

OMRON HV-F030

OMRON HV-F030 Low-Frequency Therapy Device User Manual

Model: HV-F030 | Brand: OMRON

1. IMPORTANT SAFETY INFORMATION

Please read the instruction manual thoroughly before use.

Contraindications and Prohibitions:

- Do not use in conjunction with the following medical electrical devices:
 - (1) Implantable medical electrical devices such as pacemakers.
 - (2) Life-support medical electrical devices such as artificial heart-lung machines.
 - (3) Wearable medical electrical devices such as electrocardiographs.

> This may cause malfunction of these medical electrical devices, leading to severe life-threatening harm.
- Do not use near the heart, chest area, above the neck (including head, mouth), private parts, or on skin with lesions.

> This may cause accidents or adverse health effects.
- Do not use the dedicated pads (for joints) in a way that pinches internal organs.

> This may cause accidents or adverse health effects.
- Do not use with other therapy devices, use two or more units simultaneously, or use with wet cloths/ointments (including sprays).

> This may cause discomfort or adverse health effects.
- Do not use in high humidity environments or while bathing.

> Risk of electric shock.
- Consult a doctor before use if you:
 - (1) Are undergoing medical treatment or have any physical abnormalities.
 - (2) Have a malignant tumor.
 - (3) Have heart or neurological disorders.
 - (4) Are pregnant or immediately after childbirth.
 - (5) Have a fever of 38°C or higher (e.g., acute inflammatory symptoms, malaise, chills, blood pressure fluctuations, or general weakness).
 - (6) Have an infectious disease.

- (7) Have skin sensory impairment or skin abnormalities.
- (8) Have an acute (painful) condition such as spinal fracture, sprain, or muscle tear.
- (9) Require rest.
- (10) Are taking medication.
- (11) Have abnormal blood pressure.
- (12) Have limited mobility in limbs.
- (13) Cannot express your intentions independently.
- (14) Have sensory impairment due to severe peripheral circulatory disorder (e.g., diabetes).
- (15) Are in a hypothermic state.
- (16) Have a blood circulation disorder.
- (17) Do not experience effects after repeated use.
- (18) Have pads that do not adhere to the skin.
- (19) Have metal implanted in your body.

> Continued use may lead to accidents or adverse health effects.

- Do not connect the lead cord plug to anything other than the main unit's lead cord plug insertion port.

> Risk of electric shock or accident.

- Do not disassemble, repair, or modify the device.

> Risk of fire, malfunction, or accident.

- Do not use for purposes other than therapy.
- Do not use if the pad surface is chipped or torn.
- Do not use if the adhesive surface of the pad is peeling off.

> This may cause accidents, trouble, or malfunction.

- Do not allow children to use the device or play with the unit or pads. Do not allow them to sit on it.

> Risk of accident, injury, adverse health effects, or malfunction.

- Do not allow individuals who cannot express their intentions, have physical disabilities, or require assistance to use the device alone.

> Risk of accident, injury, or adverse health effects.

- Do not use while sleeping.

> Risk of malfunction. Pads may adhere to unintended areas, causing adverse health effects.

- Do not use while driving a car or operating machinery that involves danger.

> Strong stimulation may lead to accidents or trouble.

- Do not bend or fold the pads sharply.

> Risk of electric shock or accident.

- Do not use if the lead cord is broken or the plug is damaged. Purchase a separate replacement.

> Risk of electric shock, short circuit, or fire.

Usage Precautions:

- Do not use during exercise.

> Risk of accident.

- Do not use immediately after exercise if you feel pain.

> Risk of accident or injury.

- If you experience physical abnormalities or skin issues such as eczema, redness, or itching, stop use immediately.

> Consult a doctor and follow their instructions.

- If the device stops working or malfunctions, immediately turn off the power and contact OMRON Customer Service Center.

> Risk of accidents due to overheating, short circuits, etc., trouble, or malfunction.

- Do not leave the pads attached to the affected area unattended.
 - > May cause skin inflammation.
- When moving pads to another area during treatment, always turn off the power before repositioning.
- Do not use pads if they come into contact with metal objects like belts or necklaces.
 - > Risk of strong electric shock.
- Do not insert/remove the lead cord or attach pads with wet hands. Do not apply pads to wet areas.
 - > Risk of electric shock or accident.
- Do not use continuously for a long time (more than 60 minutes) in one spot.
 - > May cause muscle fatigue, adverse health effects, or severe pain.
- Ensure the lead cord, main unit, and pads are correctly connected before use.
 - > Incorrect connection may cause electric shock, accident, or malfunction.
- Attach the pads correctly.
 - > Incorrect attachment may cause accidents or adverse health effects.
- Do not apply pads to areas where antiperspirant sheets/sprays, lotions, oils, sweat, insect repellent sprays, sunscreen, or other unclean substances are present.
 - > The adhesive strength of the pads may decrease.
- When attaching pads, be careful not to entangle the lead cord around your neck.
 - > Risk of accident or injury.
- When detaching the lead cord from the main unit, always hold the plug, not the cord itself.
 - > Risk of electric shock, accident, or malfunction.
- If the adhesive strength of the pads decreases, clean them. If cleaning does not restore adhesion, purchase replacements.
 - > Continued use may cause accidents or adverse health effects.
- Do not share pads with others.
 - > Risk of infectious diseases or skin inflammation.
- Store pads by attaching them to the pad holder. Always keep pads clean when storing.
 - > Improper storage may damage the pads.
- When using this product, do not use anything other than dedicated accessories.
 - > May cause accidents or malfunctions.

2. PRODUCT OVERVIEW

The OMRON HV-F030 is a compact low-frequency therapy device designed for home use. It utilizes mild pulse currents to stimulate nerves and muscles, helping to alleviate shoulder stiffness, prevent muscle atrophy in paralyzed muscles, and provide massage effects. It features two main treatment modes: Recovery Mode and Pain Care Mode, each with multiple intensity levels and duration settings to suit individual needs.



Image: OMRON HV-F030 Low-Frequency Therapy Device main unit.

3. PACKAGE CONTENTS

The OMRON HV-F030 package includes the following items:

- Main Unit
- Dedicated Muscle Pads (HV-SPAD-MU)
- Dedicated Joint Pads (HV-SPAD-JO)
- Lead Cord (HV-CODE-BW)
- Pad Holder
- Storage Case
- Trial Batteries (2 AAA alkaline dry cell batteries)
- Instruction Manual (with Quality Guarantee)

商品型式	HV-F601T1-C	HV-F082-JT	HV-F030
			
特長	スマホで操作する コードレスタイプ	スポーツ後の リカバリーケアに	持ち運びに便利な コンパクトサイズ
低周波治療 モード	9モード	5モード	5モード
マイクロカレント モード	○	○	—
一度に治療できる 部位数	1部位	2部位	1部位
パッド(枚数)	パッドM(1枚)	スポット用(4枚) 筋肉用(2枚) 関節用(4枚)	筋肉用(1枚) 関節用(2枚)
充電式	○	○	—
乾電池駆動	—	—	単4形アルカリ 乾電池×2個

Image: All items included in the OMRON HV-F030 package.

4. SETUP

4.1 Battery Installation

1. Open the battery compartment cover on the back of the main unit.
2. Insert two AAA alkaline batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

さまざまな筋肉にフィット

筋肉用パッド



太ももやふくらはぎなど、大きな筋肉のケアに

Image: The OMRON HV-F030 device with muscle pads attached to a leg, demonstrating typical use. This image also shows the device itself, implying battery installation is internal.

4.2 Attaching Pads and Lead Cord

1. Connect the lead cord to the main unit's lead cord plug insertion port.
2. Attach the dedicated pads (muscle or joint pads) to the ends of the lead cord.
3. Ensure the pads are clean and dry before applying them to the skin.

5. OPERATING INSTRUCTIONS

5.1 Pad Placement

Apply the pads directly to the skin on the desired treatment area. Ensure good contact for effective therapy. Avoid placing pads on prohibited areas as mentioned in the safety section.

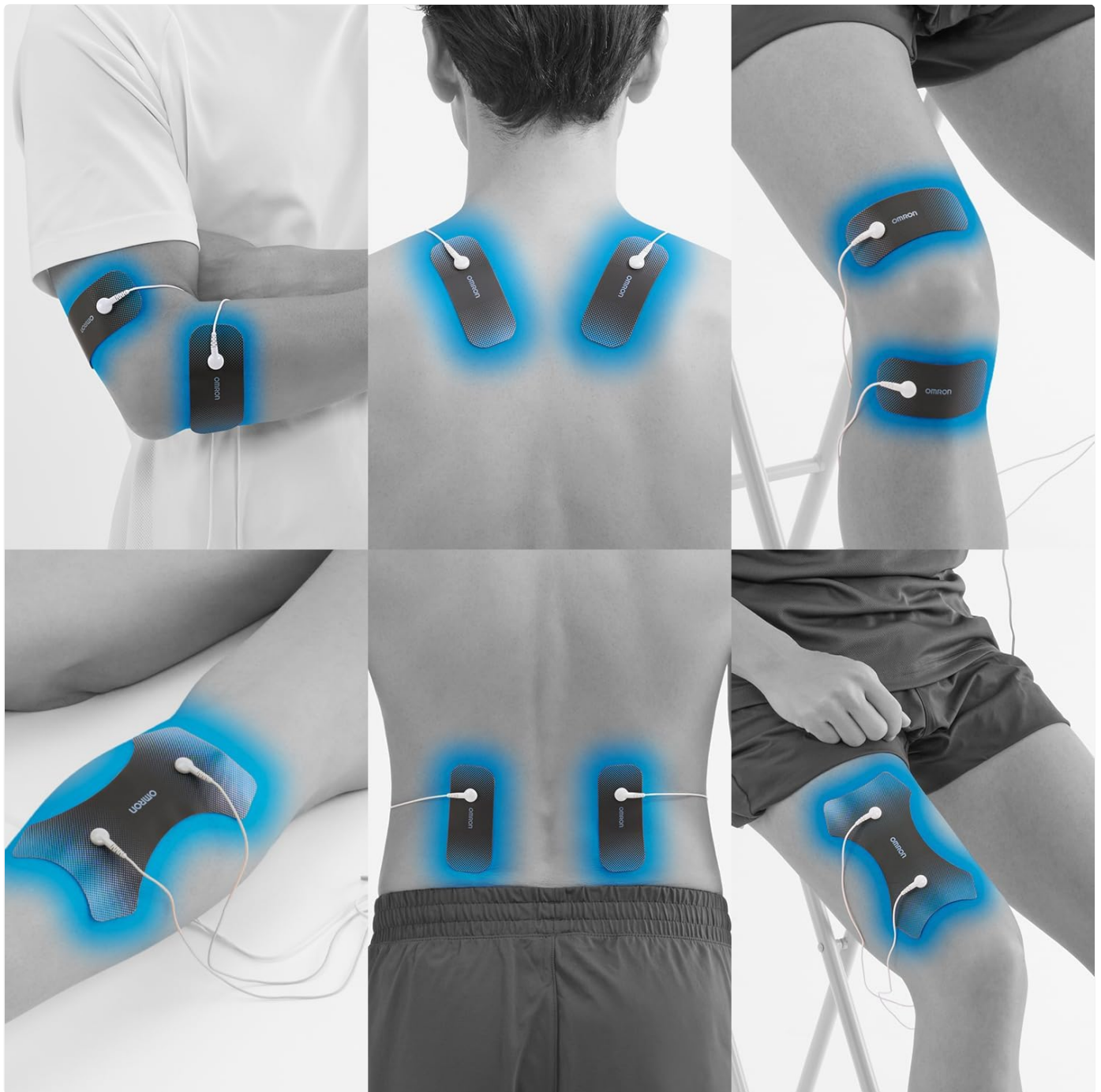


Image: Examples of appropriate pad placements on various body parts for effective low-frequency therapy.

5.2 Power On/Off and Mode Selection

1. Press the **ON/OFF** button to turn on the device.
2. Use the **MODE** button to select between Recovery Mode (3 types) and Pain Care Mode (2 types).
3. Adjust the intensity using the **Up/Down arrows**. There are 15 intensity levels.
4. The default treatment duration is 15 minutes. The device will automatically turn off after this period.

2種類の治療モードを搭載



リカバリーモード

3モード

筋肉の疲労回復を
サポートするモード

ペインケアモード

2モード

体の部位の痛みを
和らげるモード

※捻挫や肉離れなど、急性(疼痛性)疾患の
方は医師と相談の上使用してください

Image: The device display illustrating the two main treatment modes (Recovery and Pain Care), intensity settings, and remaining treatment time.

5.3 Understanding Treatment Modes

- **Recovery Mode (3 types):** Supports muscle fatigue recovery.
- **Pain Care Mode (2 types):** Helps alleviate pain in various body parts.

Note: For acute conditions such as sprains or muscle tears, consult a doctor before use.

オムロン
コードレス
低周波治療器
HV-F602T

Image: Diagram explaining the principle of low-frequency therapy, showing how muscle contraction improves blood flow and removes waste products.

6. MAINTENANCE

6.1 Pad Care

To maintain the adhesive strength and hygiene of the pads, follow these steps:

1. Gently wipe the adhesive surface of the pads with a soft, damp cloth.
2. Utilize the included pad holder to dry the pads thoroughly.

Pads can be used approximately 30 times. If adhesive strength does not return after cleaning, replace them with new dedicated pads.

6.2 Storage

After use, attach the pads to the pad holder and store them in the provided storage case. Keep the device and accessories in a clean, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

The main unit's power will automatically turn off in the following situations:

- When the 15-minute treatment duration is completed.
- When the battery level is low.
- When the pads are not correctly attached or are peeling off.
- When 3 minutes have passed after turning on the power without starting treatment.

If the device does not operate as expected outside of these conditions, or if you suspect a malfunction, turn off the power and contact OMRON Customer Service Center.

8. SPECIFICATIONS

Feature	Specification
Product Name	OMRON Low-Frequency Therapy Device HV-F030 Series
Medical Device Certification Number	304AABZX00080000
Classification	Mechanical Equipment 78 Home Electrical Therapy Device
General Name	Home Low-Frequency Therapy Device
Medical Device Classification	Controlled Medical Device
Product Code	HV-F030
Power Supply Voltage	DC 3.0 V (2 AAA alkaline dry cell batteries)
Battery Life	Approx. 4 months (15 minutes of continuous use once a day)
Rated Output Voltage	Max. approx. 80 V
Max Output Current	Less than 10 mA
Basic Frequency	Approx. 1 ~ 132 Hz
Max Pulse Width	150 μ s
Rated Time	15 minutes

Feature	Specification
Power Consumption	0.1 W
Durability Period (Self-certified by OMRON)	Main unit: Approx. 5 years, Pads: Approx. 30 uses (Standard usage: 15 minutes/day, 3 days/week)
Operating Environment Conditions	+10 ~ +40 °C / 30 ~ 85 % RH (non-condensing) / 700 ~ 1060 hPa
Storage Environment Conditions	0 ~ +40 °C / 30 ~ 85 % RH (non-condensing)
Weight	Main unit: Approx. 100 g (including batteries)
Operating Principle	Utilizes the principle that nerves and muscles respond to low-frequency electricity, applying weak pulse currents to the skin surface to treat affected areas through resulting physiological actions.
External Dimensions (Main Unit)	Approx. 52 (W) × 112 (H) × 25 (D) mm
External Dimensions (Pad HV-SPAD-MU)	Approx. 99 (W) × 166 (H) × 1 (D) mm
External Dimensions (Pad HV-SPAD-JO)	Approx. 40 (W) × 98 (H) × 1 (D) mm
Components in direct contact with the body	Acrylic resin, glycerin, water

本体サイズ



Image: Detailed dimensions of the OMRON HV-F030 main unit.

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The OMRON HV-F030 main unit has a self-certified durability period of approximately 5 years. The pads have a durability period of approximately 30 uses under standard conditions (15 minutes/day, 3 days/week). Please refer to the included Quality Guarantee for detailed warranty terms and conditions.

9.2 Customer Support

For inquiries, malfunctions, or support, please contact:

OMRON Healthcare Co., Ltd. Customer Service Center

Phone: 0120-30-6606

Disclaimer: Please use only genuine adhesive pads manufactured by OMRON Healthcare Co., Ltd. Using counterfeit products may lead to safety issues or device malfunctions. Our company bears no responsibility for any malfunctions or accidents caused by using non-genuine products.



Image: Important disclaimer regarding the use of genuine OMRON pads for safety and device integrity.

