

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [nooro](#) /

› [nooro Portable Knee Massager with Heat, Red Light, & Massage Therapy, Relax Tight Muscles and Helps Minor Joint Stiffness and Discomfort, Hands-Free Design 1-Pack User Manual](#)

nooro 860009602151

nooro Portable Knee Massager User Manual

Model: 860009602151

PRODUCT OVERVIEW

The nooro Portable Knee Massager is designed to provide comprehensive relief for knee discomfort. It integrates three key therapies: Red Light Therapy, Heat Therapy, and Massage Therapy. This combination works to relax tight muscles, alleviate minor joint stiffness, and reduce discomfort. Its cordless and hands-free design ensures convenience and portability, allowing for use at home or while traveling.



Image: The Nooro Portable Knee Massager, a white device with a black control panel, shown alongside its black product box.



nooro



PREMIUM KNEE MASSAGER

Get soothing massage for your knees anytime and anywhere.

- Adjustable heating and massage levels.
- Large LED display for convenient use.
- Small in design and lightweight (easy to carry).
- Cordless and rechargeable.



Image: A close-up of the Nooro Knee Massager on a knee, with text highlighting features like adjustable heating and massage levels, a large LED display, small and lightweight design, and being cordless and rechargeable.

Key Features:

- **3-in-1 Therapy:** Combines Red Light Therapy, Heat Therapy, and Massage Therapy for comprehensive knee relief.
- **Adjustable Settings:** Offers 3 vibration levels, 3 heat levels, and intensity options for a personalized experience.
- **Intuitive LED Touchscreen:** Allows for easy adjustment of settings.
- **Hands-Free Design:** Equipped with adjustable Velcro straps for secure and comfortable wear.
- **Portable & Rechargeable:** Lightweight and cordless, making it suitable for use anywhere.
- **Durable Construction:** Crafted with premium materials for long-term performance.

SETUP GUIDE

Before first use, ensure the device is fully charged. Use the provided Type-C USB cable and charger. A detailed user manual and quick start guide are included in the packaging to assist with initial setup.



Image: An illustration showing the contents of the Nooro Knee Massager package, including the massager, high-quality box, quick start guide, user guide, 90-Day Habit Tracker with stickers, Type-C USB cable, and charger.

Initial Steps:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Charge:** Connect the Type-C USB cable to the massager and a power source. Allow the device to fully charge before its first use.
3. **Familiarize:** Review the included Quick Start Guide and User Guide for detailed instructions and best practices.

OPERATING INSTRUCTIONS

The nooro Portable Knee Massager is designed for simple and effective use. Follow these steps to begin your therapy session:

SO... SIMPLE TO USE



STEP 01:

Fasten the nooro Knee Massager on your knee.

STEP 02:

Press the Power Button to start. Long press it to enter auto mode.



STEP 03:

Short press the vibration button to select the vibration intensity level.

STEP 04:
Short press the heating button to select the heating intensity level.



Image: A visual guide demonstrating the simple steps to use the Nooro Knee Massager, including fastening it, pressing the power button, and adjusting vibration and heating levels.

Usage Steps:

1. **Fasten:** Securely fasten the nooro Knee Massager on your knee using the adjustable Velcro straps. Ensure a comfortable fit.
2. **Power On:** Press and hold the Power Button to turn on the device. A short press will enter auto mode.
3. **Adjust Vibration:** Short press the vibration button to cycle through and select your desired vibration intensity level (3 levels available).
4. **Adjust Heat:** Short press the heating button to cycle through and select your desired heating intensity level (3 levels available).
5. **Enjoy:** The massager has a 15-minute timer that will automatically turn off the massager at the end of each session.

Safety Information:

- Always use on clean, unbroken skin.

- Avoid contact with eyes and face.
- Do not use while sleeping or taking a bath.
- Keep away from water.
- Do not use if you have a pacemaker or other electronic medical devices. Consult a doctor before use if you have any health conditions.
- Keep out of reach of children.

CARE AND MAINTENANCE

Proper care ensures the longevity and optimal performance of your nooro Portable Knee Massager.

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Allow the massager to cool down completely before storing. Store in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Power:** Unplug the device when not in use or during storage.

TROUBLESHOOTING

If you encounter any issues with your nooro Portable Knee Massager, refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. If the battery is low, connect it to the charger and allow sufficient time to charge.
- **No Heat/Vibration:** Check that the desired heat or vibration level is selected on the LED touchscreen. Ensure the device is securely fastened to the knee for proper contact.
- **Short Battery Life:** Ensure the device is fully charged before each use. Battery performance may vary based on usage patterns and selected intensity levels.
- **Discomfort During Use:** Adjust the intensity levels of heat and vibration to a comfortable setting. Ensure the device is not too tight on your knee.

If the problem persists, please refer to the full user manual or contact customer support.

PRODUCT SPECIFICATIONS

Feature	Detail
Product Dimensions	6 x 3.5 x 3.5 inches; 2.12 Pounds

Item Model Number	860009602151
Power Source	Battery Powered
Brand	nooro
Color	White
Special Feature	Rechargeable
Use for	Knee

WARRANTY INFORMATION

Specific warranty details for the nooro Portable Knee Massager are typically provided with your purchase documentation. Please refer to the warranty card or information included in your product packaging for terms and conditions.

Optional protection plans may be available for extended coverage. For more information on these plans, please check the product listing or contact your retailer.

CUSTOMER SUPPORT

For further assistance, detailed information, or to address any concerns regarding your nooro Portable Knee Massager, please utilize the following resources:

- **User Guide (PDF):** A comprehensive user guide is available for download [here](#).
- **nooro Store:** Visit the official nooro store for product information and updates: [nooro Store on Amazon](#).
- **Manufacturer Contact:** For direct support, please refer to the contact information provided in your product packaging or on the official nooro website.

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.