

**K-Smart Tecar**  
**Tecar Therapy Machine**  
**User Manual**



# Attention

Respected user:

Thank you for choosing the instruments which carefully designed and manufactured by our company.

In order to better utilize the product, we sincerely recommend:

- ◆◆ Please read this manual carefully before using the instrument.
- ◆◆ Please install, use and operate correctly according to the requirements in the manual.
- ◆◆ Do not disassemble or modify any parts of this machine.
- ◆◆ Except for authorized personnel of the company, it is strictly forbidden to open the cover and disassemble the host.
- ◆◆ Non-professionals are strictly forbidden to carry out repairs and renovations.
- ◆◆ If there is any malfunction during the operation, please contact us.









Due to continuous improvement, update, and replacement of the product, the products received may not be exactly same as the illustration in the manual. We sincerely apologize.




**Notice : Please read this manual carefully before operating this machine.**

# Tecar Therapy Machine

**【1】 Product Appearance** (For reference only, subject to the actual product)



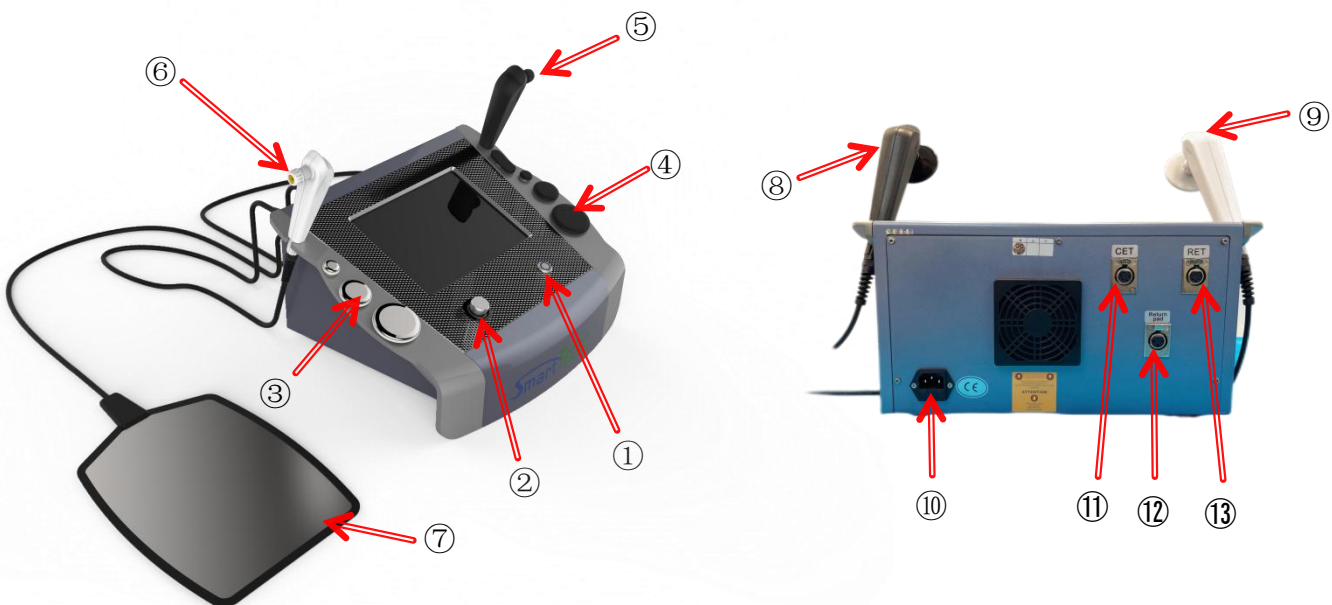
			
<p>Machine*1</p>	<p>White RET handle*1</p>	<p>Silver RET treatment heads*3</p>	<p>Black CET handle*1</p>
			
<p>Black CET treatment heads*4</p>	<p>Return pad*1</p>	<p>Optional D80mm handle</p>	<p>Optional T-shape handle</p>

			
Optional fascia set	Optional foot pad	Power line*1	

### 【3】 Technical Parameters

Tecar frequency	300-448KHz	Package size	50*48*42cm
Tecar output power	300W	Package	Alu box
Screen	10.4 inch	Password	888888

### 【4】 Structure of the machine and how to install it



Structure: ① Key switch ② Knob to change energy and time ③ RET treatment heads

④ CET treatment heads ⑤ CET handle ⑥ RET handle ⑦ Return pad ⑧ CET handle

⑨ RET handle ⑩ Power outlet ⑪ CET handle outlet(4 holes) ⑫ Return pad outlet(3 holes)

⑬ RET handle outlet(5 holes)

## **【5】 Installation**

**Note:** When the machine is power on, we must not install the handles or remove handles from the outlet.

Some handles use same outlet. Only Black CET handle, white RET handle, and optional fascia set needs to work with ⑤return pad during the operation.

(1) Use black CET handle (4 pins plug ), choose CET mode on the screen.

Install ⑤ CET handle (4 pins plug ) to ⑪ CET handle outlet(4 holes)

➤ Install ⑦ Return pad (3 pins plug) to ⑫ Return pad outlet (3 holes)

(2) Use white RET handle (5 pins plug ), choose RET mode on the screen.

➤ Install ⑥ RET handle (5 pins plug ) to ⑬ RET handle outlet(5 holes)

➤ Install ⑦ Return pad (3 pins plug) to ⑫ Return pad outlet (3 holes)

(3) Use optional T-shape handle (5 pins plug ), choose RET mode on the screen.

➤ Install T-shape handle to ⑬ RET handle outlet(5 holes).

Because T-shape handle do not need to work with return pad, we do not need to install return pad.

(4) Use optional D80mm handle (5 pins plug and 3 pins plug), choose RET mode on the screen.

➤ Install 5 pins plug to ⑬ RET handle outlet(5 holes).

➤ Install 3 pins plug to ⑫ Return pad outlet (3 holes)

(5) Use optional Fascia set (5 pins plug ), choose RET mode on the screen.

➤ Install 5 pins plug ( plug specially for fascia set) to ⑬ RET handle outlet(5 holes).

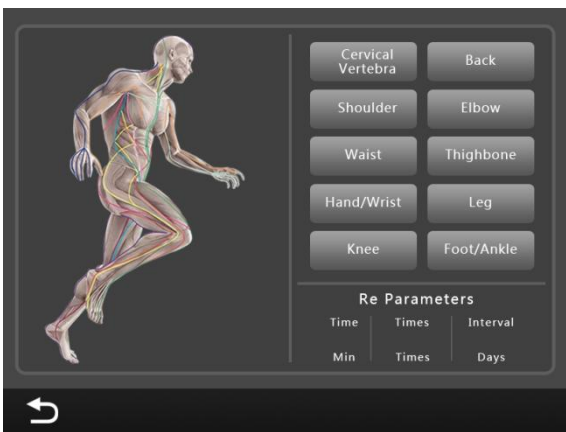
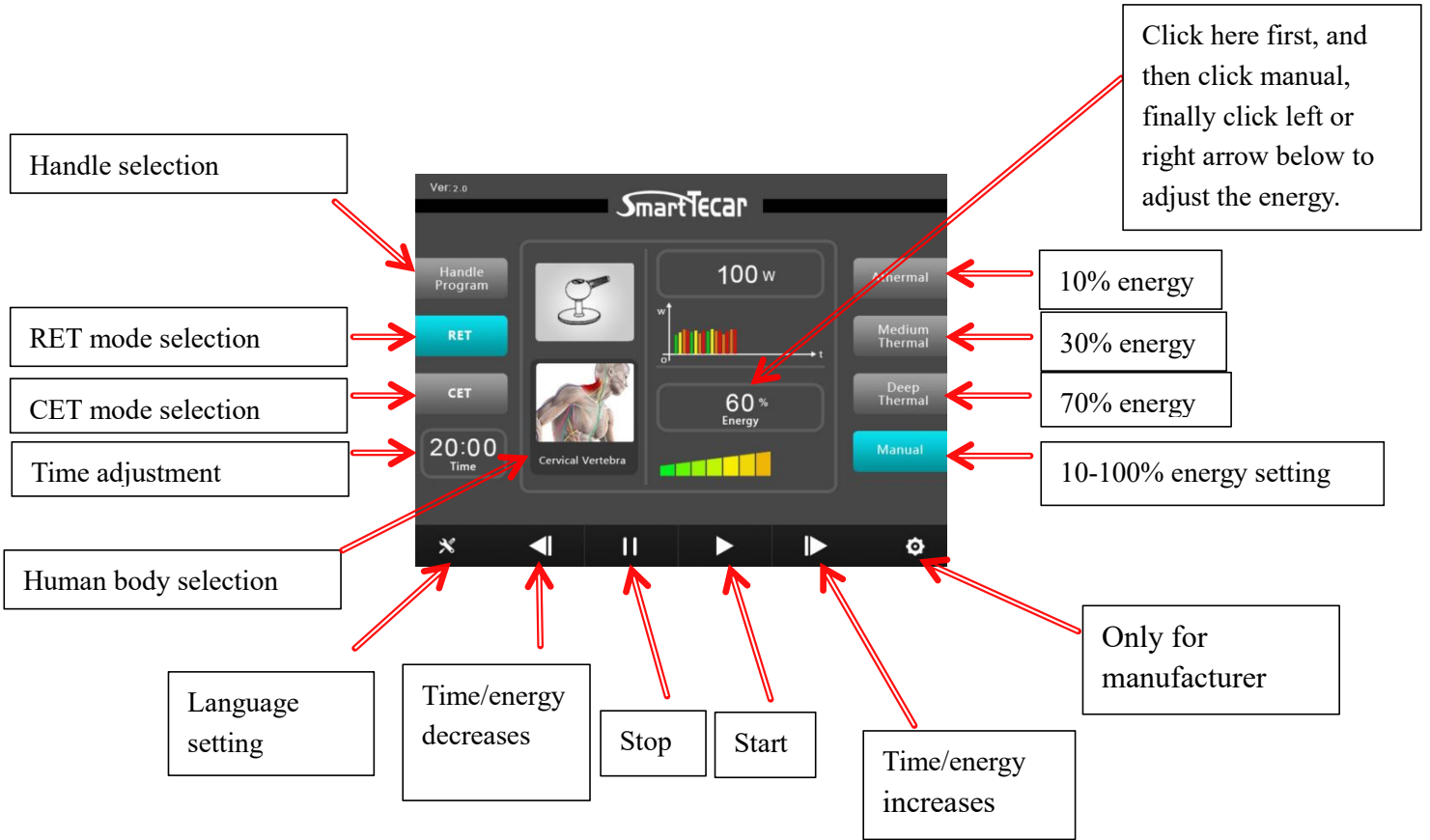
➤ Install ⑦ Return pad (3 pins plug) to ⑫ Return pad outlet (3 holes)

(6) Use optional Foot pad (4 pins plug and 3 pins plug), choose CET mode on the screen.

➤ Install 4 pins plug to ⑪ CET handle outlet(4 holes) .

➤ Install 3 pins plug to ⑫ Return pad outlet (3 holes)

**【6】 Touch screen**



Body selection and recommended parameters



Handle selection

## **【7】 Tecar Therapy**

### 1. **Treatment theory**

Tecar therapy is a part of Endogenous Thermotherapy, which is based on the principle of capacitive and resistive energy transfer (Capacitive-Resistive Diathermy). It has an effect within the biological tissues, activating the body's natural repairing and anti-inflammatory processes from within.

### 2. **Indications**

- Bruises and sprains
- Post-surgery rehabilitation
- Sports traumas
- Muscle and tendon disorders
- Neuropathies
- Scar tissue
- Spine and peripheral joint disorders
- Vascular and lymphatic system disorders
- Orthopaedic disorders of the peripheral nervous system
- Pelvic floor rehabilitation
- Acute and chronic pain
- Cellulite reduction

### 3. **Differences between RET mode and CET mode**

#### CET mode for:

- Tissues with high water contents
- Muscles, face, cellulite...
- Penetration depth: 3-4 cm

#### RET mode for:

- Tissues with the highest resistance and low water content

- Muscle, Bones, tendons, adipose tissues, cellulite...
- Penetration depth: 8-10 cm

Note: Use black CET handle to lift face only. But RET handle can not be used in face because it has deeper penetration.

#### 4. Precautions in Tecar Therapy

- Patients with impaired skin / neuropathy sensitivity.
- Avoid treatment in patients with reduced skin sensibility in the area to be treated, unless the treatment is specifically recommended by the patient's physician. If the treatment is to be used, test on the corresponding fresh body part. This is to avoid tissue overheating.
- Patients with a bacteriological inflammation
- Diabetes mellitus: Patients with diabetes can often have neuropathy
- Other conditions with reduced skin sensation
- Patients coming in from the cold
- Post-operative patients

#### 5. Contraindications in Tecar Therapy

- Patients with pacemaker
- Patients with bleeding gastrointestinal ulcers
- Patients with an infusion pump and implants with electric lead
- First 6 months of pregnancy. Treatment last trimester - do not treat over the stomach and lower back (directly over the fetus)
- Treatment over localized cancer area/tumor
- Treatment over local tuberculosis cavity
- Allergic reaction to cream / probe
- Treatment of deep vein thrombosis
- Treatment over the heart in patients with ischemic heart disease, local pulmonary embolism
- Phlebitis

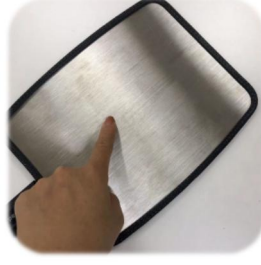


- Bleeding areas where the skin has partial or open wounds

## 6. Notes



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1. Do not contact the working head with the return pad (two treatment heads in D80mm handle can not be touch each other)
2. Do not touch the return pad lightly when the instrument is started.
3. The customer should completely touch the return pad to avoid static.

## 7. Recommended steps

Take “knee” as an example(use white RET handle):

- (1) Choose and install the suitable treatment head based on the size of the treatment area.
- (2) Apply RF cream to the knee
- (3) Apply RF cream to the treatment head
- (4) Apply RF cream to the return pad
- (5) Put the return pad under the knee
- (6) Time setting: 35 mins
- (7) Put the treatment head fully against the skin
- (8) Start the machine
- (9) There are three periods in the treatment.

- First period: Athermal. (Energy setting: 10%) Fixed-point operation for 5 minutes. If the heat sensation is not obvious, increase the energy.

- Second period: Medium Thermal (energy setting: 20-30%). Press and move the handle slowly for 10 minutes. If the heat sensation is not obvious, increase the energy.
- Third period: Choose “Deep Thermal” (energy setting:40- 70%). Move the handle quickly if customer feels too hot. This period lasts for 15 minutes.

Note:

- When the energy is increased, we need to ask clients’ feeling to avoid overheat. When client feels overheat, we can move the handle more quickly to cover larger treatment area or decrease the energy.
- The energy should be set according to the client’s tolerance to the heat because everyone feels heat differently.
- During the operation, if there is no enough RF cream, we need to add some RF cream to the treatment area. When we lift the handle and want to put the treatment head against the skin again, it is better to apply some RF cream to the treatment head to make sure the treatment head fully touches the skin.
- When we use the optional foot pad, the energy setting is usually 10-30%.





### Operation of standard black handle-CET

Picture				
Treatment area	Finger	Ankle	Elbow	Wrist
Treatment head	CET 20mm	CET 20mm	CET 40mm	CET 20mm




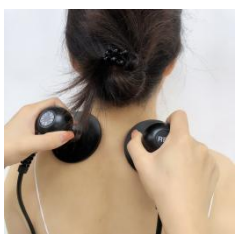
### Operation of standard white handle-RET

Picture				
Treatment area	Postpartum recovery	Thigh	Shoulder	Foot
Treatment head	RET 60mm	RET 60mm	RET 60mm	RET 40mm




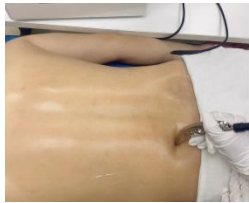
### Operation of optional handle-T-shape handle (RET mode)

Picture				
Treatment area	Caudal vertebra	Shoulder	Wrist	Foot

### Operation of optional handle-D80mm handle (RET mode)

Picture				
Treatment area	Arm	Shoulder joint	Knee joint	Shoulder

### Operation of optional Fascia Set (RET mode)

Picture				
Treatment area	Back	Shoulder	Calf	Acupuncture point
Fascia set	Large	Medium	Medium	Small

### Operation of optional Foot pad (CET mode)

Athermal: 10% energy; 5-10 mins  
 Medium Thermal: 20-30% energy; 10 mins  
 Deep Thermal: 40% energy; 25 mins  
 Interval: 5-7 days  
 Sessions: 8 times



### 8. Recommended treatment protocols

Area	Time	Times	Interval
Cervical Vertebra	30-45	3-5	3-5
Shoulder	25-35	4-6	3-5
Waist	30-40	5-7	4-5
Hand/Wrist	30-40	4-6	4-5
Knee	30-40	4-5	3-5
Back	30-40	5-7	4-5
Elbow	30-40	4-6	3-4
Thighbone	30-40	6-8	3-4
Leg	30-40	5-7	3-4
Foot/Ankle	30-40	3-5	3-5