Precautions

STATEMENT

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings on this product in this manual before using this product.

- This product is not intended for medical use and only provides personal massage;
- Do not allow children or involuntarily persons to use this product. Please keep this product out of reach of children;
- It is forbidden to use on non-dry, clean skin surface. It can be used across the clothes and gently pressed and moved on the skin. Each part is about 10 seconds.
- Do not use on the top of the head or any hard or boned part of the body; use the product only on the soft tissues of the body without causing pain or discomfort;
- It is forbidden to use bruises in the massage area and use it in case of pain or discomfort;
- Do not stand or sit directly on this product, which may cause a fall accident;
- Excessive use can cause the product to overheat and shorten product life. When re-used, the product must be allowed to cool for a while before use.
- Do not use it in a damp environment such as a bathroom. Do not immerse the product in water or other liquids to avoid short circuit or electric shock.
- Do not place the product near a stove or in direct sunlight;
- Do not use it during lightning strikes;
- Do not insert or drop objects into any openings in the product;
- Do not cover the massage machine during use to avoid malfunction due to increased motor temperature.
- Do not allow fingers, hair or other parts of the body to be close to the axis and back of the vibrating head, as it may be caught;

Maintenance

1. Wipe the surface of the device with a slightly damp towel and dry with a soft cloth.
2. When storing for long periods of time or traveling, place the product in the original box of the device and keep it dry.

CAVEAT

- Do not drop or bump the charger (adapter). If the charger (adapter) case is damaged, contact an authorized service center for replacement.
- Do not touch the power cord with wet hands, or pull out the charger (adapter) by pulling the power cable.
- Do not touch the product or charger (adapter) with wet hands to avoid short circuit, malfunction or electric shock.
- When the charger is exposed to rain, liquid, or severe moisture, stop using it and contact an authorized service center for replacement.
- The following people: implanted cardiac pacemaker, suffering from heart disease, strained back disease, pregnant women or shortly after delivery, fractures, osteoporosis, joint disease patients, suffering from malignant tumors, traumatic skin or eczema If you are not allowed to use it, please consult your doctor before using it.
- Do not expose the battery to high temperatures or heat-generating equipment such as sunlight, heaters, microwave ovens, ovens or water heaters. Overheating of the battery may cause an explosion;
- Do not disassemble or modify the battery, insert foreign objects, or immerse in water or other liquids to avoid battery leakage, overheating, fire or explosion.
- The battery must be removed from the appliance before it is discarded;
- When removing the battery, the appliance must be powered off;
- The battery should be disposed of safely;

Technical Parameters

CHARGING

product name: Muscle fascial massager
Product number: TY-602
Rated voltage: DC8.4V ⎓
Rated frequency: 50Hz
Rated power: 24W
Executive standard: GB 4706.1-2005
GB 4706.10-2008

PLUG-IN

product name: Muscle fascial massager
Product number: TY-602
Rated voltage: DC12V ⎓
Rated frequency: 50Hz
Rated power: 24W
Executive standard: GB 4706.1-2005
GB 4706.10-2008

THANK YOU FOR PURCHASING OUR PRODUCTS

In order to use this product safely and satisfactorily, please read the instructions and safety regulations carefully before use.

WARRANTY CARD

Product number		Serial number		Date of manufacture	
Customer information	Customer Name:		Address:		
	mailing address:		Postal code:		
	contact number:		mobile phone:		
Mall name			Purchase price		
Maintenance records:					

Warranty
Any damage caused by man-made damage, disassembling the machine, improper use, etc., is not covered by the warranty.

CERTIFICATE

Product number: TY-602
Inspector code: Check 03
Production Date:

MUSCLE FASCIAL MASSAGER

INSTRUCTIONS FOR USE

TY-602

For the convenience of product improvement, the company reserves the right to modify, no further notice!

Product description

The deep muscle fascial massage device is a portable and rechargeable vibration device with large torque and long endurance multi-range adjustment. It can effectively alleviate the soreness caused by lactic acid accumulation after strenuous exercise, and relieve the discomfort of various muscles in sedentary and long-sleeved people.

THE NUMBER OF MASSAGE HEADS IS DIFFERENT FOR SOME MODELS, WHICH IS SUBJECT TO THE SELECTED ORDER PACKAGE.

Instructions for use

1.According to different parts of the massage, choose the appropriate massage head to insert into the round hole in front of the fascia gun.
2.Press the switch button to start turning.
◆Click, one red light is on, representing the gear position "1"
◆Press again, 2 red lights are on, representing the gear position "2"
◆Press three times, three red lights are on, representing the gear position "3"
◆Press four times, four red lights are on, representing the gear position "4"
◆Press five times, five red lights are on, representing the gear position "5"
◆Pressed six times, 6 red lights are on, representing the gear position "6"
◆Press seven times, at which time the motor stops rotating. Press the motor again to start.

Battery instructions

1. The battery is exhausted and needs to be charged for about 3 hours, and it can be used for several hours. When the battery is charging, the indicator light is red and the green light is on when the battery is fully charged. It is forbidden to start for your safe charging.

METHOD OF APPLICATION

The device's deep penetration reduces pain, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders caused by joint sprains 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 tissue involved in these diseases can be treated with this device. Excessive stress and prolonged physiotherapy should be avoided when using the device. Sensitive areas such as the head, face and cervical vertebrae should be avoided. If there is inflammation, swelling or pain, stop using it immediately.
The ongoing research is about the impact of vibration training on specific medical conditions. This is likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, the integration of vibration training into a physical therapy regimen is also a physiotherapy recommendation. This must be done with or with the advice of a doctor, expert or physical therapist.

INDICATION

》Pain and cramps due to muscle contusions, sprains, strains
》Helps the flow of edema in the swollen area
》Relaxed thickened connective tissue and fascia
》Reduce the accumulation of lactic acid in muscles
》Increase joint mobility
》Eliminate muscle fatigue

⚠ CONTRAINDICATIONS

》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 vertebral body
》Muscle-covered position close to the bone: the humerus, the back of the foot, the back of the hand, etc.

LOCAL MUSCLE RELAXATION

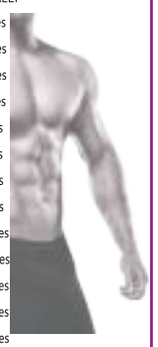
STATIC TECHNOLOGY
DYNAMIC TECHNOLOGY

SUPINE POSITION
ROUND HEAD DOWN VERTICALLY

Pectoral muscle	-30s	Rhomboid	-1min
Deltoid	-30s	Shoulder sleeve muscle	-25s
Shoulder sleeve muscle	-25s	Triceps	-25s
Biceps	-30s	Latissimus dorsi	-45s
Diaphragm	-30s	Erectangial	-35s
Diaphragm	-30s	Hengzhong muscle	-1min to 1.5min
Abdominal muscle	-45s	Pedicle muscles	-1min to 1.5min
Waist muscle	-25s	Piriformis	-1min to 1.5min
Quadriceps	-60s	End	-25s
Hip abductor	-60s	Biceps	-1min
Patellar anterior muscle	-45s	Large muscle	-25s
Long humerus	-30s	Semitendinosus & semimembranosus	-40s
Short humerus	-30s	Flatfish muscle	-20s
Shoulder levator muscle	-1min to 1.5min of the larynx		-40s
Trapezius	-1min to 1.5min	Heel	-20s

UPPER LIMB OPERATING PLAN

》Diaphragm	10s-15sX3 times
》Temporal wrist flexor	10s-15sX3 times
》Palm length muscle	12s-15sX3 times
》Ulnar wrist flexor	10s-15sX3 times
》Extensor muscle	5s-10sX2 times
》Temporal extensor	5s-10sX2 times
》Temporal extensor digitorum	5s-10sX2 times
》Ulnar wrist extensor	5s-10sX2 times
》Elbow muscle	10s-15sX2 times
》Biceps	15s-20sX3 times
》Diaphragm	15s-20sX3 times
》Diaphragm	15s-20sX3 times
》Triceps	15s-20sX3 times
》Deltoid Toe	10s-20sX3 times
Medium beam	10s-20sX3 times
After the bundle	10s-20sX3 times



LOWER LIMB OPERATION PLAN

SUPINE POSITION
SMALL FLAT HEAD VERTICALLY DOWNWARD

Hamstring	
Biceps	20s-30sX3 times
Semitendinosus	20s-30sX3 times
Semimembranosus	20s-30sX3 times
Moving direction from top to bottom	
Small flat head outward 45°	
Thin muscle	10s-15sX2 times
Long muscle	10s-15sX2 times
Short muscle	10s-15sX2 times
Calf triceps	
Gastrocnemius	20s-30sX3 times
Flatfish muscle	20s-30sX3 times
Moving direction from top to bottom	
Small round head vertically downward	
Muscle	
Straight knee muscle	15s-30s
Knee flexor	15s-30s

SUPINE POSITION
SMALL FLAT HEAD VERTICALLY DOWNWARD

Quadriceps	
Rectus femoris	30s-45sX2 times
Lateral femoral muscle	30s-45sX2 times
Medial femoral muscle	30s-45sX2 times
Intermediate muscle	30s-45sX2 times
Moving direction from top to bottom	
Small flat head vertically downward	
Sewing muscle	30s-45s
Tensor fascia lata	15s-20sX2 times
Patellar anterior muscle	15s-20sX2 times
Long humerus	15s-20sX2 times
Short humerus	15s-20sX2 times
Moving direction from top to bottom	

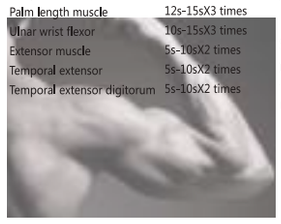
TENNIS ELBOW

SUPINE POSITION
SMALL FLAT HEAD VERTICALLY DOWNWARD

Deltoid	Toe	10sX3 times
	Medium bundle	10sX3 times
	After the bundle	10sX3 times
Biceps		15s - 20sX3 times
Diaphragm		15s - 20sX3 times
Diaphragm		15s - 20sX3 times

SMALL ROUND HEAD VERTICALLY DOWNWARD
Lateral iliac crest tendon 30s- 40s If you are afraid of hitting the bone surface, you can use your hand to pinch your muscles down.

Temporal wrist flexor	10s-15sX3 times
Palm length muscle	12s-15sX3 times
Ulnar wrist flexor	10s-15sX3 times
Extensor muscle	5s-10sX2 times
Temporal extensor	5s-10sX2 times
Temporal extensor digitorum	5s-10sX2 times



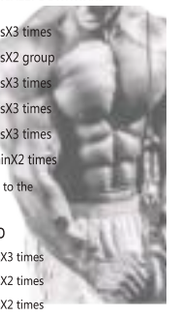
SHOULDER AND NECK OPERATION PLAN

SUPINE POSITION
SMALL FLAT HEAD VERTICALLY DOWNWARD

Triceps	15s- 20sX3 times
Elbow muscle	10s- 20sX2 group
Tracheosus	15s- 20sX3 times
Middle bundle	15s- 20sX3 times
Under the bundle	15s- 20sX3 times
Latissimus dorsi	30s-1minX2 times
Direction from the middle to the sides, from top to bottom	

SMALL ROUND HEAD VERTICALLY DOWNWARD

Upper sacral muscle	10s- 15sX3 times
Shoulder levator	10s- 12sX2 times
Large round muscle	10s- 12sX2 times
Small round muscle	10s- 12sX2 times
Infraspinatus	10s- 12sX2 times
The direction moves from the middle to the sides	



SUPINE POSITION, CHEST, TRICEPS:
The upper arm is open 90 degrees, the wrist is straight, and the forearm is parallel to the torso
First stimulate the pectoralis major muscles 30s
Transstimulation of the diaphragm 30s

KNEE ARTHRITIS

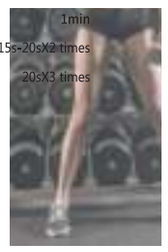
SUPINE POSITION
SMALL FLAT HEAD VERTICALLY DOWNWARD

Quadriceps	
Rectus femoris	30s-45sX2 times
Lateral femoral muscle	30s-45sX2 times
Medial femoral muscle	30s-45sX2 times
Intermediate muscle	30s-45sX2 times

The direction of movement is from top to bottom, and the patient slowly bends slightly

SMALL ROUND HEAD VERTICALLY DOWNWARD
Tibial edge - anterior aspect of the tibia 30s-1min

Rectus femoris, groin	1min
Tensor fascia lata	15s-20sX2 times
Patellar ligament	20sX3 times



PLANTAR FASCIITIS

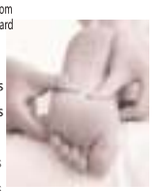
SUPINE POSITION
SMALL ROUND HEAD VERTICALLY DOWNWARD

Ring muscle	30s-45s
Straight knee muscle	15s-30s
Knee flexor	15s-30s
Calf triceps	
Gastrocnemius	20s-30sX3 times
Flatfish muscle	20s-30sX3 times

SUPINE POSITION(ONE SIDE)
SMALL FLAT HEAD VERTICALLY DOWNWARD

Hamstring	
Biceps	20s-30sX3 times
Semitendinosus	20s-30sX3 times
Semimembranosus	20s-30sX3 times
Moving direction from top to bottom	
U-shaped head vertically downward	
Ring muscle	
Straight knee muscle	15s-30s
Knee flexor	15s-30s
Calf triceps	
Gastrocnemius	20s-30sX3 times
Flatfish muscle	20s-30sX3 times

Four o'clock, the forefoot is on the ground
THE SMALL ROUND HEAD IS PERPENDICULAR TO THE SOLE OF THE FOOT:
Plantar fascia 20s-30sX3 times

SUPINE POSITION

Patellar anterior muscle	15s-20sX2 times
Long humerus	15s-20sX2 times
Short humerus	15s-20sX2 times
Moving direction from top to bottom