

In association with

**St John**  
Ambulance

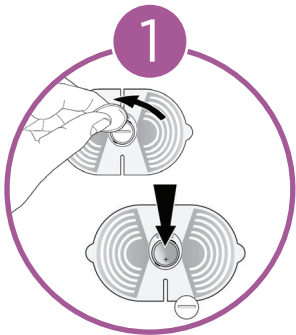


  
**kinetik**  
WELLBEING

# -Quick Start Guide-

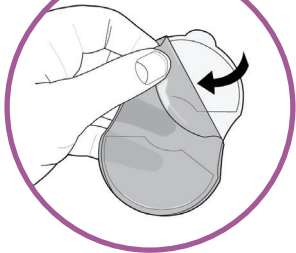
## WT1 & WT1/A

### Wireless Tens Pain Reliever



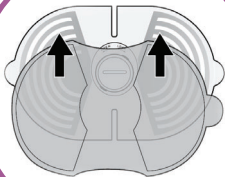
Ensure battery  
has been correctly  
inserted into device.  
Use coin tool provided  
to do so.

2



Remove  
blue protective film  
from gel pads.

3

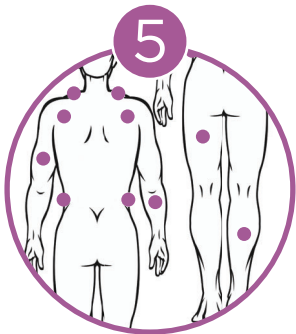


Place gel pads  
over correct position  
on back of device.  
Ensure gel pads are  
firmly secured.

4

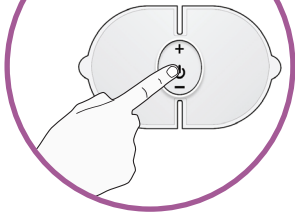


Remove  
clear protective film  
from gel pads,  
do not remove  
gel pads from device.



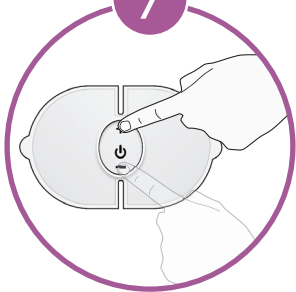
Place the  
Pain Reliever  
onto treatment area  
of choice.

6



Press On/Off  
for 3 seconds  
to turn on the device.

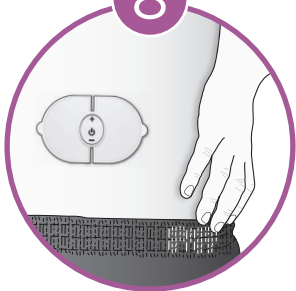
7



Select mode by pressing and holding either '+' or '-' for 3 seconds to cycle through desired pulse mode – see manual for mode selection.



8



Press the '+' or '-' to  
select desired intensity.  
Treatment  
will then take place.



for more information visit :  
**[kinetikwellbeing.com](http://kinetikwellbeing.com)**