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RENPHO RF-ALM070

RENPHO Leg Compression Massager User Manual

MODEL: RF-ALM070

1. Introduction

Thank you for choosing the RENPHO Leg Compression Massager. This device is designed to provide air compression massage to your feet, calves, and thighs, aiming to relieve discomfort, promote circulation, and aid in muscle recovery. Please read this manual thoroughly before use to ensure proper operation and safety.

2. Safety Information

Your safety is paramount. Please adhere to the following guidelines:

- Always leave a one-finger gap between your leg and the massager wraps to prevent excessive pressure.
- For elderly individuals or those with existing leg injuries, begin with the lowest intensity level (Level 1) to avoid exacerbating pain.
- Consult a healthcare professional before using this massager if you have any pre-existing medical conditions, including but not limited to: severe circulatory disorders, deep vein thrombosis (DVT), pacemakers, skin infections, or open wounds.
- Do not use the massager while sleeping, driving, or operating heavy machinery.
- Keep the device away from water and high temperatures.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.
- Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. Product Overview

The RENPHO Leg Compression Massager consists of adjustable wraps for your feet, calves, and thighs,

connected to a handheld controller. It utilizes air compression technology to simulate massage techniques.



Figure 3.1: RENPHO Leg Compression Massager components.

This massager provides air compression only and is not a shiatsu massager. It features a 20-minute auto-off timer for safety and operates via a plug-in power source.

Air Compression Massager

Compression Only, Not Shiatsu Massage



20 Min Timer



Plug-in Operation



Relieve pain
and fatigue



Promote blood
circulation

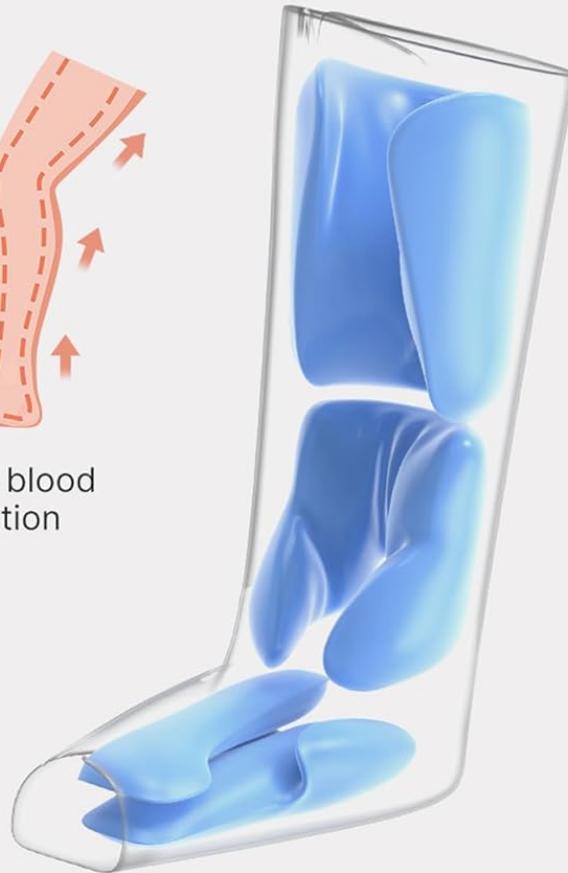


Figure 3.2: Air compression mechanism and key features.

The wraps are designed to be adjustable to fit various leg sizes. Please refer to the dimensions below:

- **Thigh Circumference:** Up to 33.5 inches (85 cm)
- **Calf Circumference:** Up to 24.8 inches (63 cm)
- **Foot Length:** Approximately 10.8 inches (27.5 cm)

What Intensity Level Suits You Best?



Level 1

Seniors/People
with leg
conditions



Level 2~3

Sedentary
individuals/
Standing Workers



Level 3~4

Fitness Enthusiasts
/Runner
/Marathoner

Tips: For customers with leg conditions or discomfort, we recommend starting from **level 1**.

Figure 3.3: Adjustable wrap dimensions.

4. Setup

Follow these steps to set up your RENPHO Leg Compression Massager:

1. **Unpack Contents:** Ensure all items are present: Adapter, Quick Guide Card, User Manual, and Storage Bag.
2. **Apply Wraps:** Place the leg wraps on your legs, ensuring the 'R' (Right) and 'L' (Left) indicators match the correct leg.
3. **Adjust Fit:** Secure the wraps using the Velcro straps. Ensure they are snug but not too tight. You should

be able to fit four fingers comfortably between your leg and the wrap.

4. **Connect Controller:** Plug the air hoses from the leg wraps into the corresponding ports on the handheld controller.
5. **Connect Power:** Plug the power adapter into the controller, then connect the adapter to a power outlet.

Installation Guide



Figure 4.1: Step-by-step installation guide.

Package Include



Figure 4.2: Included package contents.

5. Operating Instructions

Once set up, use the handheld controller to operate the massager.

5.1 Controller Functions

Discover Your Perfect Match



Figure 5.1: Handheld controller and available modes.

- **Power Button:** Press to turn the device ON/OFF.
- **Intensity Levels (1-4):** Use the '+' and '-' buttons to adjust the air compression intensity. Level 1 is the lowest, Level 4 is the highest.
- **Combine Mode (C):** Select this mode to massage multiple leg areas simultaneously or in sequence.
 - **C1 (Full Leg):** Massages feet, calves, and thighs together.
 - **C2 (Feet & Calves):** Massages feet and calves together.
 - **C3 (Sequence):** Massages from feet to thighs in a sequential pattern.
- **Separate Mode (S):** Select this mode to target specific leg areas individually.

- **ST (Thighs only):** Massages only the thigh area.
- **SC (Calves only):** Massages only the calf area.
- **SF (Feet only):** Massages only the foot area.

5.2 Recommended Intensity Levels

Choose an intensity level that feels comfortable and effective for your needs.



Figure 5.2: Intensity level recommendations.

- **Level 1:** Recommended for seniors or individuals with sensitive legs or existing leg conditions.
- **Levels 2-3:** Suitable for sedentary individuals or those who stand for long periods.
- **Levels 3-4:** Ideal for fitness enthusiasts, runners, or marathoners seeking deeper muscle relief.

Tip: If you experience any discomfort or pain during use, reduce the intensity or stop using the device.

5.3 Automatic Shut-off

The massager is equipped with a 20-minute auto-off timer to prevent overheating and ensure safe operation. The device will automatically power off after 20 minutes of continuous use.

20 Minutes Auto-OFF

Smart timer to prevent overheating,
Safe to use while you sleep



Figure 5.3: 20-minute auto-off feature.

6. Maintenance

Proper care and maintenance will extend the life of your massager:

- **Cleaning:** Disconnect the power adapter before cleaning. Wipe the surface of the wraps and controller with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in its provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Avoid Damage:** Do not twist, bend, or pull the air hoses excessively. Keep sharp objects away from the wraps to prevent punctures.

7. Troubleshooting

If you encounter any issues with your massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the power adapter is securely connected to both the controller and a working power outlet.
- **No compression or weak compression:** Check that all air hoses are firmly connected to the controller and the wraps. Ensure the wraps are properly secured around your legs. Increase the intensity level if necessary.
- **Discomfort during use:** Reduce the intensity level. Ensure there is adequate space between your leg and the wraps (at least a one-finger gap). If discomfort persists, discontinue use and consult a healthcare professional.
- **Unusual noises:** If you hear any unusual sounds, turn off the device immediately and contact customer support.

If the problem persists after trying these steps, please contact RENPHO customer support.

8. Specifications

Feature	Specification
Model Number	RF-ALM070

Product Dimensions	15.75 x 6.69 x 7.87 inches
Item Weight	4.45 Pounds (2.02 Kilograms)
Power Source	Corded Electric
Material	Polyester
Use For	Calf, Feet, Thigh
Manufacturer	RENPHO

9. Warranty and Support

RENPHO products come with a standard manufacturer's warranty. For specific warranty details, please refer to the warranty card included in your package or visit the official RENPHO website.

If you have any questions, concerns, or require technical assistance, please contact RENPHO customer support. Contact information can typically be found on the RENPHO website or the Quick Guide Card.