Zenovocare
TECHNOLOGIES



iThera

Wireless Nerve Stimulation

User Manual

Hi there,

We Thank you for choosing iThera by ZenovoCare - one of the world's most intuitive wireless TENS devices.

Backed by proven TENS therapy technology, iThera delivers long lasting, side-effect-free pain relief - anytime, anywhere.

Get ready to feel the difference in comfort, control, and care.

The ZenovoCare Team

Please ensure you read all safety guidelines and instructions before use.





Intended Use

The iThera Smart Pain Relief Device is a certified medical device that delivers gentle electrical impulses to nerves and muscles to help relieve pain..

The device uses **TENS technology** to deliver safe, natural, and effective pain relief for both acute and chronic conditions.

It offers two modes:

Quick Relief – 6 preset programs designed for common issues such as general pain, muscle stiffness, joint discomfort, menstrual pain, and deep relaxation.

Smart Therapy – Our proprietary feature that creates a personalized treatment plan. By answering 6 simple questions, the device generates the most suitable stimulation wave, giving you clinical-grade therapy at home.

Safety

The iThera Smart Pain Relief Device has built in safety features.

If the device is not connected propery to the body using the electrode pads, the current intensity will be unable to be increased.

Also, if the device has no power ouput for 2 minutes, it will automatically shut down along with the remote.

it is present to conserve battery and prevent any misuse of the device unintentionally.

WARNINGS & SAFETY GUIDE-

Safety Warnings

- Keep the device and its parts away from children. Do not let them handle, swallow, or ingest anything.
- Never place the device across your chest-electric currents through the chest can disturb your heart rhythm.
- Do not place electrodes over your eyes, mouth, head, neck, chest, genitals, or heart. This could cause muscle spasms, difficulty breathing, or other dangerous effects.
- Talk to your doctor before using. If your pain doesn't improve, worsens, or lasts more than 5 days, stop and consult your doctor.
- Do not use while driving, operating machines, or doing activities where sudden muscle stimulation could put you in danger.
- Do not apply electrodes over open wounds, rashes, or inflamed/infected skin (e.g., varicose veins, phlebitis, thrombophlebitis).
- Do not use if you are prone to abnormal heart rhythms.
- Do not place electrodes over or near cancerous growths.
- Do not use on children.
- Do not use near electronic monitoring devices (like ECGs or cardiac monitors), as interference may occur.
- Do not use in the bath, shower, or anywhere wet.
- Do not use while sleeping.
- Do not use on irritated, damaged, or unclean skin.
- Keep at least 1 meter away from shortwave or microwave therapy equipment to prevent interference.
- Do not recharge the device while electrodes are attached to you.
- Do not place near implants (pacemakers, cochlear implants, bone screws, or other electronic/metal implants), as this may cause shock, burns, malfunction, or interference.
- Remove jewelry, piercings, or any metallic objects before use.
- Do not use if you are pregnant.

Contraindications

Do not use this device if you have a pacemaker, defibrillator, or any other implanted electronic device. Avoid use if you are connected to high-frequency surgical equipment.

Pad Placement Warnings

In some cases, the electrodes or gel pads may cause skin irritation. Always clean the skin properly before applying the pads and make sure they stick well. If irritation or any negative skin reaction occurs, stop using the device and consult your doctor.

Precautions

- Keep the device away from children.
- Do not use if you are pregnant unless your doctor specifically advises it.
- Never place the device on or across your head or face.
- If you have a heart condition, follow your doctor's advice before use.
- Use with caution if you are prone to internal bleeding (e.g., after an injury or fracture).
- Speak with your doctor before using if you recently had surgery, as stimulation may affect healing.
- Do not use for central pain (such as headaches).
- Be cautious when applying to areas of skin without normal sensation.
- Do not remove the electrodes while the device is actively running.
- Keep fingers and objects away from the pads while stimulation is on.
- Do not use the device near flammable gases.
- Handle the unit carefully-rough handling may damage it or reduce its performance

PACKAGE CONTENTS

iTHERA UNIT Electric stimulator unit that creates and sends electrical signals through the electrode pad

iTHERA REMOTE used to control iThera Unit

CARRYING CASE Portable carrying case to hold the iThera unit, remote, electrode pads & wires

TRIGGER POINT PAD Self-Adhesive electrode pad recommended for Joints

LARGE MUSCLE PAD Self-Adhesive electrode pad that needs to be placed on larger muscle groups like lower, and upper back

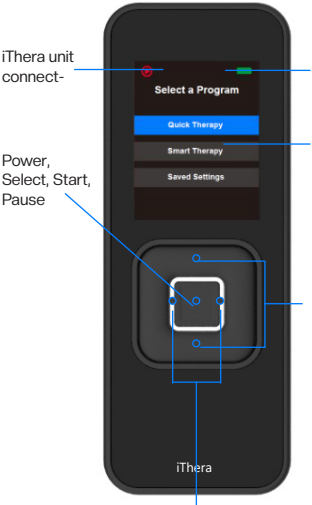
EXTENSION CABLES Used for connecting pod with smaller electrode pads

SPOT PADS Used with extender cables

USB-C CHARGING WIRE used for connecting to the charging case and recharging both iThera Unit and Remote



REMOTE



DEVICE



HOW IT WORKS

1

ON POD:

Press and hold for about 2 seconds to turn Pod ON, or off. when device is off, press and hold for 6 seconds to enter pairing mode



Press Power Button on Pod and remote

2

On Remote:

Press and hold for about 2 seconds to turn device on. Once device is ON, Long press the down button for about 2 seconds to enter pairing mode



3

Once connected with remote, select desired program; either through **quick mode** or **smart therapy**





4

If you are choosing **'Quick Therapy'**, choose 1 of the 6 options to proceed. Once the mode has started, **increase/ decrease** the intensity as per your comfort using the **up/ down button**



5

To lock a mode in case of preventing accidental back out, hold the **Right Button for 5 seconds** and the mode will be Locked. To unlock, hold the button again.



Lock icon will be displayed if mode is locked
Other controls will not work while it is on

6

If you want to use **Smart mode**, answer the 3 questions and the device will recommend you a mode by itself. **Saved settings** can later be accessed using from home screen.



QUICK PROGRAMS MODE

For quick action against Pain

Quick Relief *Best for: Sprains, strains, and sudden pain*
Instantly blocks pain signals at the spinal level using smart nerve stimulation. Great for injuries, postural pain, or when you need fast relief.

Deep Calm *Best for: Chronic pain, fibromyalgia, nerve-related pain*
Activates your body's natural painkillers (endorphins) and gently calms overactive nerves. Perfect for long-term or deep-rooted pain.

Muscle Soothe
Best for: Tight shoulders, neck tension, muscle fatigue
How it works: Feels like a relaxing massage. Loosens stiff muscles, melts away fatigue, and leaves you feeling lighter.

Joint Comfort *Best for: Knee pain, shoulder aches, arthritis*
Targets deep joint pain with a special signal combination that reaches where it hurts most. Ideal for chronic joint discomfort and stiffness.

Sleep Support *Best for: Pain that keeps you up, anxiety, restless nights*
Gently calms your nerves and reduces stress, helping you relax and fall asleep when pain or anxiety gets in the way.

PeriodEase *Best for: Menstrual cramps and period discomfort*
Specially tuned to ease uterine cramps by soothing nerves and releasing feel-good hormones. Your go-to during tough cycle days.



SMART THERAPY MODE

Personalized Wave Creation

Smart Therapy Mode helps you create a customized therapy session. **Simply answer 3 questions** on the screen. The device chooses from over 100+ modes to choose and define the most appropriate waveform for users of all different pain types.



Location of pain

- Neck
- Shoulder
- Upper Back
- Lower Back
- Ankles
- Hips
- Arms
- Elbows
- Wrists
- Thighs

Nature of Pain?

- Stabbing
- Burning
- Electric Shock
- Numbness

Duration of Pain?

- Acute > 3 Months
- Chronic < 3 Months

The chosen wave is then saved and accessed anytime from **Saved Settings** on the Home Screen. The saved setting can be played in the future, or even deleted.

USING THE SMALLER PADS



1.

Place iThera unit + trigger point pad on the area that you want to stimulate

2

Connect extender cables to the port of iThera unit

3

Connect small pads to the extender cable, place them on the area to stimulate and turn on the mode using the remote

TROUBLESHOOTING

Problem	Typical Cause (s)	Solution
Unit wont Charge	Bad Power Connection when charging	1. Check that the charging cable is working and properly connected to the case
	Charging cable is damaged	1. Check that the charging cable is not damaged
Remote stuck on waiting to pair	iThera unit is not powered on	1. Press the power button on pod 2. If no light is turning on, place in charging case and wait until fully charged
	iThera unit is no longer sync with the remote	1. Turn off the pod. Hold the power button for 5 sections so that the led starts flashing and turns blue
Not as strong stimulation	Pads are not fully on the body	1. Check if pod is fully attached on the skin properly and it is in the correct position
	Gels on the pads is not sticking	1. Replace these pads with new ones 2. If the pads haven't been used for two long, spray them with water and they will regain their stickiness
Feeling of burning or discomfort	Get on the pads is wearing out or losing its stickiness	1. Pause the pad and replace it with new pads

MAINTENANCE

Always store the TENS Device, Remote Unit, and accessories in the included protective case and ensure they are kept in a clean, dry environment.
It is recommended that TENS electrode pads be replaced every 20 sessions or sooner if adhesion weakens. Worn-out pads can reduce treatment effectiveness and may cause discomfort or inconsistent stimulation.
Always re-apply electrode pads to their protective film immediately after use to preserve adhesion and prevent dust or debris from sticking to the gel surface.
Clean the Remote Unit using a dry, non-abrasive microfiber cloth. Do not use any solvents or alcohol-based cleaners.
Never clean the electrode pads with water or cloths. If necessary, replace the pads instead of attempting to clean them.
Keep the TENS unit, remote, and electrode pads away from water and moisture.
The TENS Device and Remote are pre-paired and do not require any calibration or syncing process for regular use.
Frequency, intensity levels, and program modes are tested, verified, and validated under standard conditions before leaving the manufacturing facility.
Do not expose the unit to extreme temperatures, magnetic fields, or prolonged direct sunlight.

WARRANTY

The Smart TENS Device includes a 1-year limited warranty effective from the date of purchase.This Warranty Covers the TENS Unit, and Remote. This Warranty Does NOT Cover the Electrode pads or the Damage caused by misuse, water exposure, or unauthorized repairs. Charging cable damage caused by third-party adapters or incorrect voltage. Within warranty, manufacturer will repair or replace the defective device at their discretion during the warranty period (Shipping and handling fees may apply in some region provided that the product:
Not be altered, tampered with, or modified in any way.
Be connected and charged using the provided power source.
Be properly maintained and stored as per the care guidelines.
Be used only according to the instructions in the user manual

TECHNICAL SPECIFICATIONS

Battery:
Remote: 402530 lithium battery, 250mAh, 3.7V
Usage time: 3.5 hours from full charge to low battery automatic shutdown

Pod: 403030 lithium battery, 320mAh, 3.7V
Usage time: 1 hour and 20 minutes from full charge to low battery automatic shutdown

Charging Input: DC 5V through TYPE-C charging interface

Stimulation Channels: 1 channel , 2 output ports

Stimulation Waveform: Biphasic Symmetric Waveform

Supported Pulse Width: 100-300 μs ± 20 %

Supported Frequency: 3-130 Hz ± 10 %

Maximum Operating Current: 63mA ± 10 %

Connection: 2.4GHz
Maximum Remote Control Distance: 10 Meters

Unit Dimensions
Remote: 42 * 110 * 11.7mm
Pod: 54.8 * 54.8 * 16mm

Unit Weight
Remote: 43g
Pod: 40g

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For help with pad placement, or more FAQs visit our website at zenovocare.com

Thank you for your purchase!

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