

# PAIN RELIEF PEN

SHOP THE ENTIRE

**Hempvana**<sup>®</sup>

PRODUCT LINE AT

**HEMPVANA.COM**

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# PAIN RELIEF PEN

**Hempvana**

**ROCKET**<sup>™</sup>  
TENS THERAPY

Double  
Pulse  
Head



Muscle **Pain Relief** for:

- Back
- Hip
- Knee
- Neck
- Shoulder
- & More

## USER MANUAL

**IMPORTANT SAFETY INSTRUCTIONS  
READ AND FOLLOW ALL PRECAUTIONS,  
WARNINGS AND INSTRUCTIONS  
BEFORE USING THIS PRODUCT.**

**INJURY CAN RESULT FROM  
IMPROPER USE.  
SAVE THESE INSTRUCTIONS.**

Patents Pending  
PRODUCT MAY VARY FROM IMAGES SHOWN



**Intensity  
Levels**



Single Precision  
Head



Flat Head



## Introduction

Thank you for your purchase. The Hempväna Rocket™ Pain Relief Pen is a unique, hand-held, patent pending TENS device that has been engineered to work with NO wires and NO sticky pads making it a convenient way to use TENS technology to relieve your pain.

**For your safety, read this complete manual carefully before use. Save these instructions. Also visit [RocketUserManual.com](http://RocketUserManual.com) for current and complete instructions.**

**Indications for use:** To be used for the temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arms), and lower extremities (legs) due to strain from exercise or normal household work activities.

**Register this product at [RegisterHempvanaRocket.com](http://RegisterHempvanaRocket.com).  
Keep your receipt as proof of purchase for warranty coverage.**

### This package contains:

- Main Unit with 1 pre-attached Head
- 2 additional Interchangeable Heads
- User Manual

## SAFETY WARNINGS AND PRECAUTIONS

### DANGER

- **Choking hazard—small parts. KEEP AWAY FROM CHILDREN. THIS IS NOT A TOY.**
- **Do not make any modifications to this product.**
- **This unit may cause lethal heart rhythm disturbance in some individuals.**

#### **Do not use Hempvana Rocket™ with the devices listed below:**

1. Other TENS devices.
2. Pacemaker, implanted defibrillator, implanted metallic or electronic devices. Use with these devices could cause electrical interference, burns, electric shocks or death.
3. Life supporting medical electronic devices such as a respirator, artificial heart or lung.

#### **For Clinics and hospitals: Do not use Hempväna Rocket™ with devices listed below:**

1. In close proximity to a microwave or shortwave therapy ME equipment. ME Equipment may make Hempväna Rocket™ output unstable.
2. While a patient is connected to high frequency surgical ME equipment. This may cause burns to the skin or damage Hempväna Rocket™.
3. Near or while using electronic monitoring equipment such as cardiac monitors or ECG alarms. These devices may not operate properly while Hempväna Rocket™ is in use.

### WARNING

#### **Consult your physician before using this product:**

- If you have had professional treatment for pain
- If you are suffering from a serious illness

#### **Discontinue use of the product and consult your physician:**

- If pain does not improve, becomes chronic or severe or continues for more than 5 days
- If you experience skin irritation or burns
- If you experience any adverse reactions from this unit

#### **Do not use:**

- If you are or think you may be pregnant
- On children
- Over a menstruating uterus
- On any person that is not capable of using the unit by themselves
- On any person that is not capable of expressing their thoughts
- If you have been diagnosed with or have heart disease.
- If you have been diagnosed with or suspect you have epilepsy

#### **Do not use on these body parts:**

- Head, mouth, tongue, eyes, ears or any part of the face
- Front of the neck (carotid sinus area), on or near the throat
- Soles of the feet, toes or fingertips
- Anywhere near the heart
- On or near genitals
- On or near anal area

#### **Do not use on skin with these conditions:**

- Rashes
- Open wounds
- Areas that are inflamed, infected, swollen or red
- Skin eruptions such as thrombophlebitis, thrombosis, varicose veins, and phlebitis
- On or near skin that lacks normal sensation
- On or near cancerous lesions

### CAUTION

- Stop using if you feel discomfort.
- Stop using if the unit is not functioning properly.
- Use for intended use only.
- Keep out of high humidity areas. This may damage the unit.
- Use in brightly lit room to assure you are operating the unit properly.

## BATTERY

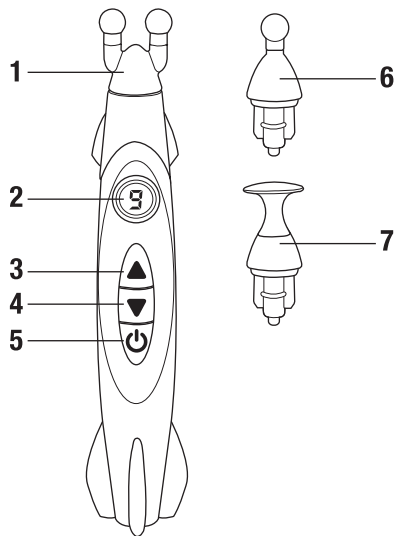
- Do not mix alkaline and manganese batteries.
- Dispose of batteries according to applicable waste disposal regulations.
- Do not throw batteries in fire.
- Do not remove battery cover during therapy.

## GENERAL PRECAUTIONS FOR TENS DEVICES

- Long term effects are unknown.
- Does not treat source or cause of pain.
- Does not treat headaches.
- May suppress a sensation of pain that would otherwise act as a protective mechanism.
- May cause hypersensitivity or skin irritation.
- Does not replace pain medication or pain therapy.
- Does not prevent or cure any disease or injuries.
- Muscles may become exhausted or sore with overuse.

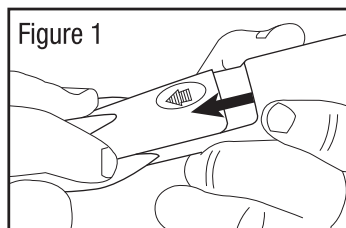
## PARTS

1. Double Pulse Head
2. Intensity Level Display
3. Increase Intensity
4. Decrease Intensity
5. Power Button
6. Single Precision Head
7. Flat Head

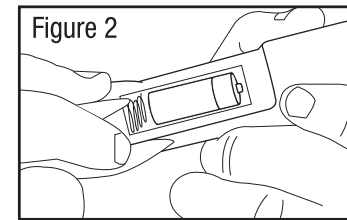


## PREPARATION FOR USE

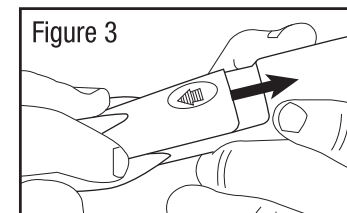
1. Remove battery cover by pressing and sliding in the direction of the arrow. (figure 1)



2. Insert a fresh alkaline AA battery in correct direction. (figure 2)



3. Replace battery cover by sliding in opposite direction of arrow. (figure 3)



## Skin preparation of treatment area

1. Trim excessive hair from area to be treated. Do not shave.
2. Wash and dry treatment area thoroughly.
3. The treatment area should be free of oil or lotion before use.

## Preparation of hands

1. Wash and dry both hands thoroughly before use.
2. Both hands must be completely free of moisture, oil or lotion before use.
3. Do not use gloves or other hand coverings when using this device.

## Why are clean hands important?

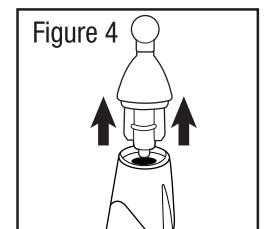
The Hempväna Rocket™ uses the hand you are holding it with as a “ground” to complete the electronic circuit in your body. **The unit will not function if you wear gloves or hand coverings.**

***When in use, it is normal to sometimes feel an electronic sensation on the hand holding the Hempväna Rocket™.*** Moist or wet hands or oils and lotions may intensify this electronic sensation making the device uncomfortable to hold. ***Make sure your hands are clean, completely dry and free of oil or lotion.***

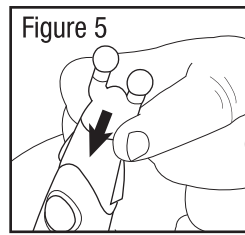
**It is important to practice** using Hempväna Rocket™ to get a good feel for how it works.

## CHANGING HEADS

1. Pull head to remove. (figure 4)

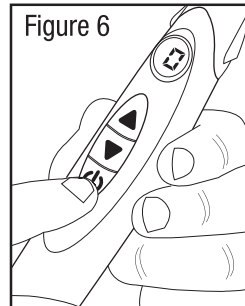


2. Press desired head onto top of unit until it is secure (figure 5)

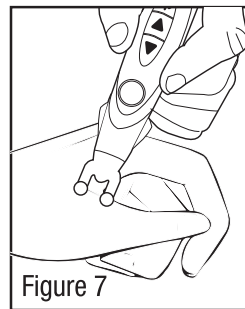


## PRACTICE USE

1. Press the Power Button to turn on the device. 0 will appear in the display. (Figure 6)



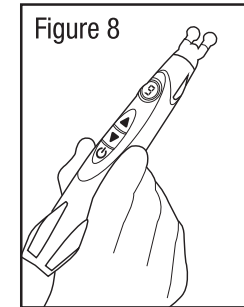
2. Press the UP button ▲ to a low to medium level of 1, 2, 3, 4 or 5 on the display.
3. Hold the device in your dominant (right or left) hand.
4. Press the head of the device to the area in between you forefinger and thumb of your other hand (Figure 7)



5. You should feel a pulsing sensation and/or notice your muscles twitch.
6. Move the head around until you have found the trigger point that maximizes the twitching sensation. If you do not feel anything, move the head around and/or press the UP ▲ button until pulsing sensation or muscle twitching occurs.
7. Experiment with the intensity by pressing UP ▲ and DOWN ▼ buttons.
8. Adjust to the intensity that feels strong yet still comfortable.
9. Press the Power Button to turn off the device when you finish your practice session.

## USE FOR PAIN RELIEF

1. Choose the body part that you would like to treat (shoulder, knee, back etc.)
2. Choose one of the three heads (included) and attach to the Hempväna Rocket. We recommend starting with the Single Precision Head.
3. Press the Power Button to turn on the device. 0 will appear in the display.
4. Press the UP button ▲ to a low to medium level of 1, 2, 3, 4 or 5 on the display.
5. Hold the device in your dominant (right or left) hand. (figure 8)



6. Press the head of the device on or in close proximity to the area that you would like to treat. **Note: The device does not work directly on bones like knee caps or collar bones, so choose an area in close proximity that consists of muscle or fatty tissue.**
7. Move the head around until you have found the trigger point that maximizes the pulsing or twitching sensation.
8. Adjust the intensity by pressing the UP ▲ and DOWN ▼ buttons.
9. Adjust to the intensity that feels strong yet still comfortable.

*As with any battery operated device, make sure it is turned off when not in use. If not in use for an extended period of time, remove the battery and store separately.*

## TREATMENT TIME

1. **Start with a treatment session of up to 10 minutes.** The unit will automatically shut off after 10 minutes. Press the Power Button and the UP ▲ button to the previous setting to continue treatment.
2. You may treat each area for **up to 30 minutes per session** and repeat the session **up to 3 times per day.**
3. Press the Power Button to turn off the device when you are finished with your treatment.