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QUINEAR QN-070A

QUINEAR Leg Recovery System QN-070A Instruction Manual

Model: QN-070A

1. INTRODUCTION

The QUINEAR Leg Recovery System QN-070A is an air compression therapy device designed to support leg recovery, improve circulation, and provide pain relief. This system utilizes advanced air compression technology to deliver targeted massage to the feet and legs, making it suitable for athletes and individuals seeking relief from leg cramps, restless leg syndrome, edema, or those needing improved circulation.

2. SAFETY INFORMATION

Always follow the user manual's guidelines for safe and effective use. Do not exceed the recommended 20/25/30 minute usage time. Consult the hand controller for current massage location and pressure settings. Keep the massager clean and dry to prevent electrical hazards. Do not use if you have any serious medical conditions or injuries without consulting a doctor first.

3. PACKAGE CONTENTS

The QUINEAR Leg Recovery System QN-070A package includes the following items:

- 2 x Massage Sleeves (Leg Boots)
- 1 x Portable Controller
- 1 x Power Adapter
- 1 x Air Hose
- 1 x Storage Bag
- 1 x User Manual

Package Included



Figure 1: All components included in the QUINEAR Leg Recovery System package, neatly arranged.

4. SETUP

1. **Unpack Components:** Carefully remove all items from the packaging.
2. **Connect Air Hose:** Connect the air hose to the portable controller and to the leg sleeves. Ensure a secure connection to prevent air leakage.
3. **Connect Power Adapter:** Plug the power adapter into the portable controller, then plug the adapter into a power outlet.
4. **Wear Leg Sleeves:** Put on the leg sleeves, ensuring they fit comfortably and are zipped up securely. The new zipper design allows for easy application and removal.



Figure 2: The QUINEAR Leg Recovery System, showing the two leg sleeves, portable controller, and storage bag.

One Size fit Most People

Size	Medium
Upper Thigh	Up to 22"
Inseam	Up to 19"
Height	Up to 6'2"



How to Measure Your Inseam?

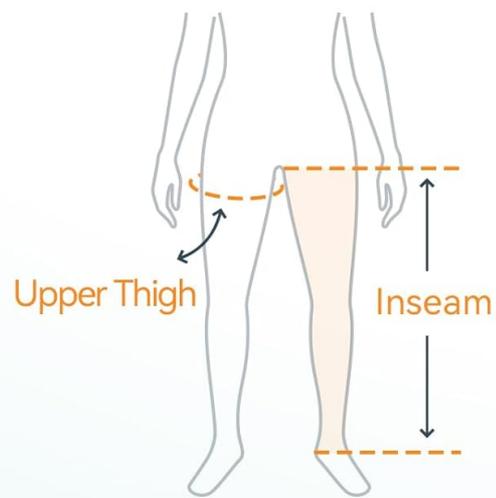


Figure 3: Size guide for the QUINEAR Leg Recovery System, indicating measurements for upper thigh, inseam, and height to ensure proper fit.

5. OPERATING INSTRUCTIONS

The portable handheld controller allows for easy selection of massage modes, intensity levels, and treatment duration.

Portable Handheld Controller



3 Modes

Sequence (default)

Circulation

Combination

9 Intensities

Low 60/70/80 mmHg

Mid 90/100/110 mmHg

High 120/130/140 mmHg

 3 Adjustable Timer 20/25/30 Min

Figure 4: The portable handheld controller, displaying available modes (Sequence, Circulation, Combination), 9 intensity levels (60-140 mmHg), and adjustable timer settings.

- Power On:** Press the power button on the controller to turn on the device. The LED digital display will illuminate.
- Select Mode:** Use the "Mode" button to cycle through the 3 available massage modes:
 - **Sequence:** Airbags inflate and deflate in a sequential pattern.
 - **Circulation:** Airbags inflate and hold pressure, then release.
 - **Combination:** A combination of sequential and circulation patterns.
- Adjust Intensity:** Use the "Strength" button to select one of the 9 intensity levels, ranging from 60 mmHg (Level 1) to 140 mmHg (Level 3).
 - Level 1: MIN-60 mmHg
 - Level 2: MID-90 mmHg
 - Level 3: MAX-140 mmHg
- Set Timer:** Use the "Time" button to set the desired massage duration: 20, 25, or 30 minutes.
- Monitor Progress:** The LCD display on the controller will show the current massage location and air pressure.

6. **Power Off:** Press the power button again to turn off the device when finished.

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Video 1: A comprehensive overview of the QUINEAR Leg Recovery System, demonstrating its features and how to use the controller for various massage settings.

6. USAGE GUIDELINES

The QUINEAR Leg Recovery System is designed to provide a professional-grade massage experience. For optimal results, follow these guidelines:

- Ensure the massager is properly assembled and connected to a power source before use.
- Select a massage program, intensity, and duration that suits your comfort and recovery needs.
- The device simulates human hands kneading and squeezing, targeting specific muscle groups in the feet and calves.
- Regular use can help alleviate leg pain, reduce muscle cramps, improve blood circulation, and aid in faster recovery after physical activity.
- The system is particularly beneficial for individuals experiencing restless leg syndrome, edema, or those seeking varicose vein treatment.

Leg Compression Recovery System

ts can be used to relief leg pain or leg swelling, varicoseveins, blood clots. Device can cut treatment process in half.



Figure 5: A person using the QUINEAR Leg Compression Recovery System, illustrating the application of the sleeves for therapeutic massage.

Faster Leg Recovery



Figure 6: Visual representation of improved circulation and faster leg recovery, indicated by thermal imaging before and after using the QUINEAR system.

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Video 2: This video highlights the professional aspects of the QUINEAR Leg Recovery System, showcasing its design and benefits for various users.

7. MAINTENANCE

- **Cleaning:** The TBP fabric of the sleeves is designed for easy cleaning. Wipe the sleeves and controller with a damp cloth. Do not immerse any part of the device in water.
- **Storage:** After use, ensure the device is powered off and unplugged. Store all components in the provided storage bag in a cool, dry place, away from direct sunlight.
- **Inspection:** Periodically inspect the air hose, power adapter, and sleeves for any signs of wear or damage. Discontinue use if any damage is found and contact customer support.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected or faulty outlet.	Ensure power adapter is securely connected and try a different power outlet.
No compression or weak compression.	Air hose not properly connected or sleeves not fully zipped.	Check all air hose connections and ensure sleeves are fully zipped. Increase intensity setting.
Uncomfortable pressure.	Intensity setting is too high.	Reduce the intensity level using the "Strength" button on the controller.

9. SPECIFICATIONS

- **Model Number:** QN-070A
- **Product Dimensions:** 10 x 2.2 x 5.18 inches
- **Item Weight:** 4.83 Pounds (2.19 Kilograms)
- **Material:** Finely sewn fabric (TBP fabric for easy cleaning)
- **Use For:** Feet, Legs
- **Intensity Levels:** 9 (60-140 mmHg)
- **Massage Modes:** 3 (Sequence, Circulation, Combination)
- **Timer Settings:** 20, 25, 30 minutes

10. LEGAL DISCLAIMER

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.

11. SUPPORT

For any questions, technical support, or warranty inquiries, please contact QUINEAR customer service. Refer to the contact information provided in your product packaging or visit the official QUINEAR website.