

## AFDEAL D10220006-3

# Cordless Shoulder Heating Pad User Manual

**Brand:** AFDEAL | **Model:** D10220006-3

## 1. INTRODUCTION

Thank you for choosing the AFDEAL Cordless Shoulder Heating Pad. This device is designed to provide targeted heat and massage therapy to your shoulder area, offering comfort and relaxation. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The AFDEAL Cordless Shoulder Heating Pad in use, highlighting its heating function.

## 2. SAFETY GUIDELINES

Your safety is paramount. Adhere to the following guidelines to prevent injury or damage to the device:

- This shoulder brace generates heat. Avoid direct contact with skin for extended periods to prevent burns.
- Do not use while sleeping or bathing.
- Keep away from water and other flammable materials.
- Charge only with the provided Type-C charging cord.
- Do not use if the device or cord is damaged.
- Keep out of reach of children and pets.
- Consult a doctor before use if you have any medical conditions, are pregnant, or have sensitive skin.

- Wear thin clothing between the pad and your skin for better heat distribution and to avoid scalding.

### 3. INTENDED USE AND INDICATIONS

This Cordless Shoulder Heating Pad is intended to provide temporary relief from discomfort in the shoulder area through heat and vibration therapy. It may be suitable for individuals experiencing:

- Frozen shoulder
- Bursitis
- Tendonitis
- Rotator cuff tear
- Labrum tear
- Stiff joints

*Note: This device is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional for any medical concerns.*



Image: Visual representation of common shoulder discomforts the product aims to alleviate.

### 4. PRODUCT FEATURES

The AFDEAL Cordless Shoulder Heating Pad offers advanced features for optimal comfort and therapy:

- **Cordless Design:** Powered by a built-in 5000mAh rechargeable battery, allowing freedom of movement.

- **Heat Therapy:** 3 adjustable heating levels (Lowest: 104°F/40°C to 122°F/50°C; Medium: 122°F/50°C to 140°F/60°C; Highest: 140°F/60°C to 167°F/75°C).
- **Vibration Massage:** 3 distinct vibration modes for enhanced relaxation.
- **Easy Button Control:** Intuitive controls with an LED display for temperature and vibration mode selection.
- **Anti-Mistouch Lock:** A lock button to prevent accidental changes during use.
- **Low Power Reminder:** Audible beep when battery power drops below 5%.
- **Adjustable Fit:** Universal design suitable for both left and right shoulders, fitting chest sizes 33-53 inches and arm sizes 11-15 inches.
- **Comfortable Material:** Constructed from soft, breathable fabric for extended wear.



Image: Key features of the shoulder heating pad.

## 5. SETUP AND ASSEMBLY

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Follow these steps to properly set up and wear your shoulder heating pad:

1. **Connect the Strap:** Connect the main strap to the buckle on the shoulder brace.
2. **Position on Shoulder:** Place the brace onto your desired shoulder.
3. **Secure Arm Strap:** Fix the magic tape (Velcro) on your arm to secure the lower part of the brace.
4. **Adjust Chest Strap:** Adjust the chest strap to ensure a snug and comfortable fit around your torso.
5. **Final Adjustments:** Ensure the brace is comfortably positioned and the control unit is accessible.



# EASY OPERATION



## WEAR RECOMMEND

It is suggested to look in a mirror when adjusting if you feel it is a bit hard to operate the control unit when you want to change them while wearing.

Image: Step-by-step guide for wearing the shoulder heating pad.

Your browser does not support the video tag.

Video: Demonstrates unboxing, wearing, and basic operation of the Cordless Shoulder Heating Pad.

## 6. OPERATING INSTRUCTIONS

The control unit allows you to manage heating and vibration settings:

### 6.1. Power On/Off

- To turn on: Long press the power button for 3 seconds. The LED display will illuminate.
- To turn off: Long press the power button for 3 seconds.

### 6.2. Adjusting Heat Levels

Press the heat button (flame icon) to cycle through the 3 heating levels:

- **Low:** 104°F/40°C to 122°F/50°C
- **Medium:** 122°F/50°C to 140°F/60°C
- **High:** 140°F/60°C to 167°F/75°C

*Tip: Start with the lowest temperature and gradually increase to avoid discomfort or burns. For best heating effect, wear thin clothing under the pad.*

### 6.3. Adjusting Vibration Modes

Press the vibration button (wave icon) to cycle through the 3 vibration modes.

### 6.4. Lock Function

The control unit features a lock button to prevent accidental changes:

- To lock: Press the lock button once. The red light will turn on, and the controls will be disabled.
- To unlock: Press the lock button once. The green light will turn on, and controls will be re-enabled.



Image: Overview of the control panel and its functions.

*If it is difficult to operate the control unit while wearing the pad, it is recommended to use a mirror to view and adjust the settings.*

## 7. POWER AND CHARGING

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The device is powered by a rechargeable battery.

- **Battery Capacity:** Built-in 5000mAh rechargeable battery.
- **Charging Time:** Approximately 3 hours for a full charge.
- **Charging Indicator:** When charging, the indicator is a blinking green circle. It turns into a constant green circle and displays "FU" when fully charged.
- **Low Power Alert:** The shoulder pad will beep when power is below 5% to remind you to charge.
- **Charging Port:** Uses a Type-C charging cord (included).

## 8. MAINTENANCE

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To ensure the longevity and hygiene of your AFDEAL Cordless Shoulder Heating Pad:

- **Cleaning:** Wipe the surface of the pad with a soft, damp cloth. Do not submerge the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.
- **Avoid Damage:** Do not bend or fold the heating elements excessively. Avoid sharp objects that could puncture the material.

## 9. TROUBLESHOOTING

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If you encounter issues with your device, please refer to the following common problems and solutions:

- **Device not turning on:** Ensure the battery is charged. Connect to the charger and try again.
- **No heat or vibration:** Check if the device is powered on and not in lock mode. Ensure the desired heat/vibration mode is selected.
- **Heat is too intense:** Adjust to a lower heat setting. Wear a thin layer of clothing between the pad and your skin.
- **Velcro not holding:** Ensure the Velcro is clean and free of lint or debris. Adjust the straps for a tighter fit.
- **Difficulty wearing alone:** Practice wearing the brace using a mirror to assist with strap adjustments.

If the problem persists after attempting these solutions, please contact customer support.

## 10. SPECIFICATIONS

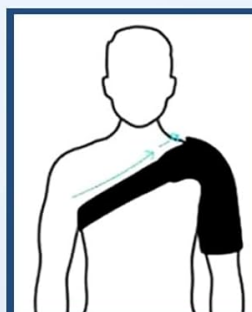
Feature	Specification
Model Number	D10220006-3
Brand	AFDEAL
Color	Black
Material	Cotton, Fleece, Polyester, or Microfiber
Battery Type	1 Lithium Polymer battery (included)
Battery Capacity	5000mAh
Charging Voltage	5 volts
Heating Levels	3 (Low, Medium, High)
Vibration Modes	3
Chest Size Compatibility	33-53 inches
Arm Size Compatibility	11-15 inches
Package Dimensions	8.23 x 6.02 x 2.6 inches
Item Weight	1.08 Pounds





**CHEST SIZE:**  
33~53 inches

**ARM SIZE:**  
11~15 inches



**How To find your size**

One size fit from 33-53 inch in chest circumference, from 11-15 inches in arm circumference.

**Chest Size: 33-53 inches**  
**Arm Size: 11-15 inches**

Image: Sizing guide for the shoulder heating pad.

## 11. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the warranty card included with your purchase or visit the official AFDEAL website. Customer support contact details are typically provided on the product packaging or the manufacturer's website.