

PRODUCT OVERVIEW

The EMS-1 is a dual-channel, battery-powered electrical muscle stimulator with multiple programs and adjustable intensity. It delivers low-frequency electrical pulses through adhesive electrode pads for temporary muscle stimulation and wellness use.

INTENDED USE

Use on healthy adults for temporary stimulation of intact muscles as directed. This wellness product is not intended to diagnose, cure, mitigate, treat, or prevent disease.

BEFORE EACH SESSION

- Inspect the unit, lead wires, connectors, and pads.
- Use only on clean, dry, intact skin.
- Start at zero or the lowest intensity.
- Use both pads from each connected channel.
- Keep this guide for future reference.

PRODUCT INFORMATION

Keep this guide for future reference. Read all instructions before using the product.

CUSTOMER SUPPORT

Distributed by United Yoram Inc.
Brooklyn, NY 11236
drfranklyns.com
Instagram: @drfranklyns

DOCUMENT CONTROL

Brand: Dr. Franklyn's | Model: EMS-1 | Revision: 1.0 | Issue date: September 2026

SCAN FOR PRODUCT DETAILS



drfranklyns.com

DO NOT USE

- With a pacemaker, implanted defibrillator, implanted electronic device, or ECG monitor.
- Across the chest, through the head, on the front or sides of the neck, over the throat, near the eyes or mouth, or on genital areas.
- Over broken, infected, inflamed, swollen, numb, or severely irritated skin.
- If pregnant, or with epilepsy, serious heart disease, malignant tumors, bleeding disorders, or after recent heart surgery unless a physician specifically approves use.
- While driving, operating machinery, sleeping, bathing, or using other electrical stimulation equipment.
- On children or persons unable to understand the instructions or communicate discomfort without medical supervision.

STOP USE IMMEDIATELY

Turn the unit off and remove the pads if stimulation is painful, causes dizziness, chest discomfort, shortness of breath, severe irritation, unusual weakness, or any concerning reaction. Seek medical advice when appropriate.

MEDICAL PURPOSE

TENS programs provide temporary symptomatic relief of minor localized pain. EMS programs stimulate healthy muscles to support muscle performance and conditioning. Use only as directed.

HOW IT WORKS

The device sends controlled low-voltage electrical pulses through adhesive electrodes. TENS programs primarily stimulate sensory nerves; EMS programs produce controlled muscle contractions.

HOME AND REPEATED USE

Designed for repeated personal use. Inspect the unit, leads, connectors, and electrode pads before each session and keep each user's pads separate.

WARRANTY AND EXPECTED LIFE

One-year limited warranty from the original purchase date. Expected product life: three years under normal use, inspection, care, cleaning, and storage. Stop using sooner if damaged, worn, contaminated, leaking, or unable to perform as intended. Retain proof of purchase.



HEALTH | SUPPORT | RECOVERY



MODEL EMS-1

ELECTRIC MUSCLE STIMULATOR

Dual-channel adjustable stimulation

READ INSTRUCTIONS COMPLETELY BEFORE USE

HOW TO USE

- 1

PREPARE
Clean the target area and remove oil, lotion, and sweat. Dry the skin completely.
- 2

ATTACH
Connect each lead wire to a pair of electrode pads, then plug the wire into the output jack. Do not connect or disconnect while the unit is active.
- 3

PLACE
Remove the protective film and apply the pads firmly to intact skin around the target muscle. Pads must not touch each other.
- 4

POWER
Turn the unit on. Select one of the available programs, then increase intensity slowly from the lowest level.
- 5

TIME
Select 5, 10, or 15 minutes when available. Use the shortest comfortable session when first beginning.
- 6

FINISH
Return intensity to the lowest level, turn the unit off, unplug the wires, and gently peel pads from the skin. Replace the protective films.

CONTROLS



EMS-1 CONTROL PANEL

CONTROL NOTES

- M cycles through EMS, TENS, MSG and the available programs.
- + and - adjust the selected output intensity; begin at the lowest level.
- TIME changes the session duration where supported.
- The display shows program, A/B intensity, time and battery status.
- Connect or disconnect lead wires only while the unit is off.

ELECTRODE CARE

- Do not share electrode pads between users.
- After use, place pads back on their protective film and store in the sealed pouch.
- If permitted by the pad instructions, lightly moisten or rinse the gel surface with clean water and allow it to air dry.
- Replace pads that are damaged, dried out, dirty, or no longer adhere evenly.

CLEANING AND STORAGE

- Turn off and disconnect all leads before cleaning.
- Wipe the main unit and wires with a soft dry cloth. Do not immerse or use volatile cleaners.
- Store in a cool, dry place away from direct sunlight, heat, and humidity.

TROUBLESHOOTING

- NO POWER**
Charge the device or install/replace batteries according to the unit's power configuration. Confirm the power control is engaged.
- WEAK OR NO SENSATION**
Check wire connections, reapply both pads firmly, clean the skin, and increase intensity gradually.
- UNEVEN SENSATION**
Clean the skin and pads, confirm even pad contact, and replace worn pads.
- REDNESS OR ITCHING**
Stop use, move pads to healthy skin only after irritation resolves, or discontinue if adhesive sensitivity is suspected.
- DISPOSAL**
Do not disassemble. Remove batteries when applicable and dispose of the unit, batteries, pads, and accessories according to local electronic-waste requirements.