

MedMassager MMCOMBO

MedMassager Foot & Body Classic Combo Instruction Manual

Brand: MedMassager | Model: MMCOMBO

PRODUCT OVERVIEW

The MedMassager Foot & Body Classic Combo offers powerful deep tissue massage therapy for at-home use. This combo includes both the MedMassager Foot Calf Massager and the MedMassager Body Massager, designed to reduce pain and improve blood circulation across various body parts.

Key Features

- **Dual Speed Motors:** The Foot Calf Massager offers 2 speeds ranging from 1,000-3,400 rpm, while the Body Massager provides 2 speeds from 400-3,400 rpm, allowing for customized intensity.
- **Ergonomic Design:** The Foot Calf Massager features a full-sized oscillating foot pad with an arch-bar and pressure points, angled for comfort. The Body Massager is styled in brilliant chrome with durable powder coat and an extra-soft, medical-spec vinyl pad.
- **Versatile Application:** This combo allows for full body treatment, including neck, back, shoulders, legs, feet, hands, thighs, hamstrings, and arms.
- **Professional Preference:** Used by doctors and therapists to promote healthy blood flow and ease pain.



The MedMassager Foot and Body Classic Combo includes both the foot massager and the handheld body massager, designed for comprehensive therapeutic relief.

IMPORTANT SAFETY INFORMATION

To ensure safe operation and prevent injury or damage, please adhere to the following safety guidelines:

- Do not reach for the unit if it has fallen into water. Unplug it immediately.
- Do not use the unit while showering or bathing.
- Do not place or store the unit where it can fall or be pulled into water.
- Do not drop water or other liquids onto the unit.
- Excessive heating can occur and may cause fire, electric shock, or injury.

SETUP

Before using your MedMassager Foot & Body Classic Combo, please follow these simple setup steps:

1. **Unpack:** Carefully remove both the Foot Calf Massager and the Body Massager from their packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the Foot Calf Massager on a stable, flat surface where you intend to use it, ensuring adequate space around the unit. For the Body Massager, ensure you have a comfortable grip and clear area for use.
3. **Power Connection:** Plug the power cord of each unit into a standard electrical outlet. Ensure the power switch on each unit is in the 'OFF' position before plugging in.

OPERATING INSTRUCTIONS

The MedMassager units are designed for ease of use. Follow these instructions for optimal therapeutic benefit:

Using the MedMassager Foot Calf Massager

1. **Positioning:** Sit comfortably and place your feet on the oscillating foot pad. The unit is angled for maximum comfort and therapeutic benefit, with or without shoes.
2. **Power On:** Turn the power switch to the 'ON' position.
3. **Adjust Speed:** Use the speed control dial to select your desired intensity. The Foot Calf Massager offers speeds from 1,000 to 3,400 rpm. Start at a low speed and gradually increase as comfortable.
4. **Target Areas:** Adjust your foot position to target specific areas such as the arch, heel, or calf. The arch-bar and pressure points on the pad are designed for focused relief.
5. **Duration:** Use for recommended periods, typically 10-20 minutes per session, or as advised by a healthcare professional.
6. **Power Off:** When finished, turn the speed dial to the lowest setting, then turn the power switch to 'OFF' and unplug the unit.

Therapeutic Massage in the Comfort of Home



Dual Speed Motor
(Up to 3,300 RPM)



**Oscillating
Foot Pad**

The MedMassager Foot Calf Massager features a full-sized oscillating foot pad with an arch-bar and pressure points, along with a dual-speed motor for customizable intensity.

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



The foot massager can be positioned for full foot relaxation, calf and leg support, or targeted arch and heel relief, adapting to various therapeutic needs.

Using the MedMassager Body Massager

1. **Grip:** Hold the body massager firmly by its easy-to-hold handles.
2. **Power On:** Turn the power switch to the 'ON' position.
3. **Adjust Speed:** Use the speed control dial to select your desired intensity. The Body Massager offers speeds from 400 to 3,400 rpm. Begin with a lower speed and increase gradually.
4. **Apply to Body:** Gently apply the vibrating pad to the desired body area (e.g., neck, shoulders, back, thighs). Move the massager slowly over the muscles.
5. **Duration:** Use for comfortable periods, typically 5-15 minutes per area, or as recommended by a professional.
6. **Power Off:** When finished, turn the speed dial to the lowest setting, then turn the power switch to 'OFF' and unplug the unit.

VERSATILE POSITIONING

Calf & Leg
Support



Full Foot
Relaxation



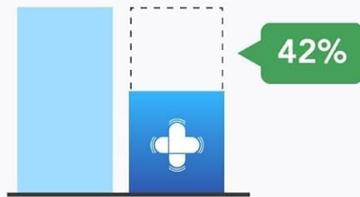
Arch & Heel
Relief



med  massager

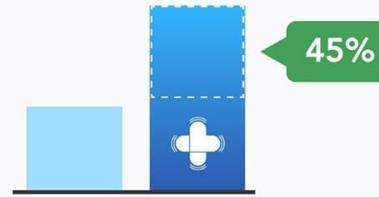
The MedMassager Body Massager is designed with easy-to-hold handles and a dual-speed motor, allowing for targeted deep tissue massage on various body parts.

Clinical Study Insights



Decreased RLS Severity

MedMassager users experienced a substantial 42% decrease in Restless Legs Syndrome severity scores.



Enhanced Sleep Quality

The MedMassager group showed an impressive 45% improvement in sleep quality.



Improved Quality of Life

Individuals using MedMassager reported a significant 44% increase in Quality of Life scores.



Source: *PLoS One*; 15(4): e0230951

The body massager offers versatile application for areas such as the neck, shoulders, back, thighs, and knees, providing targeted relief.

CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your MedMassager units:

- **Cleaning:** Always unplug the unit before cleaning. Wipe down the surfaces with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massagers in a cool, dry place away from direct sunlight and extreme temperatures. Keep them away from children and pets.
- **Inspection:** Periodically inspect the power cords and units for any signs of damage. If any damage is found, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter any issues with your MedMassager units, please refer to the following common troubleshooting steps:

- **Unit Not Turning On:**
 - Ensure the power cord is securely plugged into a working electrical outlet.
 - Check if the power switch is in the 'ON' position.
 - Verify that the outlet itself is functional by plugging in another device.
- **Weak Vibration:**
 - Ensure the speed control dial is set to a higher intensity.
 - Confirm the unit is placed on a firm, stable surface (for foot massager).
- **Unusual Noise:**
 - Turn off the unit and inspect for any obstructions or loose parts.
 - If the noise persists, discontinue use and contact customer support.

If these steps do not resolve the issue, please contact MedMassager customer support for further assistance.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	MedMassager
Model Number	MMCOMBO
Product Dimensions	12 x 9.5 x 15 inches (Foot Massager); 12 x 24 x 12 inches (Body Massager)
Item Weight	6 Pounds
Material	Plastic
Power Source	Corded Electric
Foot Massager Speed Range	1,000-3,400 rpm
Body Massager Speed Range	400-3,400 rpm
Manufacturer	MEDIMASSAGER.COM



This diagram illustrates the physical dimensions of the MedMassager Body Massager unit.

WARRANTY AND SUPPORT

MedMassager products are designed for durability and performance. Specific warranty details are typically included with your product packaging or can be found on the official MedMassager website. For any questions regarding warranty claims, technical support, or product inquiries, please contact MedMassager customer service directly.

Contact Information: Please refer to the contact details provided in your product's original documentation or visit the official MedMassager website for the most current support information.

