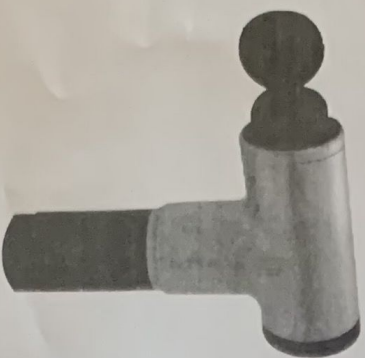
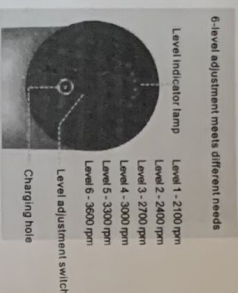


# Myofascial Physiotherapy Device

## User Manual



6-level adjustment meets different needs



- U head/for vertebrae
- Ball head/for large muscle groups
- Small round head/for joints
- Small flat head/for all parts of the body

### Effects on skin and subcutaneous tissues

Relaxing thickened connective tissues and fascia, breaking and releasing the barrier of fascia contraction, removing adhesion after injury or operation and internal scar tissues, increasing venous return and lymphatic circulation, improving muscular extensibility, especially in the case of muscle spasm, stiffness and limitation, stimulating reflex contraction of muscle fibers, increasing the range of motion by relieving joint stiffness

### Effects on central and sympathetic nervous systems

Stimulating local receptors of muscle to relieve pain and help relaxation, without causing pain, without causing inflammation

### For pain on muscles, tendons and joints

The most common causes of muscle pain are trauma, excessive use, stress or tension. Impact therapy can accelerate the healing rate of the inflammatory area after injury or trauma. Similarly, when certain parts of the body are overused or strained, impact therapy can speed up blood circulation in the affected area and alleviate potential tensions

### Exercise rehabilitation

Relaxation physiotherapy helps to restore the body from the stress of strenuous exercise, and is conducive to the adjustment and reconstruction training. Rehabilitation will remove metabolic waste and further nourish cells, normalizing and maximizing tissue elasticity, carrying out physiotherapy of trigger points and accelerating wound healing

### Recovery after operation or injury

After trauma or surgical repair, the body is in the process of repairing inflammatory activation. The stimulation of impact therapy can eliminate the malformation and avoid the formation and adhesion of scar tissues

### Relaxation

The impact physiotherapy can restore the body, increase body comfort and enhance overall happiness of patients

### Maintenance, cleaning and storage:

Clean the device with a slightly wet towel, and then wipe it dry with a soft cloth for storage, or put it into the supplied carton when you go traveling

### Warnings and reminders

Do not immerse it into water. Keep it away from liquids or heat sources. Keep the vent free from dust and scraps.  
Do not remove the screws or try to disassemble the device.  
Do not continuously use it for more than one hour. Please stop the device for 30 minutes and then use it again.  
Unplug the charger from the battery after charging or before the use.  
It is only for adults. If you have injuries, do not use this device. Please consult with your doctor before using this device.

### Charging

Before using it for the first time, charge it fully for three hours.  
During charging, connect the DC end of the supplied 12V adapter to the charging port of the battery, and then plug the cable at the AC side onto the wall outlet.  
The LED on the battery flashes regularly and displays the battery level, indicating that the battery is being charged.  
When the battery is connected, the LED on the device flashes and displays the battery level, indicating that the battery is being charged.

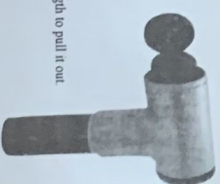
When all LEDs stop flashing and are on, it indicates that the battery is fully charged.  
The battery can be charged at any time and at any level.  
It is not recommended to use up the battery to the red LED level.  
The average operating time of the device is two hours, depending on the speed and the applied pressure during the use.

### Configuration and Specification

- Power on/off button
- Power level indicator lamp LED (red)
- Frequency level indicator lamp LED (blue)
- Handle/removable battery
- Removable, replaceable vibration head
- DC charging port
- AC wall charger

### Specification

- AC charger: 7.4-12V, 1amp
- Pulse (impact per minute)/frequency (Hz): level 1 - 1800 ppm/30Hz, level 2 - 2400 ppm/40Hz, level 3 - 3200 ppm/53Hz
- Weight: 2.5 lbs (1.1 kg) (3.0 lbs, 1.4 kg, including charger)



### Notes for Physiotherapy

#### After injury

The first physiotherapy after injury should be conducted according to the satisfaction and comfort level of the patient.  
ROM evaluation  
Determine the part and surrounding muscles according to the physiotherapy program.  
Start the device and choose the medium and low intensity.  
The pressure exerted should be the weight of the device itself.  
Lymphatic drainage  
Slight and systemic physiotherapy is required.

During physiotherapy, move slowly from the distal ends of the limbs to their proximal ends, that is, towards the direction of venous return of heart.

#### Effect

Eliminate scar tissues after operation or injury  
Carry out physiotherapy of trigger points  
Relax muscular fascias

**Danger:** In order to reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions.

For adults only

It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.  
Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or bony part of the body.

Only use the vibrating head that can produce the best results.  
Bruise may be caused whether under moderate pressure or normal pressure. Please always check the area that receives physiotherapy.

Stop using it immediately once there is any sign of pain or discomfort.  
Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because they might be pinched.

Do not place any object in the vent of the device.  
Do not immerse it in water or allow water to enter the vent of the device.  
Do not drop the device or use it improperly.

Charge the device charger with only 24 VDC.  
Carefully check the device and battery before each use.  
Do not change or modify the device in any way.  
Never operate or charge the device in an unattended way.

**One-year warranty (only available for products purchased from official or authorized channels in mainland China)**

If this product cannot be used normally due to defects in materials or workmanship within one year from the date of purchase, the product or necessary components will be repaired or replaced free of charge, but the warranty does not cover the followings:

- damage caused by accident, abuse, improper handling or transportation,
- repair of the device without permission,
- the device is not used in accordance with the maintenance instructions of the device,
- the loss is higher than the cost of the product,
- quality problems of the delivered product arising from abnormal storage and protection conditions at the customer's workplace,
- failure to provide a proof of purchase indicating date,
- not a product from official or authorized channels in mainland China