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› Dr Ho's Circulation Promoter Deluxe Package TENS EMS Muscle Stimulator Instruction Manual

Dr Ho's Q-CPR-1XC-U6A

Dr Ho's Circulation Promoter Deluxe Package Instruction Manual

Model: Q-CPR-1XC-U6A

1. SAFETY INFORMATION

Read all safety information before using the Dr Ho's Circulation Promoter. Failure to follow these instructions may result in injury or device malfunction.

- Do NOT use if you have pacemakers, defibrillators, or extreme cardiac irregularities.
- Do NOT use if you have metal implants or electronic auxiliary devices.
- Do NOT use if you have abnormally high blood pressure.
- Do NOT use if you have a tendency toward internal bleeding.
- Do NOT use if you have epilepsy.
- Do NOT use if you are pregnant.
- Consult a doctor before using the device if you have any pre-existing health conditions.

2. PRODUCT OVERVIEW

The Dr Ho's Circulation Promoter Deluxe Package is designed to provide targeted muscle stimulation using TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation) technologies. It is primarily intended for leg and foot comfort, promoting muscle relaxation and circulation. The device is portable, rechargeable, and includes versatile pads for full-body application.

3. PACKAGE CONTENTS

The Deluxe Package includes the following components:

- Dr Ho's Circulation Promoter Main Unit
- Control Unit
- Flex Tone Pads (multiple sets)
- Electrode Wires

- Instructional DVD & Manual (physical copy)
- Storage Bag



Figure 3.1: All components included in the Dr Ho's Circulation Promoter Deluxe Package.

4. DEVICE COMPONENTS

4.1 Circulation Promoter Main Unit

This is the primary platform where you place your feet for stimulation. It features conductive foot pads.



Figure 4.1: The main Circulation Promoter unit with foot placement areas.

4.2 Control Unit

The handheld control unit allows you to power the device on/off, adjust intensity, select modes, and set treatment time.



Figure 4.2: Close-up view of the control unit with buttons and display.

4.3 Flex Tone Pads

These adhesive pads connect to the control unit via electrode wires and can be applied to various parts of the body for targeted stimulation.

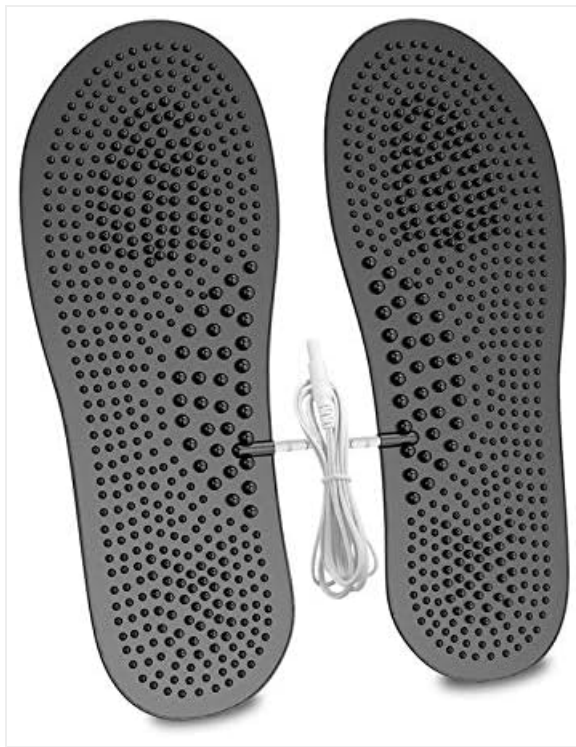


Figure 4.3: Dr Ho's Flex Tone Pads for body application.

5. SETUP AND PREPARATION

Follow these steps to prepare your Circulation Promoter for use:

1. Ensure the control unit is charged or has fresh batteries.
2. Place the Circulation Promoter main unit on a flat, stable surface.
3. Connect the control unit to the main unit using the provided cable.
4. For optimal conductivity, lightly moisten your feet before placing them on the foot pads.
5. Sit comfortably and place both bare feet on the designated foot pads of the main unit.



Figure 5.1: Correct foot placement on the Circulation Promoter for effective stimulation.

6. OPERATING INSTRUCTIONS

Once set up, operate the device as follows:

1. **Power On:** Turn on the control unit.

2. **Adjust Intensity:** Slowly increase the intensity level using the controls on the unit until you feel a comfortable, yet noticeable, sensation. Avoid setting the intensity too high, which may cause discomfort.
3. **Select Mode:** Choose from the available stimulation modes (A, B, C) according to your preference. Each mode offers a different pattern of stimulation.
4. **Set Time:** Select your desired treatment duration (e.g., 10, 20, 40 minutes).
5. **Relax:** Allow the device to operate for the set duration. The unit will automatically shut off when the time expires.



Figure 6.1: A user operating the Circulation Promoter with feet placed on the main unit.



Figure 6.2: A user adjusting settings on the control unit during a session.

7. USING THE BODY PADS

The Flex Tone Pads allow for targeted stimulation on other areas of the body. To use them:

1. Connect the electrode wires to the control unit.
2. Attach the Flex Tone Pads to the electrode wires.
3. Ensure your skin is clean and dry before applying the adhesive pads to the desired area of the body.
4. Turn on the control unit and adjust intensity and mode as desired.
5. After use, carefully remove the pads and store them on their protective film.

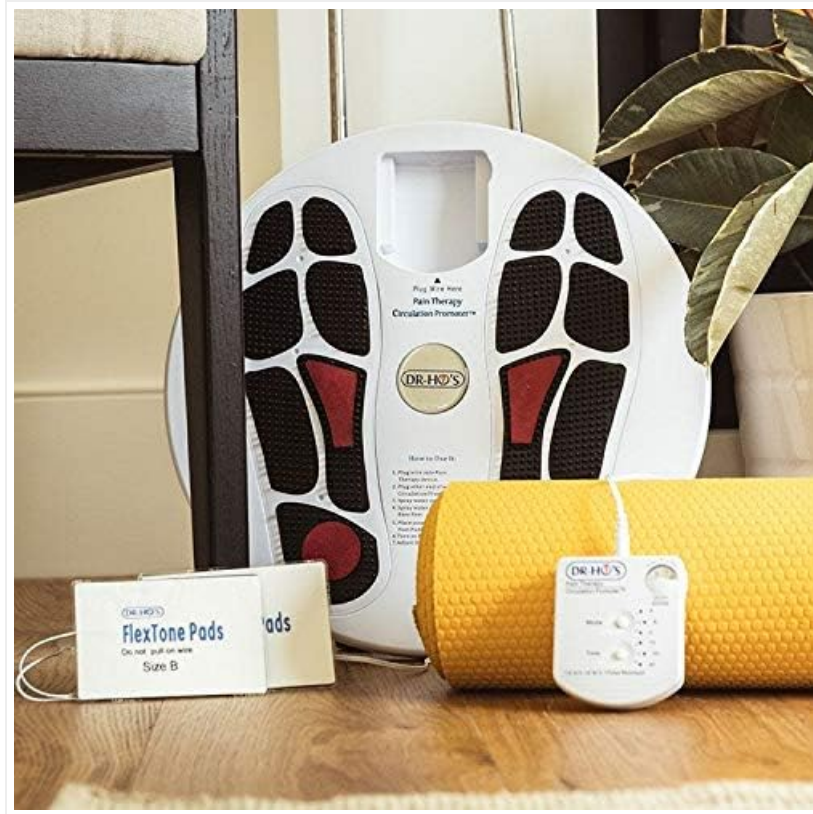


Figure 7.1: Example of Flex Tone Pads applied to the back for targeted stimulation.

8. CARE AND MAINTENANCE

To ensure the longevity and proper functioning of your device:

- Clean the main unit and pads with a damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- Store the Flex Tone Pads on their protective film in a cool, dry place to maintain their adhesive quality.
- Keep the device and all accessories in the provided storage bag when not in use.
- Replace batteries in the control unit as needed, or ensure the rechargeable unit is regularly charged.

9. TROUBLESHOOTING

If you encounter issues with your Dr Ho's Circulation Promoter, consider the following:

- **No Sensation:** Ensure the device is powered on, intensity is increased, and your feet (or pads) are properly moistened and in full contact with the conductive surfaces. Check battery levels.
- **Weak Sensation:** Increase the intensity gradually. Ensure good skin contact and proper pad adhesion.
- **Pads Not Sticking:** Clean the pads and your skin. If pads lose their stickiness, they may need to be replaced.

- **Device Not Powering On:** Check battery installation or charge level.

For further assistance, refer to the detailed instructional DVD or contact Dr Ho's customer support.

10. SPECIFICATIONS

Feature	Detail
Model Number	Q-CPR-1XC-U6A
Power Source	Battery Powered
Material	Metal (conductive elements)
Use For	Feet, Legs, and other body areas with pads
Color	Black, Red (accents)

11. IMPORTANT DISCLAIMERS

The statements and products referred to in this manual are not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health condition or concern, consult a physician or your alternative healthcare provider. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or starting new exercises.