

30 DAY MONEY-BACK GUARANTEE

If you are not completely satisfied with the performance of your ElectroMassage System EMS2200, you may return it to the dealer with dated proof of purchase and original package within 30 days for a full refund of your purchase price.

90 DAY WARRANTY

Sonic Technology Products, Inc. warrants to the original consumer/purchaser that your ElectroMassage System EMS2200 be free from defects in workmanship and material for 90 days from the date of purchase. Your ElectroMassage System will be replaced or the purchase price refunded at dealer option, during the warranty period.

A defective product must be returned in the original packaging, postage prepaid, along with a copy of your receipt, to the place of purchase. The warranty does not apply to EMS2200 units damaged by accident, abuse, misuse, improper voltage, or water damage, nor does it apply if the product has been altered or repaired by anyone other than the manufacturer.

The ElectroMassage EMS 2200 is manufactured exclusively for:

Sonic Technology Products, Inc.
120 Richardson St.
Grass Valley, CA 95945
800-247-5548
www.sonictechnology.com

Date of Purchase: _____

Purchased from: _____

We suggest that you place this warranty with a copy of your purchase receipt in a safe place.

Sonic Technology Products, Inc.

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Grass Valley, CA 95945
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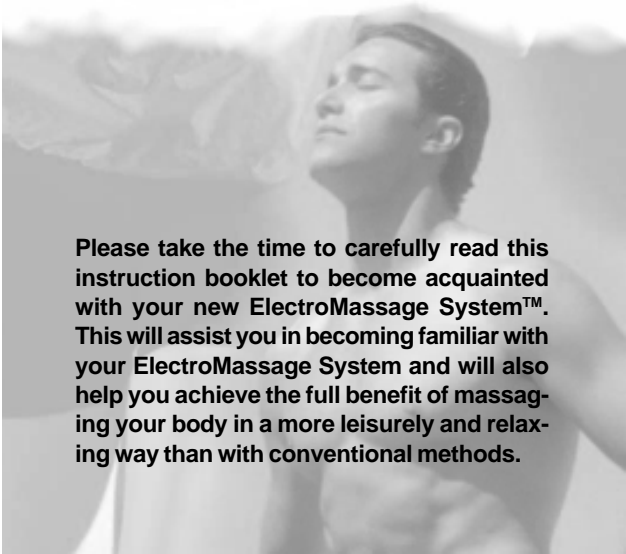
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ELECTROMASSAGE
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Please take the time to carefully read this instruction booklet to become acquainted with your new ElectroMassage System™. This will assist you in becoming familiar with your ElectroMassage System and will also help you achieve the full benefit of massaging your body in a more leisurely and relaxing way than with conventional methods.



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Features...

Four Station Controls to massage and relax up to four different muscle groups simultaneously.

Independent Intensity Controls allow you to select the strength of the electrical stimulation for each of the four stations.

Pulse Speed Control permits you to increase or decrease the number of pulses per minute from 15 to 60 pulses per minute.

Digital Timer is programmable in one minute increments and counts down from 60 minutes.

AC or Battery Operation. UL Listed EN60601-1, 9V-12V AC/DC power adapter (included) permits operation on 120v 60Hz household current for maximum strength and longevity...or a 9 volt battery (not included) for occasional and convenient away-from-home use.

Safety Circuit detects the removal of an electrode while the unit is powered-up, providing additional protection.

Eight 2" Self Adhesive Electrodes and four bayonet-joint, dual-lead sets included.

Recommended Separation Distances Between Portable and Mobile RF Communications Equipment and the EMS2200

The EMS2200 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EMS2200 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EMS2200 as recommended below, according to the maximum output power of the communications equipment.

Rated Maximum Output Power of Transmitter (W)	Separation distance according to frequency of transmitter (M)		
	150 KHz to 80MHz $d = 1,2\sqrt{P}$	80 MHz to 800 MHz $d = 1,2\sqrt{P}$	800 MHz to 2.5 GHz $d = 1,3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.
NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



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Guidance and Manufacturer's Declaration- Electromagnetic Immunity

The EMS2200 is intended for use in the electromagnetic environment specified below. The customer or user of the EMS2200 should assure that it is used in such an environment.

Emissions Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment Guidance
Conducted RF IEC61000-4-6	3 Vrms 150 KHz to 80 MHz	3 Vrms 150 KHz to 80 MHz	<p>Portable and mobile RF communications equipment should be used no closer to any part of the EMS2200, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance:</p> $d = 1,2 \sqrt{P}$ $d = 1,2 \sqrt{P} \text{ 80 MHz to 800 MHz}$ $d = 2,3 \sqrt{P} \text{ 800 MHz to 2.5 GHz}$ <p>where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol: </p>
Radiated RF IEC61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m 80 MHz to 2.5 GHz	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the EMS2200 is used exceeds the applicable RF compliance level above, the EMS2200 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the EMS2200.

b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Indications for Use

Indications for use are the strengthening, toning, massaging and firming of the body's major muscle groups.

Unlike the classified powered muscle stimulator devices intended for use in physical medicine and rehabilitation, this device is not intended for use in patients with medical conditions and is intended only for muscle conditioning purposes.

Contraindication

Powered muscle stimulators should not be used on patients with an implanted electronic device (ie, cardiac demand pacemaker) unless specialist medical opinion has first been obtained.

Adverse Reactions

Skin irritation and burns beneath the electrodes have been reported with the use of 110 VAC powered muscle stimulators.




ATTENTION.
Consult accompanying documents.



TYPE BF
APPLIED PARTS

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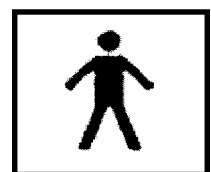
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Precautions and Recommendations

The EMS2200 needs special precautions regarding EMC and needs to be put in service according to the EMC information provided in this manual.

Portable and mobile RF communications equipment can affect the EMS2200.

Only the approved medical-grade power supply cord and 4 sets of 40" leadwires are included and compliant with safety requirements.

Remove the battery if the ElectroMassage EMS2200 is not likely to be used for some time.

Cleaning, disinfection and sterilization. Use of sterilized electrode pads, as only equipment or accessory to require patient contact, is recommended, but not required. Cleaning of power station may be obtained by wiping with clean cloth and denatured or rubbing alcohol as required. No part of the EMS2200 should be subjected to heat, pressure or humidity above normal operating conditions.

No additional precautions are required when operating the unit with DC current.

Manufacturer recommends the use of 50mm self-adhesive electrodes for massaging and toning purposes.

The EMS2200, when used with DC current, should be powered only with the medical-grade power adapter cord supplied with the unit, . When used with battery, manufacturer recommends a quality 9 volt alkaline battery.

Disposal. To minimize environmental risk, the Manufacturer recommends disposal of the unit, at the end of useful life, at an approved electronic waste disposal and recycling facility.

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Guidance and Manufacturer's Declaration- Electromagnetic Immunity

The EMS2200 is intended for use in the electromagnetic environment specified below. The customer or user of the EMS2200 should assure that it is used in such an environment.

Emissions Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment Guidance
Electrostatic discharge (ESD) IEC61000-4-2	+/- 6 kV contact +/- 8 kV air	+/- 6 kV contact +/- 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%
Electrical fast transient/burst IEC61000-4-5	+/- kV for power supply lines	+/- kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC61000-4-5	+/- kV line and neutral	+/- kV line and neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC61000-4-11	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles >5% UT (>95% dip in UT) for 5s	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles >5% UT (>95% dip in UT) for 5s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EMS2200 requires continued operation during power mains interruptions, it is recommended that the EMS2200 be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) Magnetic field IEC61000-4-8	3 A/m	N/A	N/A

NOTE: UT is the mains voltage prior to application of the test level.

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Surge IEC61000-4-5	+/- kV line and neutral	+/- kV line and neutral	Mains power quality should be that of a typical commercial or hospital environment.
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Power frequency (50/60 Hz) Magnetic field IEC61000-4-8	3 A/m	N/A	N/A

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Guidance and Manufacturer's Declaration- Electromagnet Emissions

The EMS2200 is intended for use in the electromagnetic environment specified below. The customer or the user of the EMS2200 should assure that it is used in such an environment.

Emissions	Test	Compliance
RF emissions CISPR11	Group 1	The EMS2200 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR11	Class B	The EMS2200 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic Emissions IEC 61000-3-3	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

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Warnings

1. The long-term effects of chronic electrical stimulation are unknown.
2. Stimulation should not be applied over the carotic sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
3. Stimulation should not be applied over the neck and mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
4. Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias or fibrillations.
5. Stimulation should not be applied transcranially.
6. Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
7. Stimulation should not be applied over, or in proximity to, cancerous lesions.
8. Operation in close proximity (ie, 1m) to shortwave or microwave therapy equipment may produce instability in the stimulator output.
9. Simultaneous connection of a patient to high frequency surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
10. The use of accessories, transducers and cables other than those specified, with the exception of transducers and cables sold by the manufacturer of the EMS2200 as replacement parts or internal components, may result in increased emissions or decreased immunity of the EMS2200.
11. The EMS2200 should not be used adjacent to or stacked with other equipment.
12. The EMS2200 should not be used in life supporting or life sustaining applications.

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Precautions

1. Safety of powered muscle stimulators for use during pregnancy has not been established.
2. Caution should be used for patients with suspected or diagnosed heart problems.
3. Caution should be used for patients with suspected or diagnosed epilepsy.
4. Caution should be used in the presence of the following:
 - a. When there is a tendency to hemorrhage following acute trauma or fracture;
 - b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - c. Over the menstruating or pregnant uterus; and
 - d. Over areas of the skin which lack normal sensation.
5. Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate electrode placement.
6. Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
7. Powered muscle stimulators should be kept out of the reach of children.
8. Powered muscle stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
9. Portable powered muscle stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

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Is it possible to purchase additional reusable self-adhesive electrodes?

Yes. We are proud to offer premium replacement electrodes, the same type as supplied with your ElectroMassage System. These electrodes combine a patented long-lasting gel that adheres time after time with a superior conductive media and comfortable fabric backing.

The TME 16 Pack contains sixteen 2"x2" square multi-use, self-adhesive electrodes.

The TME 32 Pack contains thirty-two 2"x2" square multi-use, self-adhesive electrodes.

We also have a variety of conductive fabric gloves and socks available to soothe and massage hands and feet.

Prices and availability are subject to change. Please call or check online for current prices and shipping charges.

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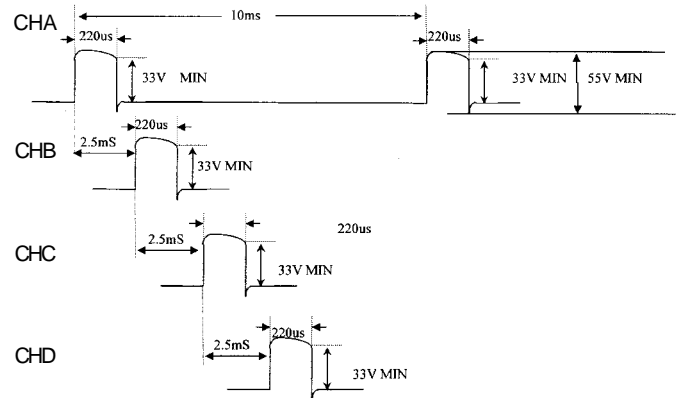
Using conductive electrodes

1. Skin in areas where electrodes are to be placed must be free of dirt, oil, lotion or makeup.
2. Wash treatment areas with soap and water, rinse and dry thoroughly.
3. We pack premium medical grade electrodes with the ElectroMassage System. They can be reused up to 30 times or more when properly cared for.
4. Peel the adhesive pad off the protective cover and firmly place the pad in the desired location.
5. To remove a pad lift one side and slowly pull it off. The patented gel adhesive will release without pulling skin or hair. **DO NOT REMOVE BY PULLING ON THE CONNECTOR WIRES.**
6. After multiple uses pad adhesion can be restored by cleaning the gel side of the pad by gently washing with a moistened, soapy cloth.
7. At the end of a treatment, re-apply the gel side of the pads onto the cover and store in the re-sealable plastic bag for the next use.
8. The best conductivity is achieved when the electrode can make direct contact with the skin, without the interference of body hair.

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Output Waveform Information

Load	up to 1000 ohms
Output type	alternating current
Pulse Duration	220 μ S
Pulse Repetition Frequencies	up to 100 Hz
Maximum Amplitude Voltage	50 V _{peak}
The above value is obtained at loading 1000 ohms	



DC off set	100 - 120 mv
Pulse Frequency	100 Hz
Pulse Periods	10 ms
Pulse Maximum Amplitude	DC55V
Repetition Periods	0.33 - 1.0 Hz
Voltage Supply	12.0 V DC Supply

6

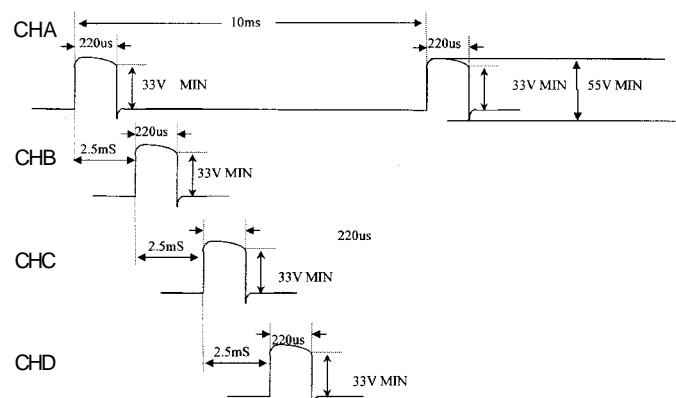
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Output Waveform Information

Load	up to 1000 ohms
Output type	alternating current
Pulse Duration	220 μ S
Pulse Repetition Frequencies	up to 100 Hz
Maximum Amplitude Voltage	50 V _{peak}
The above value is obtained at loading 1000 ohms	

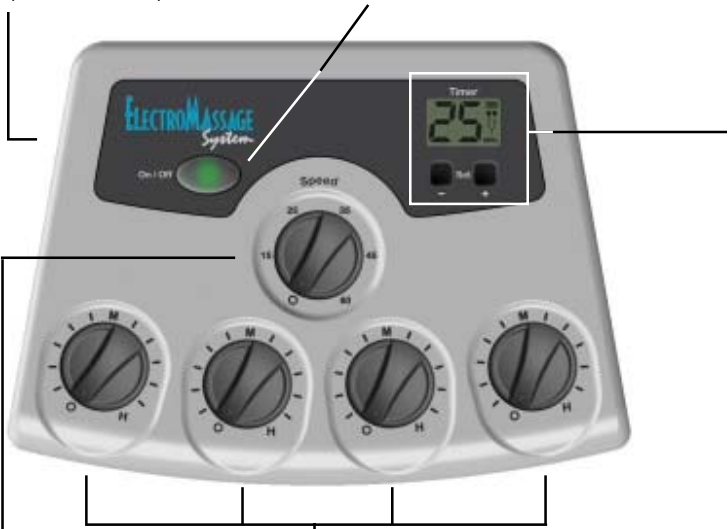


DC off set	100 - 120 mv
Pulse Frequency	100 Hz
Pulse Periods	10 ms
Pulse Maximum Amplitude	DC55V
Repetition Periods	0.33 - 1.0 Hz
Voltage Supply	12.0 V DC Supply

6

9 Volt Battery Compartment
(Reverse side)

On/Off Switch/Indicator Light
Green LED light indicates the unit is on.



Station Intensity Control Knobs

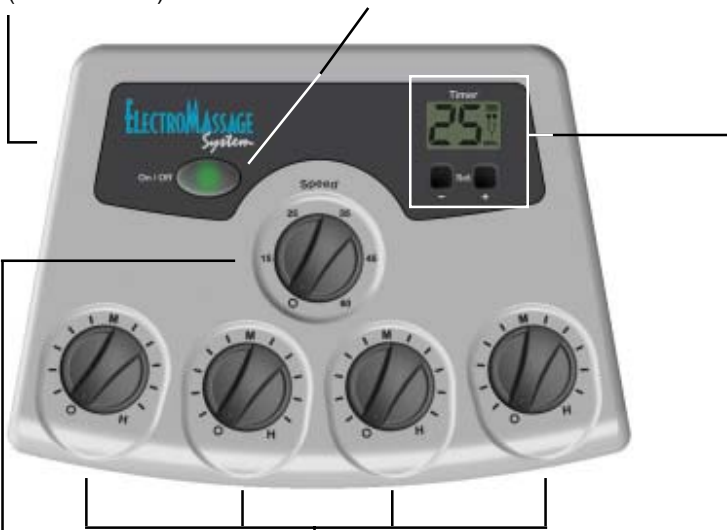
Each knob controls the strength of the electrical stimulation for each station, from a low of 10 volts to a high of 95 volts. Jacks for each station are located on the front side, below each knob.

Speed Control Knob

Controls the number of pulses per minute delivered, from slow (15 pulses per minute) to high (60 pulses per minute) with interim settings of 25, 35 and 45 pulses. If the station intensity controls are not operational for 2 minutes, the unit will turn itself off.

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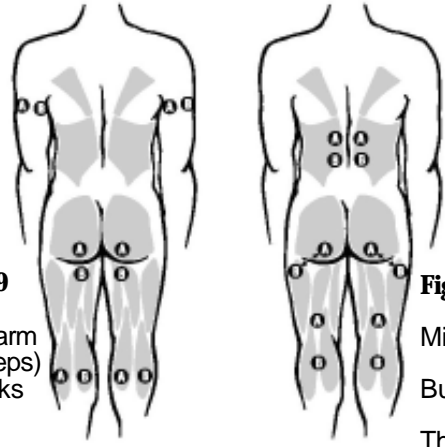


Figure 9

Upper arm (triceps)
Buttocks
Calves

Figure 10

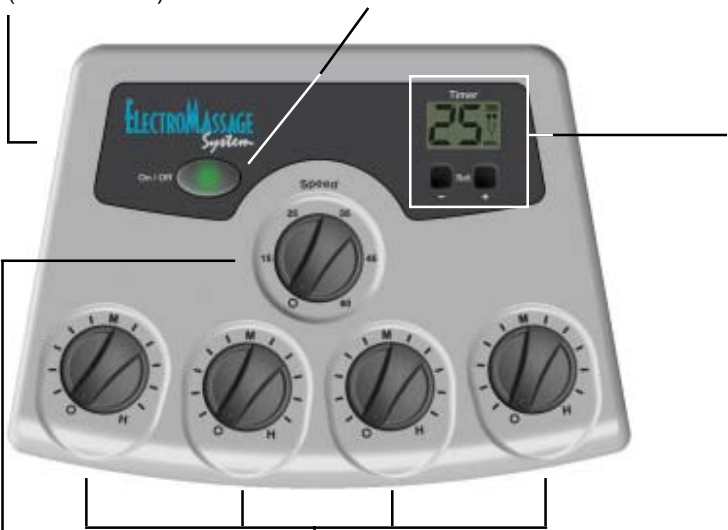
Middle back
Buttocks
Thigh to calf

The illustrations show each pair placement as an "A" and "B" combination.

In any toning, massage or fitness program, the best possible results will be achieved when combined with a healthy dietary regimen.

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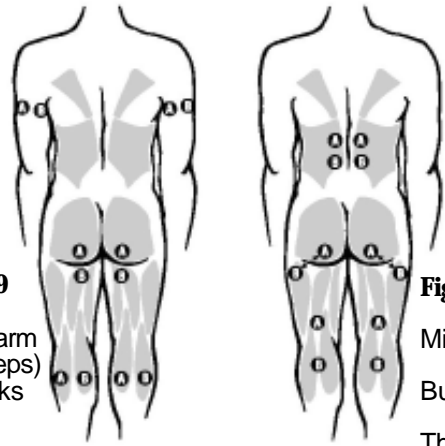


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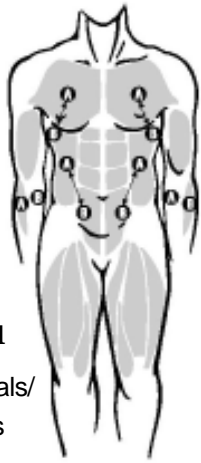


Figure 1
Pectorals/
breasts
Forearms
Abdomen

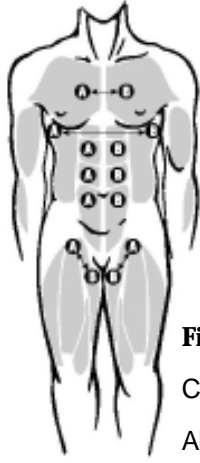


Figure 2
Chest
Abdominals
Inner thighs

The illustrations show each pair placement as an "A" and "B" combination.



Figure 3
Biceps
Waist
Outer thighs

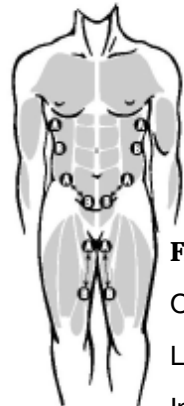


Figure 4
Obliques
Lower abdomen
Inner thighs

Digital Timer Window.

Programmable from 0 - 60 minutes in one minute increments by depressing the + or - buttons. Timer counts down in one minute increments, activates an audible signal and turns the unit off automatically when it reaches zero.



Low Battery Light

Illuminates only when the unit is run on the 9V battery, and shows when the battery voltage is too low and requires replacing.

Electrode Pad Indicator

If an electrode pad is not firmly attached to the skin, this symbol will appear and the unit will not send a pulse.

How does the ElectroMassage System work?

Nothing replaces the benefits of a regular exercise regimen!

When exercising, your muscles receive small electrical signals via nerve endings to stimulate their contraction. Once a muscle has contracted and the nerve is no longer sending a signal, the muscle will relax. The ElectroMassage System has been designed to mimic the nerve signal and repeat this cycle again and again to simulate normal exercise. As you no longer have to work the muscle yourself, it is known as "passive exercise."

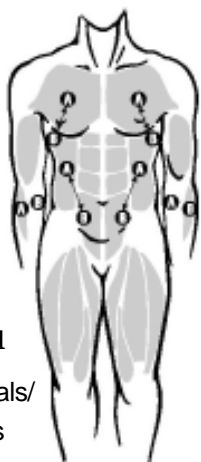


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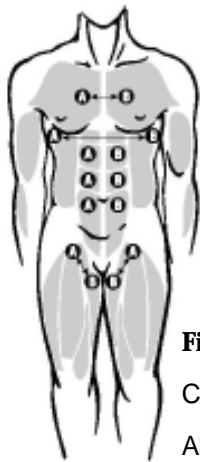


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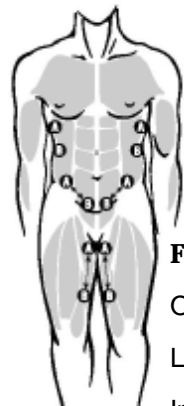
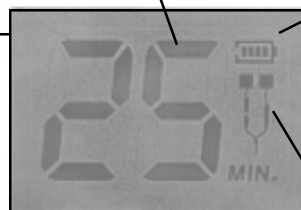


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The slowest mode on the ElectroMassage System (0 cycles/minute) allows 35 seconds between contractions and is ideal for muscle toning. The fastest mode at (60 cycles/minute) pulses every second and is more effective for massage.

The Electronic Muscle Stimulation technique has been widely used since the early 1970s by athletes, trainers, physical therapists and people simply wishing to maintain good body tone and definition. The ElectroMassage System design is lightweight, portable, and has the ability to simultaneously work four separate muscle groups with a very user-friendly set of controls. You will be able to exercise muscle groups quickly and efficiently with a precise series of stimulated contraction and relaxation phases.

The ElectroMassage System can be used to deliver a relaxing massage at the end of a stress-filled day.

In any toning or fitness program, the best possible results will be achieved when combined with a healthy dietary regimen and regular aerobic exercise.

As with any exercise program, please consult your physician before you begin.

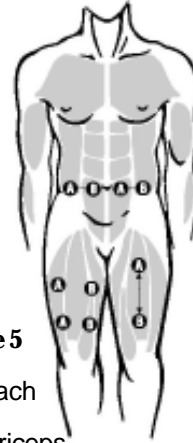


Figure 5
Stomach
Quadriceps
Thigh (right)



Figure 6
Shoulders
Upper back
Waist

The illustrations show each pair placement as an "A" and "B" combination.



Figure 7
Lower Back
Hips
Outer Thighs



Figure 8
Buttocks
Hips
Back of thighs

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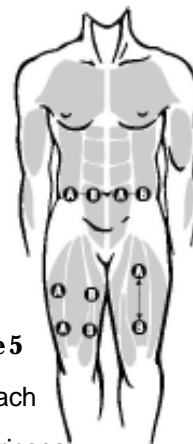


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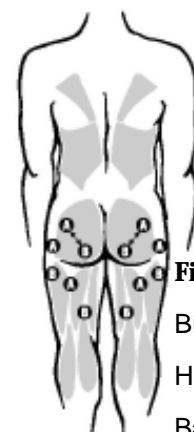


Figure 8
Buttocks
Hips
Back of thighs

Developing Your Program

As you become accustomed to using the ElectroMassage System, you can gradually build up your own personal program, working on those areas of the body which concern you the most. You can use any number of pads and work on different parts of your body at the same time. Pad combinations and their relative positions are illustrated on pages 11 through 14.

We recommend you start with a treatment program lasting about 20 to 30 minutes for each session on any particular muscle grouping, increasing this progressively to between 60 and 70 minutes. If you choose, you may do more than one session a day providing you leave a period of about 3 to 4 hours before repeating the treatment on any particular muscle grouping.

As with all lasting treatments for toning up your body, regular usage is required; after the first few weeks of daily use the areas treated should feel more toned. Ongoing sessions of once or twice a week will then be beneficial for on-going maintenance.

Be aware that, when the 9 volt battery is used, the power output is substantially less than when household current is used. This is normal. Be prepared for a stronger output when the unit is plugged in.

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How to Get Started

FOR YOUR SAFETY AND COMFORT, THE EMS2200 WILL NOT OPERATE UNLESS ACTIVATED EXACTLY IN THE ORDER AND SEQUENCE BELOW.

1. Get comfortable. You may wish to sit up in bed, rest on the sofa, or lie on the floor with some pillows. Ensure you have everything you need before getting started.
2. Lay out the ElectroMassage System, ensuring that all controls are set to the OFF positions.
3. Insert the main plug from the wall transformer into the jack port on the back of the ElectroMassage unit.
4. Place each pad approximately as illustrated on pages 12 through 14 and plug the lead wire(s) into the jack(s) on the front side of the unit, below the control knobs. You do not need to use all the pads in any single session. To start, you may wish to use only one or two pairs of pads. The electrode pads always work on a muscle group as a pair. **The illustrations show each pair placement as an "A" and "B" combination.**
5. You are now ready to activate the electrode pads:
 1. **Be sure all control knobs are set at "O" (Off).**
 2. Turn the unit ON.
6. To begin treatment:
 1. Set the timer to your desired length of session. If the timer is not set, the unit will not turn on.
 2. Select your desired speed of the pulse cycles.
 3. Gradually increase the station power controls until you feel a tingling sensation.
7. Proceed to your personal comfort level: Slowly increase the power until you can see and feel the desired muscular contractions. The higher the power level the more intense the contraction will be and the harder the muscle(s) will work. We suggest that you begin your first few treatment sessions at a lower level and work up to higher levels as you become more comfortable .

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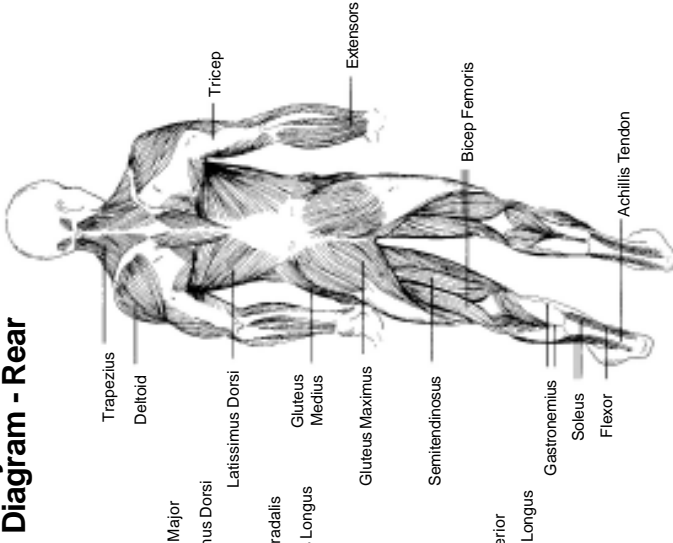
Your Questions Answered

- How soon will I see the results?**
 After the first week of daily sessions you should feel a firming of those muscle regions you have been working on. These improvements will become more noticeable as you continue with your program. As with normal exercise, regular sessions are required to ensure toning is retained.
- Can I use the ElectroMassage System too much or have the settings too high?**
 Within reason, you cannot overuse the ElectroMassage System and you will find your own level settings which will give a pleasant rhythmic pulse.
- I am approaching retirement and have very poor muscle tone. Can the ElectroMassage System help?**
 Yes. Using the ElectroMassage System at a comfortable rate to suit you can certainly help tone your muscles or keep them in tone. Indeed, the results can be quite gratifying just at a time when you might wonder what can be done.
- Will dieting help?**
 If you are overweight, we highly recommend that you combine your ElectroMassage System program with a healthy dietary regimen to achieve best results. Again, we remind you that it is advisable to check with your doctor before starting a weight loss or exercise program.
- Can I use the ElectroMassage System on my face and neck?**
 The ElectroMassage System has been designed for larger muscle groups and should not be used on the neck or face.

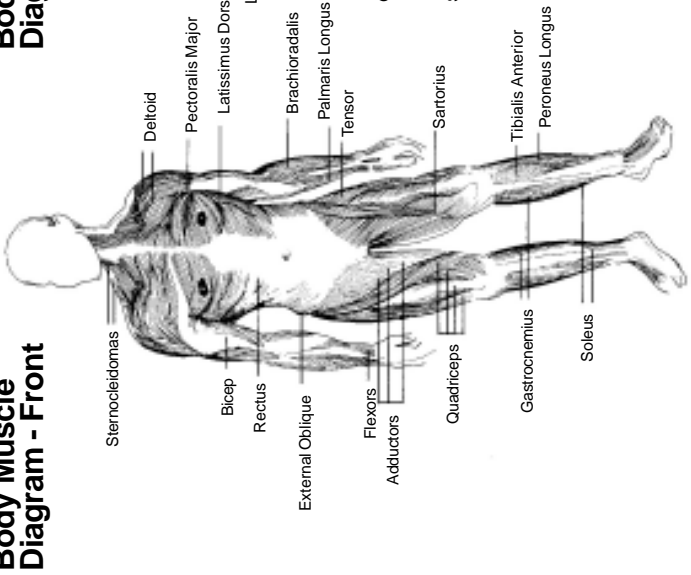
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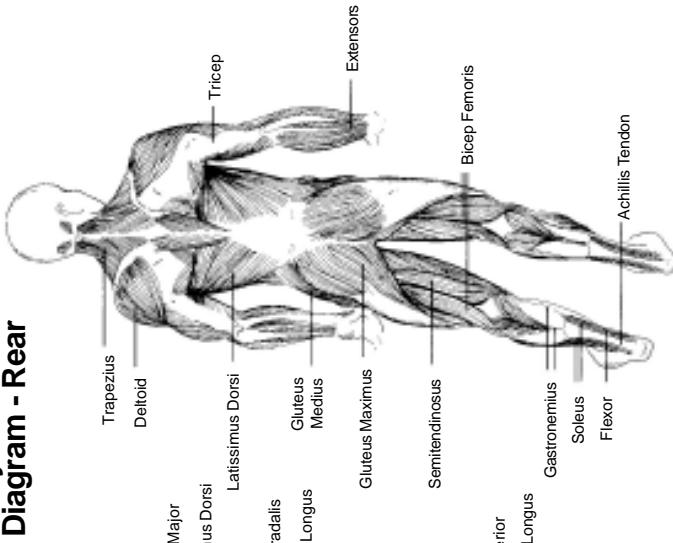
Body Muscle Diagram - Rear



Body Muscle Diagram - Front



Body Muscle Diagram - Rear



Body Muscle Diagram - Front

