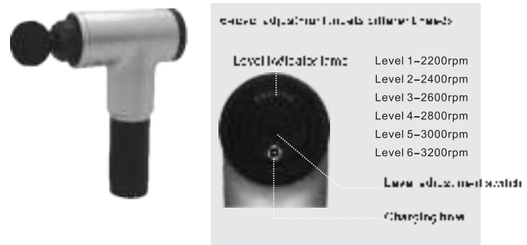
咬口黑 320 四折页左右翻新版 427×128mm 2020年9月5日 印前请仔细校对，印后恕不负责！

Myofascial Physiotherapy Device User Manual



U head/for vertebrae

Small round head/ for joints

Ball head/for large muscle groups

Small flat head/for all parts of the body

Configuration and Specification

Configuration

1. Power on/off button
2. Power level indicator lamp LED (red)
3. Frequency level indicator lamp LED (blue)
4. Removable replaceable vibration head
   When removing the vibration head, use exert your strength to pull it out.
5. DC charging port
6. AC wall charger
7. 7.4v machine with 8.4V1adc, 12V machine with 12.6V1adc, USB with data cable (customer provided 5V2A charging head)

Maintenance, cleaning and storage:

Clean the device with a slightly wet towel, and then wipe it dry with a soft cloth for storage. Put it into the supplied carrier when you are 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 10 minutes and then use it again.

Unplug the charger from the battery after charging or before the use.

For only for adults. If you have any ca, 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.

When charging, connect the DC end to the charger model or the charging port of the battery, and then plug the AC side cable into a socket.

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 battery level.

It is not recommended to use up the battery to record LED red.

The average operating time of the device is two hours, depending on the speed and the applied pressure during the use.

Do not use the machine when charging.

Safety Instructions

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 boned 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 objects 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.

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 unintended way.

Indications and Contraindications

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive muscle use or abnormal posture, and most of the scar tissues involved in these diseases can be treated with this device. Avoid excessive stress and prolonged physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

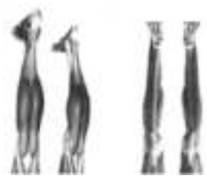
The ongoing research is about the impact of vibration training on specific medical conditions. This is very likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, it is also a physiotherapy recommendation to combine vibration training into phy siotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

Indications	Contraindications
> Pain and cramps due to muscle injury, sprains, strains > Help the flow of edema fluid in the swollen area > Relax thickened connective tissues and fascias > Reduce the accumulation of lactic acid in muscles > Increase joint mobility > Eliminate muscle fatigue	> Aneurysm, bleeding, use of blood thinner > Heart disease, with a pacemaker or defibrillator > Pregnancy, cancer > Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internal fixation. > Sensitive area: head, face, cervical vertebrae, spine > Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand

Use Method

Optimum Program of Lower Limbs

Supine position	
Small flat head vertically downward	
Calves	20s-25s times
Hamstrings	20s-25s times
Sciatic nerve	20s-25s times
Thigh-sure	20s-25s times
Gastrocnemius	20s-25s times
Soleus	20s-25s times
Small round head vertically downward	
Knee joint positioning	15s-20s
Knee bending position	15s-20s



Supine position

Small flat head vertically downward

Tibialis anterior muscle	15s-25s times
Adductor longus	15s-25s times
Adductor brevis	15s-25s times
Tibialis anterior	15s-25s times
Peroneus longus	15s-25s times
Peroneus brevis	15s-25s times

The movement direction is from up to down.

Supine position

Small flat head vertically downward

Sartorius	30s-45s
Tensor fascia lata	15s-25s times
Adductor longus	15s-25s times
Adductor brevis	15s-25s times
Pectineus	15s-25s times
Gracilis	15s-25s times
Adductor magnus	15s-25s times

The movement direction is from up to down.

Supine position

Small flat head vertically downward

Quadriceps femoris	30s-45s times
Rectus femoris	30s-45s times
Vastus lateralis	30s-45s times
Vastus medialis	30s-45s times
Vastus intermedius	30s-45s times

The movement direction is from up to down.

Supine position

Small round head vertically downward

Iliopsoas	20s-25s times
Gluteus medius	20s-25s times
Gluteus minimus	20s-25s times

The movement direction is from up to down, and slightly bends the knee.

Supine position

Small round head vertically downward

Iliac bone crest - iliac bone attachment	30s-1min
Rectus femoris, tongue	1min
Tensor fascia lata	15s-25s times
Trochanter upward area	20s times

Prone position

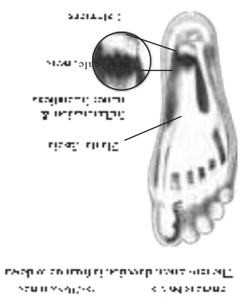
Small round head vertically downward

Trapezius	30s-45s
Rhomboid muscle	30s-45s times
Latissimus dorsi	30s-45s times
Erector spinae	30s-45s times
Gluteus maximus	30s-45s times
Sacrum	30s-45s times
Sacrum-coccyx	30s-45s times
Sacrum-coccyx-gluteus maximus	30s-45s times
Sacrum-coccyx-gluteus maximus-adductor	30s-45s times

Supine position

Small flat head vertically downward

Tibialis anterior	20s-25s times
Sartorius	20s-25s times
Adductor longus	20s-25s times
Adductor brevis	20s-25s times
Pectineus	20s-25s times
Gracilis	20s-25s times
Adductor magnus	20s-25s times


Zygoma
Masseter muscle
Temporomandibular joint
Temporalis muscle
Sternocleidomastoid muscle
Trapezius muscle
Deltoid muscle
Pectoralis major muscle
Biceps brachii muscle
Triceps brachii muscle
Brachioradialis muscle
Pronator teres muscle
Flexor carpi radialis muscle
Flexor carpi ulnaris muscle
Palmaris longus muscle
Flexor digitorum superficialis muscle
Thenar muscle
Hypothenar muscle
Flexor digitorum profundus muscle
Flexor pollicis longus muscle
Pronator quadratus muscle
Small flat head vertically downward:
Gluteus medius 20s-25s times
Gluteus maximus 20s-25s times
Piriformis 20s-25s times
Gluteus minimus 20s-25s times
Tensor fascia lata 20s-25s times
Gluteus maximus-adductor 20s-25s times
Gluteus maximus-adductor-biceps femoris 20s-25s times
Thoracolumbar fascia-gluteus maximus-adductor 20s-25s times
Supine position
Small flat head vertically downward
Iliac crest 20s-25s times
Iliac crest-gluteus medius 20s-25s times
Iliac crest-gluteus medius-tensor fascia lata 20s-25s times
Iliac crest-gluteus medius-tensor fascia lata-gluteus maximus 20s-25s times
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