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# PREMIER STIM Plus

Combo TENS/EMS with 24 Preset Programs

Built-in Presets for Quick & Easy Set-Up • Safe User-Friendly Features  
AC Adapter or 9V Battery Power

## Premier Features

- Dual channel (4-lead) Digital Combo TENS / EMS Neuromuscular Stimulator
- Fully digital with micro-processor circuitry and controls
- 5 TENS Adjustable Modes (Normal, Burst, Modulated Rate & Width, Strength Duration 1, Strength Duration 2)
- 3 EMS Adjustable Modes (Constant, Synchronous, Alternating)
- 24 Preset Programs (12 TENS and 12 EMS Programs)
- Large, easy-to-read LCD display that shows all parameters
- Parameter Lock button to prevent accidental changes to settings
- Treatment Pause button to pause and resume treatment at any time
- Treatment Timer 5-60 minutes, or Continuous operation
- Treatment Countdown display with Automatic Shut-Off
- Compliance Monitor records up to 999 hours of usage
- AC Adaptor (included) or 9V battery power supply
- Low-battery indicator display
- Sturdy all-metal belt clip
- 3-year warranty
- Comes with 1 pkg of 4 reusable self-adhering electrodes, 1 set 43" pin leadwires, 1 each 9V heavy duty battery, AC Adaptor, carrying case, and instruction manual



## Technical Specifications

- **Channels:** Dual, isolated between channels
- **Wave Form:** Asymmetrical Biphasic Square Pulse
- **Amplitude:** 0-100 mA (peak to peak into 500 ohm load each channel)
- **Output Voltage:** 0 to 50V (500 ohm load)
- **Modes:** 5 TENS Modes: B (Burst), N (Normal), M (50% Modulated Rate & Width), S1 (40% Modulated Width), S2 (70% Modulated Width)  
3 EMS Modes: C (Constant), S (Synchronous), A (Alternating)  
12 Preset TENS Programs P1-12 (see Programs Chart on back)  
12 Preset EMS Programs P13-24 (see Programs Chart on back)
- **Pulse Rate (Frequency):** 2 - 150 Hz, 1 Hz/step
- **Pulse Width (Duration):** 50 - 300 microseconds ( $\mu$ s), 10  $\mu$ s/step (P22 fixed at 400  $\mu$ s)
- **Contraction (On) Time:** 2 - 90 seconds, 1 sec/step
- **Relaxation (Off) Time:** 2 - 90 seconds, 1 sec/step
- **Ramp Up/Down Time:** 1 - 8 seconds, 1 sec/step (The "On" time will increase and decrease in the setting value)
- **Treatment Timer:** 5 - 60 minutes or Continuous (C), 5 min/step
- **Compliance Usage Meter:** Records up to 60 sessions, up to 999 hours
- **Low Battery Indicator:** Battery symbol appears when battery power is low
- **Parameter Lock Button:** Locks in the parameters to prevent changes to settings
- **Power Supply:** One 9 Volt Battery or AC adaptor
- **Size:** 4.65"(L) x 2.36"(W) x 1.22"(D)
- **Weight:** 157 grams with battery



## Preset Programs of TENS (P1 - P12)

Program #		Pulse Rate (Hz)	Pulse Width (µs)	Timer (min.)	Conditions
1	<b>Conventional TENS</b> Ideal for first application of TENS for both acute & long term pain.	80	180	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee
2	<b>Burst TENS</b> Most effective for radiating pain in arms, legs and deep muscular pain.	2	180	Continuous	Osteoarthritic Pain in the Knee, Sciatica Central Pain
3	<b>Modulated TENS</b> Pain relief with a massage effect	80	70-180	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee
4	<b>Mixed Frequency TENS</b> Alternates between 2 low rates.	15/2	180	Continuous	Osteoarthritic Pain in the Knee, Neck Pain, Shoulder Pain, Menstrual Pain, Central Pain Lumbar
5	<b>Mixed Frequency TENS</b> Effective programs for long term use with a reduced accommodation factor, alternates between high rate and low rate	80/2	180	Continuous	Osteoarthritic Pain in the Knee, Neck Pain, Shoulder Pain, Menstrual Pain, Central Pain Lumbar
6	<b>Nausea</b> Specifically for the treatment of nausea, treatment most successful placing electrode over acupuncture point C6.	10	180	Continuous	Nausea
7	<b>Migrane/Headaches</b> Reduced pulse width ideal for treating nerve rich areas.	80	60	Continuous	Tension Type Headache, Facial Pain, Neck Pain, Postherpetic Neuralgia
8	<b>Low Frequency Modulation</b> 70% rate modulation over 10 seconds	10	200	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee
9	<b>Frequency &amp; Width Modulation</b> 90% rate & width modulation over 10 seconds.	50	250	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee
10	<b>Frequency Sweep Mode</b> Sequential modulation of frequency to prevent stimulus accommodation.	5-125	120	Continuous	For all types of pain conditions
11	<b>Frequency &amp; Width Modulation</b> Modulation Rate & Width over 6 seconds	2-100	150-260	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee
12	<b>Frequency Modulation</b> Modulation Rate over 6 seconds.	7-80	260	Continuous	Neck Pain, Shoulder Pain, Elbow Pain, Rheumatic Pain, Lumbar, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee

## Preset Programs of EMS (P13 - P24)

Program #		SYN/ALT	Pulse Rate (Hz)	Pulse Width (µs)	On Time (sec.)	Off Time (sec.)	Ramp (sec.)	Timer (sec.)
13	<b>ACL repair/joint protection back muscle</b>	SYNCHRONOUS	35	300	8	24	3	20
14	<b>Spasm small muscle</b>	SYNCHRONOUS	80	300	10	5	3	20
15	<b>Spasm Postoperative</b>	SYNCHRONOUS	80	250	8	4	2	20
16	<b>Arthroscopy</b>	SYNCHRONOUS	25	200	6	30	2	15
17	<b>Disuse Atrophy</b>	SYNCHRONOUS	35	300	5	15	2	30
18	<b>Shoulder Subluxation</b>	SYNCHRONOUS	50	300	15	50	5	15
19	<b>Range of motion muscle re-education of hips</b>	SYNCHRONOUS	40	250	3	21	3	30
20	<b>Muscle Training</b>	SYNCHRONOUS	50	250	10	10	2	20
21	<b>Muscle Training</b>	SYNCHRONOUS	50	250	14	14	2	20
22	<b>Muscle Training</b>	SYNCHRONOUS	35	400	10	10	2	20
23	<b>Muscle Training</b>	ALTERNATING	50	250	10	10	2	20
24	<b>Muscle Training</b>	ALTERNATING	50	250	14	14	2	20



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