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› [OSITO Foot Circulation Stimulator \(Model B07JM1BMB3\) Instruction Manual](#)

OSITO B07JM1BMB3

OSITO Foot Circulation Stimulator (Model B07JM1BMB3) Instruction Manual

Brand: OSITO | Model: B07JM1BMB3

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your OSITO Foot Circulation Stimulator. This device utilizes Electrical Muscle Stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) technologies to support foot and leg comfort. Please read this manual thoroughly before operating the device and retain it for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, burns, fire, or injury, always follow these instructions:

- Use only on dry feet.
- Do not submerge the device in water.
- Keep away from heat sources.
- Consult a doctor before use if you have any medical conditions, especially foot injuries, nerve issues, or if you are pregnant.
- Do not use if you have a pacemaker or any implanted electronic device.
- Do not use on the head.
- Do not use if you have Deep Vein Thrombosis (DVT).
- Unplug and allow the massager to cool before storing.
- Keep the power cord away from heat and moisture.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Always consult your physician before starting any new treatment, especially if you have pre-existing medical conditions.

PRODUCT COMPONENTS

The OSITO Foot Circulation Stimulator package includes the following items:

- OSITO Foot Circulation Stimulator Unit
- Power Adapter
- Remote Control
- Electrode TENS Pads (4 pieces)
- Connecting Cables for TENS Pads
- Instruction Manual



Image: The OSITO Foot Circulation Stimulator unit, power adapter, remote control, TENS pads, and connecting cables.

SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the OSITO Foot Circulation Stimulator on a flat, stable surface in a comfortable area where you can sit.
3. **Power Connection:** Plug the power adapter into the unit's power port, then plug the adapter into a standard electrical outlet.
4. **Remote Control Batteries:** Insert 2 AAA batteries into the remote control (batteries not included).



Image: The OSITO Foot Circulation Stimulator placed on the floor in a home environment, ready for use.

OPERATING INSTRUCTIONS

1. Basic Operation (Foot Stimulation)

1. **Prepare Feet:** For optimal conductivity, ensure your feet are clean and dry. Some users find applying a few drops of water or using damp paper towels under their feet can enhance the sensation.
2. **Position Feet:** Sit comfortably and place your bare feet on the foot pads of the stimulator unit.
3. **Power On:** Press the **ON/OFF** button on the unit or remote control to activate the device. The display will illuminate.
4. **Select Mode:** Use the **SOLE MODE** buttons on the unit or remote to cycle through the 25 available stimulation modes. Each mode offers a different pattern of electrical pulses.
5. **Adjust Intensity:** Use the **SOLE +** and **SOLE -** buttons to adjust the intensity level from 1 to 99. Start at a low intensity and gradually increase until you feel a comfortable, yet noticeable, sensation.
6. **Session Duration:** The device has a default session time, typically 25 minutes, after which it will automatically shut off.

7. **Power Off:** To end a session early, press the **ON/OFF** button.



Image: A person seated with bare feet placed on the OSITO Foot Circulation Stimulator, demonstrating typical use.

2. Using TENS Pads (Body Stimulation)

The device includes TENS pads for targeted stimulation on other parts of the body. These can be used independently or simultaneously with foot stimulation.

1. **Connect Pads:** Plug the connecting cables into the TENS pad ports on the side of the main unit. Attach the electrode pads to the other end of the cables.
2. **Apply Pads:** Ensure your skin is clean and dry. Stick the TENS pads firmly onto the desired area of your body (e.g., back, shoulders, legs). Avoid placing pads on sensitive areas, broken skin, or near the heart.
3. **Power On:** Press the **ON/OFF** button.
4. **Select Mode:** Use the **BODY MODE** buttons on the unit or remote to select a stimulation mode for the TENS pads.
5. **Adjust Intensity:** Use the **BODY +** and **BODY -** buttons to adjust the intensity level for the TENS pads. Adjust to a comfortable level.
6. **Remove Pads:** After use, gently peel the pads off your skin. Moisten the pads with a few drops of water and place them back on their plastic film to preserve their adhesive quality.

Who Need This Foot Stimulator?

Often Wear High-Heels



Long-Time Working



Cold Feet



Numbness Feet and Leg



Image: A person with TENS pads applied to their upper back, demonstrating the use of the body stimulation feature.



Image: Close-up view of the TENS pads and their connecting cables, showing how they attach to the body.

MODES AND INTENSITY LEVELS

The OSITO Foot Circulation Stimulator offers 25 distinct massage modes and 99 intensity levels to customize your experience. The intensity levels are categorized for guidance:

- **Levels 1-9:** Soft
- **Levels 10-29:** Lighter
- **Levels 30-49:** Comfortable
- **Levels 50-69:** Medium
- **Levels 70-89:** Slightly Stronger
- **Levels 90-99:** Strong



Image: Visual representation of the 25 massage modes and 99 intensity levels, categorized by sensation.

MAINTENANCE

- **Cleaning the Unit:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or submerge the unit in water.
- **Cleaning TENS Pads:** After each use, moisten the TENS pads with a few drops of water and place them back on their plastic film. This helps maintain their adhesive quality and extends their lifespan.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the power cord is not kinked or damaged.
- **Battery Replacement:** Replace remote control batteries when the remote's functionality diminishes.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No sensation or weak sensation from foot pads.	<ul style="list-style-type: none"> Feet are too dry. Intensity level is too low. Poor contact with foot pads. 	<ul style="list-style-type: none"> Moisten feet with a few drops of water or use damp paper towels under feet. Increase the intensity level gradually (some users may need to start above level 20). Ensure bare feet are fully in contact with the foot pads.
Device does not power on.	<ul style="list-style-type: none"> Power adapter not properly connected. No power from outlet. 	<ul style="list-style-type: none"> Check all power connections. Try plugging into a different outlet.
Remote control not working.	<ul style="list-style-type: none"> Dead batteries. Obstruction between remote and unit. 	<ul style="list-style-type: none"> Replace AAA batteries. Ensure a clear line of sight to the unit's sensor.
TENS pads not adhering or providing sensation.	<ul style="list-style-type: none"> Pads are dry or dirty. Pads are worn out. Cables not properly connected. 	<ul style="list-style-type: none"> Moisten pads with water and ensure skin is clean. Replace pads if they have lost their adhesive or conductivity. Check cable connections to both the unit and the pads.

SPECIFICATIONS

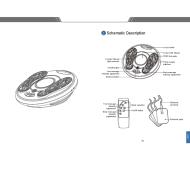
Feature	Detail
Model	B07JM1BMB3
Brand	OSITO
Technology	EMS (Electrical Muscle Stimulation) & TENS (Transcutaneous Electrical Nerve Stimulation)
Massage Modes	25
Intensity Levels	99
Power Source	Corded Electric
Product Dimensions	15 x 15 x 5 inches
Item Weight	5.13 Pounds (2.33 Kilograms)
Remote Control Batteries	2 AAA batteries (not included)
Material	Gel (for pads)

WARRANTY AND SUPPORT

Specific warranty information for the OSITO Foot Circulation Stimulator is not provided in this manual. For warranty details, technical support, or customer service inquiries, please refer to the contact information provided with your product packaging or visit the official OSITO website.

You may also contact the seller directly through the platform where the product was purchased for assistance.

Related Documents - B07JM1BMB3

	<p><u>OSITO Circulation Blood Booster User Manual: TENS & EMS Technology</u></p> <p>Comprehensive user manual for the OSITO Circulation Blood Booster, detailing its TENS and EMS technologies, features, operation, maintenance, and troubleshooting for effective pain relief and muscle stimulation.</p>
	<p><u>Hubble the Bear: Guía de Usuario y Funcionalidades</u></p> <p>Descubra el Hubble the Bear, el primer osito de peluche inteligente del mundo para mensajería. Esta guía completa cubre la configuración, las funciones, la seguridad y las preguntas frecuentes para una experiencia conectada.</p>
	<p><u>Catálogo de Productos Electrónicos y Hogar</u></p> <p>Explore una amplia gama de productos, desde electrónica de consumo y electrodomésticos hasta artículos para el hogar y accesorios. Encuentre las últimas novedades en tecnología y hogar.</p>