

[manuals.plus](#) /› [Medisana](#) /› [Medisana MG 600 Massage Gun User Manual](#)

Medisana MG 600

Medisana MG 600 Massage Gun User Manual

Model: MG 600

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Medisana MG 600 Massage Gun. Retain this manual for future reference.

- **Battery Safety:** Please keep batteries out of reach of children.
- Do not immerse the device in water or other liquids.
- Do not use the device on open wounds, swollen areas, or areas with skin conditions.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Use only the provided charging cable and attachments.
- This device is intended for personal use only and not for medical treatment.

2. PRODUCT OVERVIEW

The Medisana MG 600 is a versatile massage gun designed for deep tissue massage, featuring both hot and cold functions to enhance muscle recovery and relaxation. It comes with multiple attachments to target various muscle groups.



Figure 1: Medisana MG 600 Massage Gun with its seven interchangeable massage attachments. The image highlights the hot and cold function capabilities.

Package Contents:

- Medisana MG 600 Massage Gun
- 7 Massage Attachments
- Charging Cable (USB-A to USB-C)
- Storage Case
- Instruction Manual

3. SETUP AND CHARGING

Initial Charging:

1. Before first use, fully charge the massage gun.
2. Connect the provided USB-C charging cable to the charging port on the device.
3. Connect the other end of the cable to a suitable USB power adapter (not included).

4. The charging indicator light will show the charging status. A full charge typically takes approximately 5 hours.
5. Once fully charged, disconnect the cable. The device offers 2-3 hours of runtime on a full charge under normal operation.

Attaching Massage Heads:

1. Ensure the device is turned off before attaching or removing any massage head.
2. Gently push the desired massage attachment into the opening at the front of the massage gun until it is securely seated.
3. To remove, gently pull the attachment straight out.

4. OPERATING INSTRUCTIONS

The Medisana MG 600 features three vibration levels and hot & cold Peltier technology for targeted muscle relief.



Figure 2: Detailed view of the control panel, indicating the power button, vibration level indicators, and hot/cold function buttons.

Power On/Off and Vibration Levels:

1. Press and hold the power button (usually indicated by a power symbol) to turn the device on. It will start at the lowest vibration level (1800 RPM, indicated by a blue LED).
2. Press the power button again to cycle through vibration levels:
 - Level 1: Low (1800 RPM) - Blue LED
 - Level 2: Medium (2000 RPM) - Purple LED
 - Level 3: High (2400 RPM) - Red LED
3. To turn off the device, press and hold the power button until the LEDs turn off.

Hot & Cold Function:

The hot and cold functions are activated via dedicated buttons on the device. These functions are particularly useful for pre- and post-workout muscle care.

- **Hot Function:** Press the button with the flame symbol to activate the heating element. This function helps prevent muscle strain before training and counteracts hyperacidity and inflammation.
- **Cold Function:** Press the button with the snowflake symbol to activate the cooling element. This function helps reduce the risk of injury and relaxes muscles after training.
- The hot/cold function can be used independently or in conjunction with the massage function.

Using Massage Attachments:

The MG 600 includes 7 specialized massage attachments, each designed for different massage effects and body areas:

- **Ball Head:** Ideal for large muscle groups like arms, back, hips, thighs, calves.
- **Flat Head:** Suitable for all body parts, especially for relaxation and shaping.
- **Fork Head:** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head:** For deep tissue and trigger point massage, targeting specific areas.
- **Wedge Head:** For scraping and relaxation of larger muscle areas.
- **Cone Head:** For precise, deep tissue work on small muscle areas.
- **Hot/Cold Head:** The primary head for activating the Peltier hot and cold functions.



Figure 3: An individual demonstrating the use of the Medisana MG 600 Massage Gun on a leg muscle, highlighting its ergonomic design for easy handling.

Apply the massage gun gently to the desired muscle area. Move it slowly over the muscle, applying light pressure. Avoid using on bones or joints. The ergonomic handle and low weight ensure easy control and handling.

5. MAINTENANCE AND STORAGE

Cleaning:

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the massage gun with a soft, slightly damp cloth. Do not use abrasive cleaners or solvents.
- Clean massage attachments with a damp cloth and mild soap if necessary. Ensure they are completely dry before reattaching or storing.
- Do not immerse the device or any attachments in water.

Storage:

- Store the massage gun and its attachments in the provided carrying case when not in use.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Store out of reach of children.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully.
Device stops during use.	Battery is low or device overheated.	Recharge the battery. If overheated, allow it to cool down before resuming use.
Massage head is loose.	Attachment not fully inserted.	Ensure the attachment is pushed firmly into the device.
Hot/Cold function not working.	Function not activated or device malfunction.	Ensure the correct hot/cold button is pressed. If the issue persists, contact customer support.

7. SPECIFICATIONS

- **Model:** MG 600
- **Brand:** Medisana
- **Power Source:** Battery Powered
- **Battery Type:** 1 Lithium Ion battery (included)
- **Battery Capacity:** 2400 mAh (estimated from runtime)
- **Runtime:** 2-3 hours (normal operation)
- **Charging Time:** Approximately 5 hours
- **Vibration Levels:** 3 (1800 RPM, 2000 RPM, 2400 RPM)
- **Special Features:** Hot & Cold Peltier Technology
- **Massage Attachments:** 7
- **Product Dimensions:** 14.7L x 5W x 15H centimeters
- **Item Weight:** 765 Grams
- **Material:** Device body is made of durable materials, with 'Stone Blue' referring to the color finish.

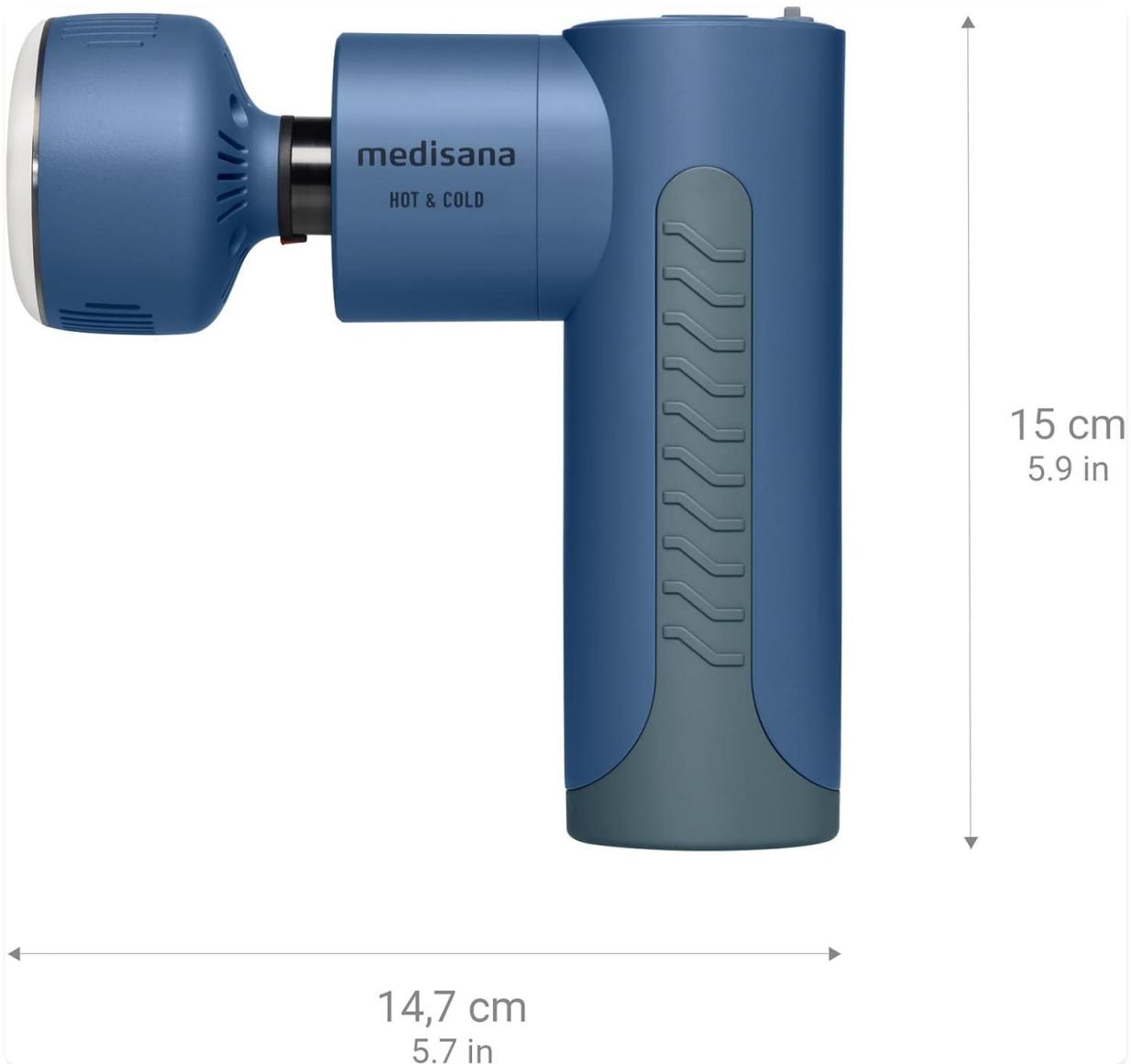


Figure 4: Dimensions of the Medisana MG 600 Massage Gun, showing its compact size.

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the official Medisana website. Keep your proof of purchase for any warranty claims.

Manufacturer: medisana