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## MedMassager MMF07

# MedMassager Foot Massager Plus Instruction Manual

Model: MMF07

## INTRODUCTION

The MedMassager Foot Massager Plus (Model MMF07) is designed to provide deep tissue massage therapy for your feet, legs, and calves. It is clinically proven to help reduce pain and discomfort associated with various conditions, improve blood circulation, and promote overall relaxation. This manual provides essential information for the safe and effective use of your device.



Image: The MedMassager Foot Massager Plus, a compact and portable device designed for therapeutic foot and leg massage.

## SAFETY INFORMATION

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Please read all safety instructions carefully before using the MedMassager Foot Massager Plus. Failure to do so may result in injury or damage to the device.

- **Electrical Safety:** Always unplug the massager when not in use. Do not use near water or while bathing. Ensure the power cord is kept away from heat sources and sharp objects.
- **Medical Conditions:** Do not use if you have a pacemaker or other electronic medical devices. Consult your doctor before use if you have any pre-existing medical conditions, especially those related to circulation, diabetes, or nerve damage.
- **Proper Use:** Always follow the manufacturer's instructions for use and maintenance. Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.
- **Supervision:** Keep out of reach of children and pets. Do not leave the device unattended while in operation.

**Legal Disclaimer:** This product is sold as is. Please review the product description thoroughly before purchase. The information provided in this manual is for informational purposes only and does not constitute medical advice.

## SETUP

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Setting up your MedMassager Foot Massager Plus is quick and easy:

1. **Unpack:** Carefully remove the massager from its packaging.
2. **Placement:** Place the unit on a flat, stable surface. For optimal comfort, position it in front of a chair or sofa where you can sit comfortably.
3. **Power Connection:** Plug the power cord into a standard electrical outlet. Ensure the power switch on the unit is in the "OFF" position before plugging it in.

## OPERATING INSTRUCTIONS

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The MedMassager Foot Massager Plus features an oscillating foot pad and an 11-speed motor for customized therapy.

### Using the Massager

1. **Positioning:** Sit comfortably and place your feet on the large foot pad. The strategically placed arch bar and pressure points are designed to target key areas.
2. **Power On:** Turn the speed control knob clockwise to the desired setting. The unit will begin to oscillate.
3. **Adjust Speed:** The unit offers 11 custom speeds, capable of delivering up to 4,000 RPM. Start at a lower setting and gradually increase the intensity to find your preferred level of massage.
4. **Duration:** Use for 15-30 minutes per session, or as recommended by a healthcare professional.
5. **Power Off:** When finished, turn the speed control knob counter-clockwise until the unit powers off. Unplug the unit from the electrical outlet.

# Therapeutic Massage in the Comfort of Home



Image: Close-up of the MedMassager in use, highlighting the 11-speed motor control (up to 4,000 RPM) and the oscillating foot pad for deep tissue massage.

# VERSATILE POSITIONING

## Calf & Leg Support

## Full Foot Relaxation

## Arch & Heel Relief



med  massager

Image: Demonstrations of versatile positioning, including calf and leg support, full foot relaxation, and targeted arch and heel relief, allowing for comprehensive massage therapy.

# EXPERIENCE REAL RELIEF



## Whole Body

Diabetes  
Neuropathy  
General Back Pain



## Feet & Ankles

Plantar Fasciitis  
Heel/Bone Spurs  
Foot/Ankle Injuries



## Legs

Knee Strain  
Thigh/Hamstring Pain  
Restless Leg Syndrome



Image: Examples of how the massager provides relief for conditions such as diabetes, neuropathy, plantar fasciitis, heel spurs, knee strain, and restless leg syndrome.



**Home**  
Relax & Rejuvenate  
in Comfort



**Office**  
Ease Foot Fatigue  
& Stress

Image: The MedMassager Foot Massager Plus being used comfortably in both a home environment for relaxation and an office setting to alleviate foot fatigue and stress.

## MAINTENANCE

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To ensure the longevity and optimal performance of your MedMassager Foot Massager Plus, follow these maintenance guidelines:

- **Cleaning:** Unplug the unit before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Cord Care:** Do not wrap the power cord tightly around the unit. Avoid twisting or kinking the cord.

## TROUBLESHOOTING

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If you encounter any issues with your MedMassager Foot Massager Plus, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Unit does not turn on.	Not plugged in; power outlet issue; power knob not turned sufficiently.	Ensure the unit is securely plugged into a working electrical outlet. Turn the speed control knob fully clockwise to the "ON" position. Test the outlet with another device.
Vibration is too weak or inconsistent.	Speed setting too low; unit not on a stable surface.	Increase the speed setting using the control knob. Ensure the unit is placed on a firm, stable surface.
Unusual noise during operation.	Loose component; internal issue.	Turn off the unit and unplug it. Check for any visible loose parts. If the noise persists, discontinue use and contact customer support.

If the problem persists after attempting these solutions, please contact MedMassager customer support for further assistance. Do not attempt to repair the unit yourself.

## SPECIFICATIONS

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**Model Number:** MMF07

**Product Dimensions:** 11.5 x 14.25 x 9.5 inches

**Item Weight:** 11 Pounds

**Power Source:** Corded Electric

**Brand:** MedMassager

**Manufacturer:** MediMassager

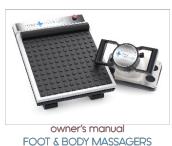
**Max RPM:** Up to 4,000 RPM

## WARRANTY AND SUPPORT

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MedMassager is committed to providing high-quality products and customer satisfaction. While specific warranty details are not provided in this manual, MedMassager offers protection plans and responsive customer service as noted by users. For any questions, technical support, or warranty inquiries, please visit the official MedMassager website or contact their customer service department. Refer to your purchase documentation for specific warranty terms applicable to your product.

**Contact Information:** Please refer to the contact details provided on the MedMassager official website or your product packaging for the most up-to-date support information.



medmassager.com  
187 Continuum Drive, Suite A, Research Triangle Park, NC 27702

### [MedMassager Owner's Manual: Therapeutic Foot & Body Massagers](#)

Comprehensive owner's manual for MedMassager therapeutic foot and body massagers. Learn about operation, safety, maintenance, warranty, and reflexology for optimal pain relief and wellness. Features FDA-certified, medical-grade devices.



medmassager.com  
187 Continuum Drive, Suite A, Research Triangle Park, NC 27702, USA

### [MedMassager Owner's Manual: Body & Foot Massagers - Usage, Safety, and Reflexology Guide](#)

Comprehensive owner's manual for the MedMassager body and foot massagers. Learn about usage techniques, important safety instructions, maintenance, and reflexology charts for pain relief and improved circulation.



medvibe.com  
187 Continuum Drive, Suite A, Research Triangle Park, NC 27702

### [Medvibe Mini Massage Ball Owner's Manual | MedMassager](#)

Official owner's manual for the Medvibe Mini Massage Ball by MedMassager. Learn about charging, vibration modes, maintenance, troubleshooting, and specifications.