
USER MANUAL

DENAS-PCM

Step-by-step guide
for the beginner user

A simple manual for those holding
the device in their hands for the first time

This booklet is for informational purposes only. Before use, be sure to read the official manufacturer's instructions and consult a doctor.

1. What is DENAS-PCM and how it works

DENAS-PCM is a portable device for home physiotherapy based on the method of **dynamic electroneurostimulation (DENS)**. The device delivers mild electrical impulses to the skin, which stimulate nerve endings and trigger the body's natural recovery processes.

What the device can do

- Reduce pain (head, back, joints)
- Help with colds, runny nose, cough
- Normalize blood pressure
- Improve sleep and relieve stress
- Speed up recovery after injuries
- Support immunity

 **Important:** DENAS-PCM is **not a replacement for a doctor**, but a supplementary aid. For serious conditions, always consult a specialist.

2. Getting to know the device

What's in the box

- The DENAS-PCM device itself
- 2 AA batteries
- Manual and warranty card
- Storage case
- **(In some configurations)** remote electrode

Main components

Element	Purpose
Display	Shows the menu, mode, power level, session time
ON/OFF button	Turns the device on and off
▲ and ▼ buttons	Adjust power and navigate the menu
“Menu” button	Select mode and preset programs

Built-in electrodes	Metal plates on the back panel — applied to the skin
Remote electrode socket	For connecting additional accessories
Battery compartment	Located on the bottom of the housing

Installing the batteries

- 1 Open the compartment cover on the bottom of the device.
- 2 Insert 2 AA batteries, observing polarity (+/-).
- 3 Close the cover. A charge icon will appear on the display.

3. Contraindications and precautions

The device **MUST NOT** be used:

- If you have a **pacemaker** or other implanted electronic devices
- In cases of **epilepsy** and seizure disorders
- For **oncological diseases** (without a doctor's approval)
- In case of **individual intolerance** to electric current
- While severely intoxicated by alcohol or drugs
- With high fever of unclear origin

Use with caution

- Pregnant women (only with a doctor's approval)
- Children under 3 years old
- In case of thrombosis and blood clotting disorders

General safety rules

- **Do not apply** electrodes to the front of the heart area, the eyes, or the carotid arteries
- **Do not use** while driving a vehicle
- **Do not operate** the device on wet skin or in the bathroom
- The skin at the treatment area must be **clean, dry, and undamaged**

4. Preparing for your first session

- 1 **Check the device:** make sure the housing is intact and the batteries are installed.
- 2 **Press the ON button** — the device will turn on with a short beep.
- 3 **Look at the display:** the main menu should appear.
- 4 **Prepare the skin** in the treatment area — it should be dry and clean. If needed, wipe with a damp cloth and dry thoroughly.

 Sit comfortably. It's best to hold your first session in a calm setting, without rushing.

5. Step-by-step guide: your first session

Step 1 — Choose a mode

Mode	Description
THERAPY	Treatment of a specific painful area. Recommended for beginners.
SCREENING	The device automatically finds “problem” zones on the skin.
MED	Minimum Effective Dose — gentle automatic treatment.
Programs	Preset routines: “Head”, “Back”, “Arthritis”, “Cold” and others.

 **Tip for beginners:** start with a preset **program** that suits your situation — it's the easiest way.

Step 2 — Choose a frequency (for “Therapy” mode)

Frequency	Effect	Application
77 Hz	Universal	Main working frequency. If unsure — choose this one.
10 Hz	Toning	Reduces fatigue, strengthens the body.

20 Hz	Anti-inflammatory	Swelling, inflammatory processes.
140 Hz	Rapid pain relief	Acute pain, first aid.

Step 3 – Apply the device to the skin

- 1 Firmly press the device's built-in electrodes against the target area.
- 2 Make sure **both** metal contacts are fully touching the skin.
- 3 Do not lift the device during operation — poor contact interrupts the session.

Step 4 – Set a comfortable power level

Level	Sensation	When to use
Minimum	Barely noticeable	Children, the elderly, sensitive skin (face).
Comfortable	Light pleasant tingling	✓ Recommended for beginners.
Maximum	Noticeable vibration, slight muscle contraction	Severe pain, dense areas (lower back, feet).

⚠ If you feel burning or severe discomfort — **immediately reduce the power** with the ▼ button.

Step 5 – Observe the timing

Parameter	Recommendation
One zone	5–15 minutes
Total per day	No more than 40–60 minutes
Course of treatment	7–14 days, then a break

Step 6 – Ending the session

When finished, press the **OFF** button. Wipe the electrodes with a dry or slightly damp cloth and put the device back in its case.

6. Popular programs and treatment zones

Headache

- **Zone:** forehead, temples, back of the head, collar area (back of neck and shoulders)
- **Mode:** “Head” program or “Therapy” 77 Hz
- **Power:** minimum to comfortable
- **Time:** 3–5 minutes per zone

Back and lower back pain

- **Zone:** the painful area + along the spine
- **Mode:** “Back” program or “Therapy” 77 Hz (for acute pain — 140 Hz)
- **Power:** comfortable or maximum
- **Time:** 10–15 minutes

Cold, runny nose, cough

- **Zone:** sides of the nose, bridge of the nose, breastbone, collar area
- **Mode:** “Cold” program or “Therapy” 77 Hz
- **Power:** comfortable
- **Time:** 5 minutes per zone, 2–3 times a day

High blood pressure

- **Zone:** collar area, between the shoulder blades, inner side of the forearms
- **Mode:** “Pressure” program or “MED”
- **Power:** minimum to comfortable
- **Time:** 10–15 minutes

Joint pain (knee, shoulder)

- **Zone:** around the joint from all sides
- **Mode:** “Arthritis” program or “Therapy” 77 Hz
- **Power:** comfortable
- **Time:** 10–15 minutes

Poor sleep, stress

- **Zone:** collar area, point between the eyebrows, temples
- **Mode:** “MED” or “Therapy” 10 Hz
- **Power:** minimum
- **Time:** 10 minutes before bed

7. Device care and storage

- After each session, **wipe the electrodes** with a dry cloth or one lightly moistened with alcohol
- Store the device in its case, in a dry place at room temperature
- For long-term storage, **remove the batteries** to prevent leakage
- Do not drop the device or immerse it in water
- Do not attempt to disassemble the device yourself

8. Frequently asked questions

Q: How many times a day can I use it?

A: 1–3 times a day with at least a 2-hour break between sessions.

Q: Can the device be used by the whole family?

A: Yes, but after each user be sure to wipe the electrodes with an antiseptic.

Q: Why can't I feel the impulses?

A: Check: is the device pressed firmly, is the skin dry, is the battery charge sufficient. Try slightly increasing the power.

Q: Redness has appeared on the skin — is that normal?

A: Yes, mild redness is a normal reaction to electrical stimulation. It will go away in 10–30 minutes.

Q: Will I see the effect immediately?

A: Sometimes relief comes after the very first session, but for a lasting result a course of 7–14 procedures is usually needed.

Q: Can it be combined with medication?

A: Yes, DENS therapy combines well with drug treatment. For serious conditions, consult your doctor.

Q: What should I do if the device beeps and turns off?

A: This is a signal of poor skin contact. Press the electrodes more firmly or lightly moisten the skin.

9. When you must see a doctor

Do not postpone visiting a specialist if:

- The pain **does not go away** after 3–5 sessions or **gets worse**
- **New alarming symptoms** appear (numbness, weakness, high fever)
- **Headache** is accompanied by vomiting, impaired vision or speech
- **Chest pain** radiates to the arm or jaw and is accompanied by shortness of breath
- High blood pressure **does not go down** after several procedures

⚠ DENAS-PCM is a helper, not a replacement for a doctor. For acute and serious conditions, see a doctor first.

Conclusion

DENAS-PCM is a reliable family device that, when used properly, will become your home helper for many years to come. Start with simple programs, listen to your own sensations, and do not exceed the recommended session time.

Key principles for success:

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|---|--|
|  Study the contraindications |  Start with a comfortable power level |
|  Use a full course, not one-off sessions |  When in doubt – consult your doctor |

We wish you good health and an easy start with the device! 🌿

This information is specifically for visitors and clients - www.denas-pcm.com