OSITO b9276387-c8c9-4439-be77-6f86a7dad6da

OSITO Foot Circulation Stimulator

User Manual

Model: b9276387-c8c9-4439-be77-6f86a7dad6da | Brand: OSITO

Introduction and Overview

The OSITO Foot Circulation Stimulator is designed to provide relief from leg pains and aches, reduce cramps and swelling, and improve blood circulation. Utilizing EMS (Electrical Muscle Stimulation) technology and integrated heating functions, this device aims to enhance overall foot and leg health. It is suitable for individuals seeking long-term pain relief and improved muscle performance.



Figure 1: OSITO Foot Circulation Stimulator with remote control, illustrating the device's primary components and design.

Product Components

Your OSITO Foot Circulation Stimulator package includes the following items:

- OSITO Foot Circulation Stimulator Unit
- Remote Control
- Electrode Gel Pads (8 pads)
- Output Wires for Electrode Pads
- Adapter for power connection
- User Manual (this document)
- Batteries for Remote Control



Figure 2: The main unit with its control panel and remote control, highlighting the intuitive interface for operation.

Safety Information

It is crucial to read and understand all safety warnings before using the device. People who are pregnant, being treated for or have the symptoms of an existing Deep Vein Thrombosis ('DVT'), have a cardiac pacemaker, implanted defibrillator, or other implanted electronic device should not use the EMS foot massager. Always consult with a healthcare professional if you have any pre-existing medical conditions or concerns.

Important Note: EMS foot massager needs to be used with bare legs for effective bioelectric current transmission. This is a bioelectric current used to improve muscle performance for long term pain relief goals. You can start using it at a low intensity and gradually increase it as tolerated.

Setup Instructions

1. Connect the power adapter to the unit and plug it into a standard 110V/60Hz electrical outlet.
2. Remove the protective film from the footplate surfaces.
3. Place your bare feet on the designated footplate areas of the unit.
4. (Optional) If using TENS unit pads for other body parts, connect the output wires to the side ports of the main unit. Attach the electrode pads to the desired pain position on your body.



Figure 3: Visual guide for setting up the device, including power connection and optional electrode pad usage.

Operating Instructions

The OSITO Foot Circulation Stimulator can be operated using the control panel on the unit or the wireless remote control.

1. **Power On/Off:** Press the "ON/OFF" button for 3 seconds. The LCD screen will light up in blue.
2. **Select Mode:** Use the "MODE +" or "MODE -" buttons to cycle through the 25 available massage modes.
3. **Adjust Intensity (Sole):** Use the "SOLE +" or "SOLE -" buttons to adjust the intensity level for the footplates (up to 50 levels).
4. **Adjust Intensity (Body):** If using electrode pads, use the "BODY +" or "BODY -" buttons to adjust the intensity level for the pads (up to 50 levels).
5. **Set Time:** Use the "TIME +" or "TIME -" buttons to set the desired session duration, ranging from 5 to 60 minutes.
6. **Activate Heating:** Press the "HEATING +" or "HEATING -" buttons to select one of the 3 heating levels (104°F / 113°F / 122°F). The infrared (IR) LED lights will illuminate. You can turn the IR LED on or off independently using the "IR LED" button.

For optimal results, it is recommended to use the device for 30 minutes a day, 7 days a week. Avoid exceeding this recommended usage.

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Video 1: Detailed demonstration on how to use the OSITO Foot Massager, covering various settings and functions.

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Video 2: Overview of the EMS Foot Massager with Heating function, showcasing its benefits for circulation.

Key Features and Benefits

- **EMS Technology for Pain Relief:** Uses EMS technology to alleviate leg pains, aches, cramps, and swelling, improving walking comfort and overall leg blood circulation.
- **Integrated Heating Functions:** Features 3-grade heating functions (104°F, 113°F, 122°F) to significantly increase oxygen-rich blood flow to the legs and feet, further relieving pain and aches.
- **Multiple Modes and Intensities:** Offers 25 different massage modes and 50 intensity levels for both sole and body (via TENS pads), allowing for customized therapy.
- **Full Body Pain Relief:** Equipped with 8 TENS unit pads that can be applied to various body parts (arm, knee, shoulder, elbow, waist, thigh, leg, abdomen) for targeted pain relief and muscle soreness.
- **Portable Design:** Lightweight (approx. 5.5 lbs) with a convenient handle for easy portability, allowing use anywhere in your home.



Figure 4: Visual representation of the 25-in-1 electronic pulse therapy systems, including acupuncture, cupping, kneading, scraping, shiatsu, squeezing, and massage.



Figure 5: Depiction of the updated version design with thermal therapy, promoting blood circulation and improving physical health.

Maintenance

To ensure the longevity and optimal performance of your OSITO Foot Circulation Stimulator, follow these maintenance guidelines:

- **Cleaning:** Wipe the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Ensure all wires and pads are neatly stored to prevent damage. The unit features a convenient storage compartment for the remote and pads.
- **Electrode Pads:** Replace electrode gel pads when they lose their adhesiveness or become dirty to ensure effective conductivity.

Troubleshooting

If you encounter any issues with your OSITO Foot Circulation Stimulator, please refer to the following common troubleshooting tips:

- **Device Not Turning On:**
  - Ensure the power adapter is securely plugged into both the unit and a working electrical outlet.
  - Check if the power button is pressed for 3 seconds to activate.
- **No Sensation from Footplates/Pads:**
  - Ensure your bare feet are firmly placed on the footplates.
  - Increase the intensity level using the "SOLE +" or "BODY +" buttons.
  - For electrode pads, ensure they are properly adhered to clean, dry skin and the wires are securely connected.
- **Heating Function Not Working:**
  - Verify that a heating level is selected using the "HEATING +" button.
  - Allow a few minutes for the heating elements to warm up.

If problems persist, please contact OSITO customer support for further assistance.

Specifications

Product Dimensions	19.6 x 7.1 x 17.1 inches
Item Weight	5.75 Pounds (2.61 Kilograms)
Item Model Number	b9276387-c8c9-4439-be77-6f86a7dad6da
Power Source	Corded Electric
Material	Acrylonitrile Butadiene Styrene
Manufacturer	OSITO

Warranty and Support

OSITO is committed to improving the health and quality of life for people. For any product inquiries, technical support, or warranty claims, please contact the manufacturer directly. Protection plans are available for purchase to extend coverage beyond the standard warranty period.

- **Manufacturer:** OSITO
- **Seller:** Liangtop (as per current listing)
- **Protection Plans:** 2-Year and 3-Year Protection Plans are available.

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