenderness as it is drug-free and non-invasive, thus avoiding testing and recovery issues.



DIMENSIONS _____ 125 x 62 x 26 mm
 WEIGHT _____ 128.5 grams
 AMPLITUDE _____ 99 mA (max)
 FREQUENCY _____ TENS: 2 - 150 / EMS: 3 - 120 / Massage: 1 - 250 (Hz)
 PULSE WIDTH _____ TENS: 50 - 300 / EMS: 100 - 450 / Massage: 200 - 250 μ s
 WAVE FORM _____ Asymmetrical Bi-phasic
 POWER SUPPLY _____ Rechargeable Li-ion
 PRODUCT CODE _____ K-UNIFIT

Overview

Unifit combines the treatment capabilities of a TENS device, an EMS or NMES device, and a relaxing massage stimulator in one unit. It sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four auto-adhesive electrode pads, in order to help you to firm and tone your body.



Features

- Rehabilitation: neuromuscular facilitation, muscle re-education, muscle training, prevention/slowing of atrophy/hypotrophy. EMS has been shown to improve blood flow and circulation.
- Sports training: improve muscle strength and performance; warm up, strength, speed, power, resistance, endurance and recovery.

- Muscle relaxation: loosening up of muscular tension, improving muscular fatigue symptoms and reduced fatigue and muscle tension.

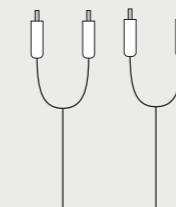
Kit Contents



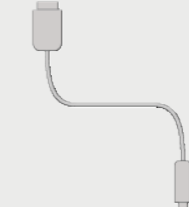
x1 Device



x4 Electrodes



x2 Lead Wires



x1 USB Charging Cable



DIMENSIONS _____ 125 x 62 x 26 mm
 WEIGHT _____ 128.5 grams
 AMPLITUDE _____ TENS, EMS: 99 mA / IFT: 60 mA / MIC: 700 μ s (max)
 FREQUENCY _____ TENS: 2 - 150 / EMS: 3 - 120 / IFT: 4004 - 4160 (Hz)
 PULSE WIDTH _____ TENS: 50 - 250 / EMS: 100 - 450 / IFT: 125 / MIC: 0.5 - 999 μ s
 WAVE FORM _____ TENS, EMS: Asymmetrical Bi-phasic / IFT: Symmetrical Balanced
 POWER SUPPLY _____ Rechargeable Li-ion
 PRODUCT CODE _____ K-UNIPRO

Overview

Unipro combines the treatment capabilities of a TENS device, an EMS or NMES device, a Microcurrent (MIC) stimulator, and an Interferential (IFT) stimulator all in one unit.

TENS: provide symptomatic pain relief for chronic, acute or post-operative pain.

EMS: provide muscular training for localised regeneration and muscular hypertrophy.

MIC: provide symptomatic pain relief for chronic pain, and the DC setting is used for wound healing. **IFT:** for symptomatic relief of chronic intractable pain.

Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- 10 preset TENS, 36 preset EMS, 4 preset IFT and 3 preset MIC programmes.
- 2 manual TENS, 8 manual EMS, 2 manual IFT, 1 manual MIC programmes.
- 4 pad or 2 pad IFT treatment mode.
- Programmes that can be defined to experiment and save preferred settings.
- Comfortable stimulation with small steps of intensity (EMS progs. have 3 phases).
- Option to operate the unit through external mains power adaptor.
- Multi-lingual user interface



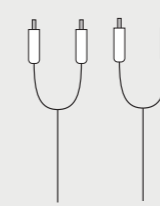
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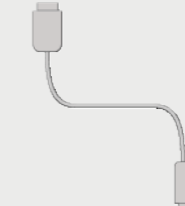
x1 Device



x4 Electrodes



x2 Lead Wires



x1 USB Charging Cable

Perfect EMS

Rehabilitation



Overview

Perfect EMS unit provides muscle toning, shaping and rehabilitation through EMS, with additional pain relief programmes using TENS to relieve pain from injuries and muscle strain. Muscle wastage: neuromuscular facilitation, muscle re-education, muscle training, prevention/slowing of atrophy/hypertrophy and reduction of spasticity. Sports training: warm up, strength, speed, power, resistance, endurance and recovery.



Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- 6 preset EMS programmes including warm up, endurance, power and bulk.
- 2 manual TENS and 2 manual EMS programmes that can be defined to experiment and save preferred settings.
- Comfortable stimulation with 90 small steps of intensity.
- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme used).
- Beauty applications: reduction in the appearance of wrinkles and cellulite.

DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 120 grams
AMPLITUDE _____ 90 mA (max)
FREQUENCY _____ TENS: 1 - 120 / EMS: 1 - 80 (Hz)
PULSE WIDTH _____ TENS: 50 - 250 / EMS: 50 - 350 μ s
WAVE FORM _____ Asymmetrical Bi-phasic
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-PEMS

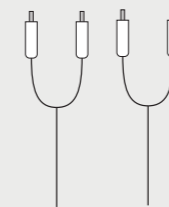
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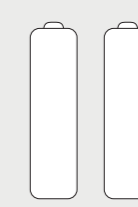
x1 Device



x4 Electrodes



x2 Lead Wires



x2 AA Batteries

Flexistim

Rehabilitation



Overview

Flexistim features 4 therapeutic modes: TENS for pain relief, EMS for muscular training, MIC for wound healing and IFT for relief of intractable pain. TENS: back pain, osteoarthritis, rheumatoid arthritis, osteoporosis and spondylitis. EMS: muscle rebuilding and toning, neuromuscular facilitation, muscle re-education and muscle training.



Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- 10 preset TENS, 27 preset EMS, 3 preset IFT and 3 preset MIC programmes.
- 2 manual TENS, 6 manual EMS, 1 manual IFT, 1 manual.
- Comfortable stimulation with small steps of intensity (EMS progs. have 3 phases).
- Option to operate the unit through external mains power adaptor.
- IFT: ankylosing spondylitis, reduction in bruising and swelling, postoperative pain, epicondylitis, carpal tunnel and plantar fasciitis, constipation.
- MIC: gentle stimulation for tissue healing process and pain relief.

DIMENSIONS _____ 123 x 61 x 22 mm
 WEIGHT _____ 160 grams
 AMPLITUDE _____ TENS 99 mA / EMS 99 mA / IFT 60 mA / MIC 700 µA
 FREQUENCY _____ TENS 2 - 150 Hz / EMS 10 - 120 Hz / IFT 2 - 160 Hz / MIC 0.5 - 50 Hz
 PULSE WIDTH _____ TENS 50 - 250 Hz / EMS 100 - 350 Hz / IFT 125 µs / MIC 10 - 999 ms
 WAVE FORM _____ Asymmetrical Bi-phasic
 POWER SUPPLY _____ Li-ion 3.7 V
 PRODUCT CODE _____ K-FLEXM

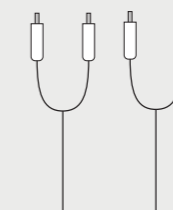
Kit Contents



x1 Device



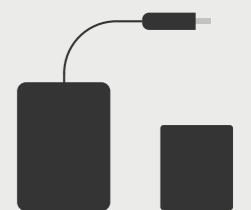
x4 Electrodes



x2 Lead Wires



x1 UK & EU Plug



x1 Charger

Sports TENS 2

Rehabilitation



Overview

The Sports TENS is a muscle stimulator and a pain relief unit with additional massage programmes to provide relaxation and de-stressing. Muscle wastage: neuromuscular facilitation, muscle re-education, muscle training, prevention/slowing of atrophy/hypertrophy and reduction of spasticity. Sports training: warm up, strength, speed, power, resistance, endurance and recovery.



Features

- 2 independent channels with 4 electrode pads to treat 2 areas at the same time.
- 10 preset TENS, 27 preset EMS, 10 preset massage programmes.
- 2 manual TENS and 6 manual EMS programmes that can be defined to experiment and save preferred settings.
- 99 small steps of intensity.
- EMS programmes have 3 phases (warm up, work and cool down).
- Muscle relaxation: loosening up of muscular tension, improving muscular fatigue symptoms as well as accelerating muscle regeneration.
- History of daily usage by programme and by time (up to 90 days of usage).

DIMENSIONS _____ 114 x 56 x 23 mm
 WEIGHT _____ 90 grams
 AMPLITUDE _____ 99 mA (max)
 FREQUENCY _____ TENS: 2 - 150 Hz / EMS: 3 Hz - 120 / Massage: 1 - 250 Hz
 PULSE WIDTH _____ TENS: 50 - 300 / EMS: 20 - 350 / Massage: 25 - 300 µs
 WAVE FORM _____ Asymmetrical Bi-phasic
 POWER SUPPLY _____ Li-ion, 900mAh, 3.7 V
 PRODUCT CODE _____ K-ST2

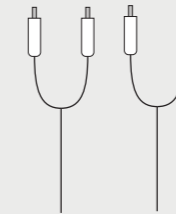
Kit Contents



x1 Device



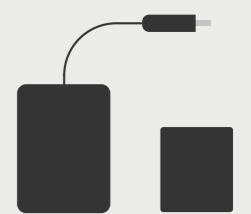
x4 Electrodes



x2 Lead Wires



x1 UK & EU Plug



x1 Charger

Shockwave

Rehabilitation



Overview

This portable Shockwave therapy device is a non-surgical technique developed for the treatment of musculoskeletal disorders. The treatment utilizes a unique set of proprietary acoustic pressure waves that are delivered through the body and focused on the site of pain or injury. It stimulates the metabolism, enhances blood circulation, and accelerates the healing process, allowing damaged tissues to regenerate and recover.

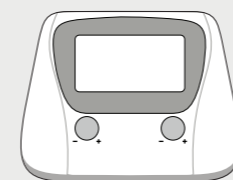


Features

- 7 preset programmes with adjustable settings to suit the patients needs with more than 30 illustrated preset treatment recommendations.
- Comfortable stimulation and short treatment time.
- Compressor free ballistic radial Shockwave therapy-system with electromagnetic generator as projectile accelerator.
- Touch-screen for all software operations, rotary control for energy level and for frequency, hand piece operation with multi-directional foot switch.
- 7" colour touch screen: plug & play system with a user friendly and reliable software

DIMENSIONS _____ 290 x 240 x 130 mm
WEIGHT _____ 2.22 kg
POWER LEVELS _____ 10 - 185 mJ
FREQUENCY _____ 1 - 22 (Hz)
TECHNOLOGY _____ Electromagnetic
APPLICATORS _____ 6 / 15 / 25 mm
POWER SUPPLY _____ Mains
PRODUCT CODE _____ K-SHOCKWAVE

Kit Contents



x1 Device



x1 Footswitch



x2 Therapeutic Handle



x1 UK Plug

Accessories

Garments Electrodes: TensCare offers a wide range of conductive garment electrodes and accessories to use in combination with the pain relief and/or physiotherapy devices. These garments help to treat the hands, feet and/or knee, where the application of self-adhesive electrode pads is complicated.



The **iSock** uses “Silver Stim” conductive fabric which, when damp, allows the stimulation from an electrotherapy unit to pass throughout the lower leg and foot. This improves blood flow, which in turn provides pain relief. The iSock kit comes complete with two socks and two electrodes.

Available in 2 sizes.

The **iGlove** also uses “Silver Stim” conductive fabric which, when damp, allows the stimulation from an electrotherapy unit to pass throughout the hand. This improves blood flow, which in turn increases the mobility of fingers and provides pain relief. The iGlove kit comes complete with two gloves and two electrodes.

Available in 2 sizes.

The **KneeStim** works in the same way as an electrode. It receives the electrical impulses from an electrotherapy unit and conducts these through silver fabric within the garment. Self-adhesive electrode pads are applied on the same limb as the KneeStim garment - both stimulating the nerve endings and relieving symptoms of knee pain, arthritis and osteoarthritis by reducing swelling and increasing mobility. The KneeStim kit comes complete with one knee garment and two electrodes.

Electrode Pads: TensCare has researched and tested multitudes of electrode pads to create the best available. Our self-adhesive, re-usable electrode pads are long-life and compatible with most electrotherapy units. All of our electrode pads are extremely high quality, supplied in a sealed pouch complete with instructions and pictorial guide.



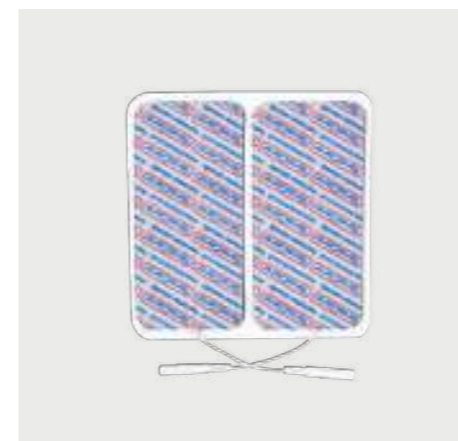
50 x 50 mm Electrodes
E-CM5050



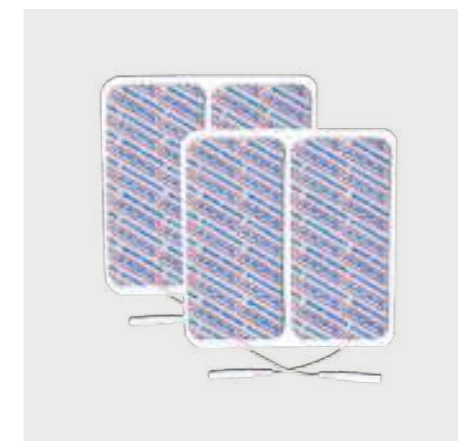
50 x 50 mm Hypoallergenic
E-SV5050



105 x 155 mm Butterfly Pads
E-BF155



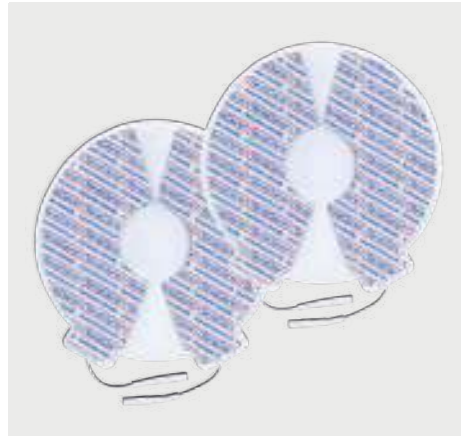
50 x 90 mm Electrode
E-CM5090



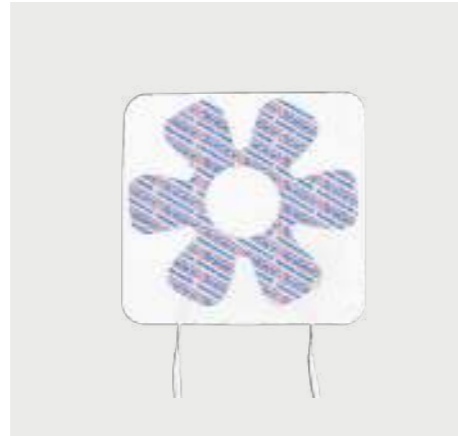
50 x 100 mm Electrode
E-CM50100



Mynd Replacement Gel Pads
E-MYND



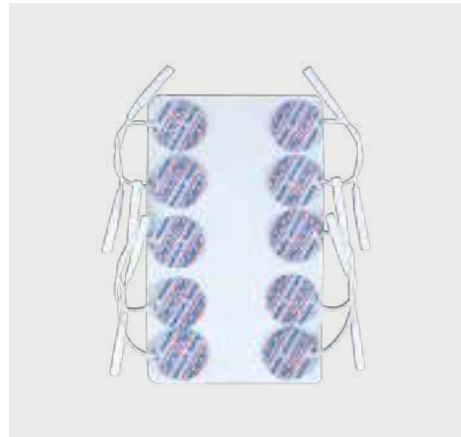
60 x 130 mm Breast Electrodes
E-CMR60130



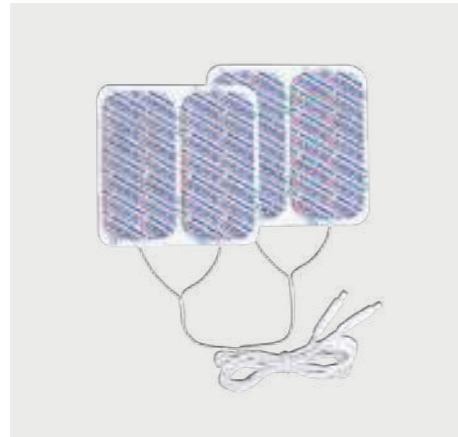
50 x 150 mm Joint Electrode
E-SF150



30 x 50 mm Face Electrode Pair
E-CM3050



25 mm Diameter Electrodes
E-CM25



Perfect mamaTENS & perfect
mama+ Electrodes
E-CM50100PM

Probes: TensCare offers a wide range of vaginal & anal probes that are compatible with most muscle stimulators & EMG biofeedback equipments.



Liberty & Liberty +
X-VP (28 mm diameter)
X-VPM (32 mm diameter)



Probe with Biofeedback Pointer
Liberty Loop
X-VPL



Nickel Free Probe
Liberty Gold with Pointer
X-V2STW



Nickel Free Probe
Liberty Gold
X-VPG



Anal Probe
Liberty Fit
X-PR13



Anal and Small Vaginal Probe
Liberty Mini
X-AP

Other Replacements: Leads, batteries and chargers are available for each unit.

Unit	Leads	Battery	Charger	Cradle
Perfect Range	L-CPT	AA Batteries	N/A	N/A
TENS One	L-TN20	AA Batteries	N/A	N/A
Uni Range	L-CPT	Integrated	X-UNICH	N/A
Ova+	L-OVAPLUS	Integrated	X-OVA-USB	N/A
Perfect mama+	E-CM50100-PM	AA Batteries	N/A	N/A
Perfect mamaTENS	E-CM50100-PM	AA Batteries	N/A	N/A
Sports TENS 2	L-ST2	BL-6F	X-STPA5V	X-CR-SP

Unit	Leads	Battery	Charger	Cradle
Flexistim & Flexistim IF	L-ST2	BL-6F	X-FLEXIPA	X-FLEX-CR
Sure Pro	L-ST2	BL-6F	X-STPA5V	X-CR-SP
Shockwave	Therapeutic handle, foot switch, therapeutic heads (6/15/25), silicone caps are available upon request.			
Kegel Toner	L-CPT	AA Batteries	N/A	N/A
iTouch Sure	L-ITS-NEW (Short & Long) L-ITI-NEW (Long)	AA Batteries	N/A	N/A
Elise 2	L-VPCE (Short)	BL-4B	X-EL2CH 1000MA	N/A

Chargers with EU, USA and AU plugs are available for most units upon request. Please contact us for more information.

