



Total Body Massager

2-in-1 Lateral & Percussion





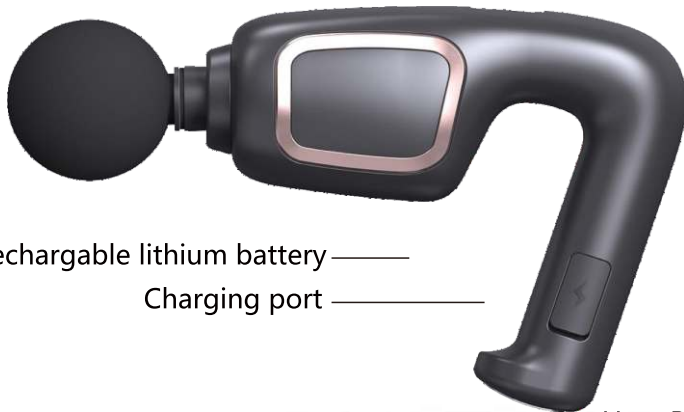
Speed display

Power indicator



Heating button

ON/OFF



Rechargeable lithium battery

Charging port

Heat Blocks

Instructions

Power operation cautions

Press the power switch at the top of the machine and hold 1 second to turn it on and start working.(Power light on)

Press the power switch at the top of the machine and hold 1 second again to turn it off.(Power light off)

Press the heat switch on the top of the machine to turn it on and start the device (key indicator light on).

Press the heat switch at the top of the machine again to turn off the device (key indicator off).

Device

Equipment Power switch on,quick press the power botton once to adjust it to level 1,press twice to adjust it to level 2, and so on,a total of 6 adjustable,display 6 levels.

Level 1-6 corresponding frequency levels.

Heating button,press once to level 1,and press level 2,and level 3.

When the heat working,the temperature of the three gears are 40 degrees,50 degrees,60 degrees,the heating time to 40 degrees is about 2 minutes.

Charging

Before the first use,charging 4h to fill it up,charging the device does not work,the power is divided into 4 levels.

The battery can be charged at any time and at any charge level.

It is not recommended that the battery be completely depleted.

Make sure the power is off when the machine is not in use.

The operating time of the device depends on the speed level and the pressure applied during use.



U-shaped head
for spinal area



Small ball type head
for small muscle groups



Small round head
for joint area

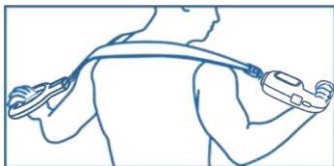


Small flat head
for all parts of the body



Large ball-shaped head
for large muscle groups

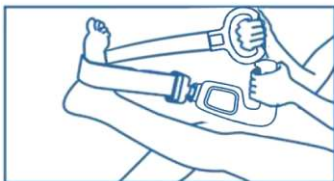
Use scenes



1. Back massage



2. Neck massage



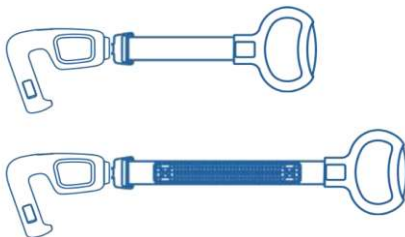
3. Foot massage

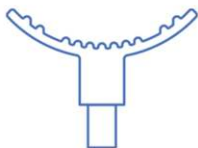


4. Arm massage

Adjustable pulling belt

Pull the strap to
adjust the installation
of massage straps

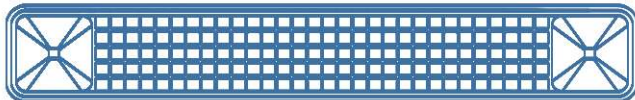




Curved head
for bending parts



Strap head
for fixing pulling belt



Massage straps
for other parts of the neck, back, etc.



Massage block
for all parts of the body

Configuration and Specifications

Configuration

1. Control panel
2. Heated electrode piece
3. Removable and replaceable vibration head.
When disassembling the vibration head, pull it out hard
4. DC charging port



Product parameters

Battery voltage: 7.4V

Rate power: 24W

Rate voltage: 5V

Battery type: Lithium battery

Physical Therapy Precautions

Post-injury

The first physical therapy session after injury should be gradual according to the patient's satisfaction and comfort level.

ROM rating

Identify the area and surrounding muscles according to the physiotherapy protocol. Start the instrument and set it at low to medium intensity.

The pressure applied is the weight of the instrument itself.

Lymphatic drainage

Requires light, generalized physiotherapy

Move slowly from the distal to the proximal end of the limb, i.e. in the direction of the cardiac venous return

Reduces swelling and eliminates pain

Restore muscle flexibility and extensibility

Promote blood circulation and lymphatic return

Postoperative

The first postoperative physiotherapy treatment is based on the patient's response and the gradual increase in the duration and intensity of the treatment.

Determine the site of physiotherapy

Ask the patient if there are any open wounds, stitches to drain the internal fixation.

(If so, do not stimulate these areas)

Start the device and set it on the lowest setting.

Cover the treatment area with a towel.

Apply moderate pressure to the physiotherapy site with the instrument.

Limit physiotherapy to the area around the surgical site.

Efficacy

Elimination of post-operative and post-injury purpura tissue

Trigger point physiotherapy

Safety instructions

DANGER: To reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions

For adult use only

Can only be used on the dry, clean skin surface of the body parts, not through the clothing gently pressed on the skin, moving, each part for about 60 seconds

Use the device only on the soft tissues of the body without causing pain or discomfort

Do not use on the head or any hard or bony part of the body

Use only the vibration head that produces the best results

Either controlled downward pressure or pressure applied may produce bruising. Check the treatment area frequently and stop using it as soon as there are signs of pain or discomfort

Keep fingers, hair or other body parts away from the shaft and back of the vibrating head, as they may get caught Do not place any objects in the ventilation holes of the device

Do not immerse the device in water or allow water to enter the ventilation holes of the device

Do not drop or improperly use the device

Check the device and electricity carefully before each use

Do not alter or modify the device in any way

Never leave the device running or charging unattended

After-sales service

1 year warranty (only supports products purchased through official direct or authorized channels in mainland China)

If within one year from the date of purchase, the product does not work properly due to defects in materials or workmanship, the product or necessary components will be repaired or replaced free of charge. This warranty does not cover

- (a) damage caused by accident, abuse, mishandling or transportation
- (b) the end of the unauthorized maintenance of equipment
- (c) equipment not used in accordance with the maintenance instructions for the equipment
- (d) Losses above the cost of the product
- (e) Quality problems with the delivered product caused by abnormal storage and or protective conditions at the customer's workplace
- (f) Failure to provide dated proof of purchase
- (g) Non-official direct or right of assistance channel products in mainland China
- (h) high temperature and high pressure inside the production of warm air and water beads is a normal phenomenon

Method of use

Local muscle relaxation

Static technique

Dynamic techniques

Pectoralis	-30s	Rhomboids	-1min
Deltoid	-30s	Rotator cuff muscle	-25s
Rotator cuff muscles	-25s	Triceps	-25s
Biceps	-30s	latissimus dorsi	-45s
Brachialis	-30s	erector spinae	-35s
Brachioradialis	-30s	Henricus medius	1min to 1.5min
Abdominals	-45s	Gluteus maximus	1min to 1.5min
Iliopsoas muscle	-25s	Pear muscle	1min to 1.5min
Quadriceps	-60s	Iliotibial bundle	-25s
Hip abductors	-60s	Biceps brachii	-1min
Anterior tibialis	-45s	Greater adductor muscle	-25s
Peroneus longus	-30s	Semitendinosus & semimembranosus	-40s
Peroneus brevis shortus	-30s	Hallux valgus muscle	-20s
Scapularis elevator	-1min to 1.5min	Flexor digitorum brevis	-40s
Trapezius muscle	-1min to 1.5min	Heel	-20s

Method of use

Upper extremity operation program

Supine position

Round head vertical down

>Brachioradialis	105-1553 times
>Radial carpal flexor	105-1553 times
>Longissimus dorsi	125,153
>Ulnar carpal flexor	105-1553
>Finger extensors	55-1052
>Radial carpal short extensors	55-1052
>Radial carpal long extensors	5s10s2 times
>Ulnar carpal extensors	55-10s2 times
>Elbow muscles	105-15s2 times
>Biceps	155-2053 times
>Humerus	155-2053 times
>Rostral humerus	155-205 x 3 times
>Triceps	1552053 times
>Deltoid	
Anterior fasciculus	10s20x3 times
Middle fasciculus	105203 times
Posterior fasciculus	10s203 times

Method of use

Lower extremity operation scheme

Prone position

Small flat head vertical down

Rouge cord muscle

Biceps femoris 20s-30sx3 times

Semitendinosus muscle 20s-30sx3 times

Semimembranosus muscle 20s-30sx3 times

Direction of movement from top to bottom

Small flat head 45° outward

Thin femoral muscle 10s-15sx2 times

Longissimus dorsi 10s-15sx2 times

Short retractors 10s-15sx2 times

Calf triceps

Overhead muscles 20s-30sX3 times

Flounder muscle 20s-30sX3 times

Moving direction from top to bottom

Small round head vertical downward

Treadmill

Straight knee position 15s-30s

Bend knee position 15s-30s

Supine position

Small flat head vertical down

Quadriceps femoris

Rectus femoris 30s-45sx2 times

Lateral femur 30s-45sx2 times

Medial femur 30s-45sx2 times

Middle femur 30s-45sx2 times

Direction of movement from top to bottom

Small flat head vertical downward

Suture muscle 30s-45s

Broad fascial tensor fasciae 15s-20sx2 times

Tibialis anterior muscle 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis short muscle 15s-20sx2 times

Movement direction from top to bottom

Method of use

Knee arthritis

Supine position

Small flat head down vertically

Quadriceps Femoris

Rectus femoris 20s-45sx2 times

Lateral femur 20s-45sx2 times

Medial femur 20s-45sx2 times

Middle femoral muscle 20s-45sx2 times

The direction of movement

is from top to bottom and

the patient slowly bends

the knee slightly

Small round head vertical down

Iliopsoas edge - anterior iliacus 30s-1min

Rectus femoris, inguinalis 1min

Broad fascia tensor 15s-20sx2 times

Patellar ligament area 20sx3 times

Prone position

Small round head vertical down

Circle muscle 30s-45s

Straight knee position 15s-30s

Flexed knee position 15s-30s

Calf triceps

Overhead muscles 20s-30sx3s

Halibut 20s-30sx3times

Method of use

Tennis Elbow

Supine position

Small flat head vertical down

Anterior deltoid	10sx3 times
Middle bundle	10sx3 times
Posterior fasciculus	10sx3 times
Biceps	15s-20sx3 times
Brachialis	15s-20sx3 times
Brachioradialis	15s-20sx3 times

Small round head vertical down

Lateral humeral ankle tendon 30S40S

If you are afraid of hitting the bone surface, you can squeeze the muscle with your hand and hit it downward

Small round head downward vertically:

Flexor carpi radialis	10s-15sx3 times
Palmaris longus	12s-15sx3 times
Flexor carpi radialis ulnaris	10s-15sx3 times
Finger extensors	5s-10sx2 times
Flexor carpi radialis short	5s-10sx2 times
Flexor carpi radialis longus	5s-10sx2 times

Method of use

Neck and shoulder operation program

Supine position

Small flat head vertical down

Triceps	15s-20sx3reps
Elbow muscles	10s-20sx2 sets
Superior trapezius bundle	15s-20sx3 reps
Middle fascicle	15s-20sx3 reps
Inferior fasciculus	15s-20sx3 reps
Latissimus dorsi	30s-1minx2 reps

Direction from the middle to the sides, from top to bottom

Small round head vertical down

Supraspinatus	10s-15sx3reps
Scapular lift	10s-12sx2 times
Large circular muscle	10s-12sx2 reps
Small round muscle	10s-12sx2 times
Infraspinatus	10s-12sx2 times

Direction from the middle to the sides

Prone position

Chest, triceps

Upper arm open 90 degrees, wrist straight. Forearms parallel to the torso

Stimulate the pectoralis major first 30s

Switch to stimulating the brachialis 30s

Method of use

Low back operation program

Supine position

Small flat head down vertically

Oblique muscle (middle and lower fibers)

Middle fasciculus	15s-20sx3 reps
Inferior fasciculus	15s-20sx3 reps
Rhomboids	20s-30sx3 reps
Vertical spinal muscles (lumbar segment)	30s-1minx4 reps
latissimus dorsi	30s-1minx4
Thoracolumbar fascia	1minx3 times
Sacral joint	1minx3 times
Small flat head vertical down	
Truncalis major	30s-1minx6 times
Supine position	
Internal and external obliques	10s-15sx2 times
Small round head vertical down	
erector spinae (thoracic segment)	15s-20sx2 times
Lumbar square	20s-3.0sx2 times
Iliopsoas muscle	30s-40sx4 times

Method of use

Lumbar muscle strain

Prone position (unilateral)

Small flat head down vertically

Gluteus maximus 30s-1minx4 times

Gluteus minimus and skeleton 30s-1minx3 times

Sacral skeletal joint 30s-1minx2 times

Lateral position, bend the straightened leg below by 90

Small flat head down vertically:

Gluteus medius and skeleton 30s-1r

Sacral skeletal joint 30s-1r

Skeletal tibial bundle 30s-1r

Around greater trochanter 30s-1r

Supine position (unilateral)

Skeletal muscles 30s-1minx3 times

Slow flexion of the patient's hip

Skeletal margin-anterior skeleton 30s-1minx2 times

Rectus femoris inguinalis 1minx3 times

Method of use

Sacral skeletal operation protocol

Prone position (unilateral)

Small flat head vertical down

Gluteus medius	30s-1minx4 times
Gluteus maximus	30s-1minx4 times
Paretic muscle	1minx1.5min
Sacral joint	1minx1.5min

Direction: inward upward to outward downward, along the muscle

Rousseau muscle	
Biceps femoris	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times
From top to bottom	

Method of use

Plantar fasciitis in

supine position

Small flat head vertical down

Orbital cord muscle

Biceps femoris 20s-30sx3 reps

Semitendinosus 220s-30sx3 times

Semimembranosus muscle 220s-30sx3 times

Direction of movement from top to bottom

U-shaped head vertical downward circling muscle

Straight knee position 215s-30s

Flexed knee position 215s-30s

Calf triceps

Gastrocnemius 220s-30sx3 reps

Hallux valgus 220s-30sx3 reps

Four-point position with forefoot on the ground

Small round head perpendicular to the sole of the foot

Plantar fascia 220s-30sx3 times

Supine position

Tibialis anterior 215s-20sx2 reps

Peroneus longus 215s-20sx2 times

Peroneus brevis 215s-20sx2 times

Movement direction from top to bottom