

EDIFOLLY B0FDG7K9C5

EDIFOLLY Cordless Ankle Heating Pad and Massager

Model: B0FDG7K9C5

Manufacturer: EDIFOLLY

1. INTRODUCTION

This instruction manual provides essential information for the safe and effective use of your EDIFOLLY Cordless Ankle Heating Pad and Massager. This device is designed to offer targeted heat and vibration therapy to the ankle area, aiding in the relief of discomfort and promoting relaxation. Please read this manual thoroughly before first use and retain it for future reference.

2. SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in injury or damage to the device.

- Always use the ankle heating pad while seated or lying down. Do not walk or move around while using the massager.
- Never charge the ankle brace while in use. The device cannot be turned on when charging.
- Allow the product to cool down before storing.
- Keep out of reach of children.
- Always follow the 15-minute auto shut-off timer to prevent burns and overuse.
- Do not use on broken skin, swollen areas, or areas with rashes.
- Consult a physician before use if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.

3. PACKAGE CONTENTS

Verify that all items are present upon opening the package:

- 1 x EDIFOLLY Cordless Ankle Heating Pad and Massager
- 1 x USB Charging Cable (Type-C)
- 1 x User Manual

4. PRODUCT FEATURES

- **Cordless Design:** Offers unrestricted mobility for use at home, office, or while traveling.
- **Rechargeable Battery:** Equipped with a 2000mAh battery, providing up to 4-5 sessions (15 minutes each) on a 2-hour charge.
- **3 Vibration Modes:**
 - a. Daily Maintenance: Gentle care for regular use.
 - b. Post-Activity Care: Ideal after exercise or strenuous movement.
 - c. Ankle Discomfort: Targets soreness and tension.
- **3 Heat Levels:** Adjustable temperatures for personalized comfort (118.4°F/48°C, 127.4°F/53°C, 136.4°F/58°C).
- **15-Minute Auto Shut-Off:** Prevents overuse and ensures safety.
- **Adjustable Fit:** Designed to fit both left and right ankles with adjustable straps for a secure and customized fit.
- **Comfortable Material:** Crafted with breathable, comfortable polyester fabric that wicks away sweat and offers wind resistance.

5. SETUP

5.1 Initial Charging

Before first use, fully charge the device. Connect the provided USB Type-C cable to the charging port on the controller and plug the other end into a compatible USB power source (e.g., wall adapter, power bank, computer USB port). The white light will flash while charging and remain solid white when fully charged. Charging typically takes 2 hours.

5.2 Wearing the Ankle Pad

1. Unfold the ankle brace to create a wide opening.

2. Position your foot so your heel is comfortably seated in the designated opening, and the controller is on the outer side of your ankle (for right ankle) or inner side (for left ankle).
3. Adjust the Velcro straps to achieve a snug yet comfortable fit around your ankle. Ensure the pad is secure but not overly tight to restrict circulation.

3 Steps To Wear



Image: Three steps illustrating how to correctly wear the ankle heating pad. First, unfold the brace. Second, adjust the Velcro straps for a secure fit. Third, press the power button to activate. The image also notes it works for both left and right feet.

One Size Fits Most People

Fits Both Left & Right Ankles



360° Wrap around

Support and protect your ankle around



Adjustable size

You can adjust the adhesive strap to fit your ankle and use it to secure



Image: A diagram illustrating the adjustable size of the ankle heating pad, showing it wraps 360 degrees around the ankle for support and protection. Dimensions for diameter and width are provided.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

To turn on the device, long press the power button on the controller for 2 seconds. The display will illuminate. To turn off, long press the power button again.

6.2 Adjusting Heat Levels

The device offers 3 heat levels. Press the heat button (flame icon) to cycle through the temperature settings: 118.4°F/48°C (Low), 127.4°F/53°C (Medium), and 136.4°F/58°C (High). The current temperature will be displayed on the screen.

3 Vibration Intensities

Versatile choices for various usages-- Use it for



2000mAh
Large Capacity Battery



15min Auto-off
(To avoid over-use)



Image: A person wearing the ankle heating pad, with an overlay illustrating the three precise temperature levels available for heat therapy: 48°C/118.4°F, 53°C/127.4°F, and 58°C/136.4°F.

6.3 Adjusting Vibration Modes

The device features 3 vibration modes. Press the vibration button (wave icon) to cycle through the modes:

- Mode 1: Daily Maintenance (Gentle care)
- Mode 2: Post-Activity Care (After exercise)
- Mode 3: Ankle Discomfort (Targets soreness)

3-Level Precise Temperature

Soothe your ankle with heat therapy



Image: A person wearing the ankle heating pad, with an overlay detailing the three vibration intensities: Daily Care, Sports Maintenance, and Ankle Discomfort Relief. The image also highlights the 2000mAh battery and 15-minute auto-off feature.

6.4 Automatic Shut-Off

For safety and to prevent overuse, the device is equipped with a 15-minute automatic shut-off timer. After 15 minutes of continuous operation, the device will power off automatically.

6.5 Usage Scenarios

The cordless design allows for flexible use in various settings:

- At home: Relaxing on the couch, reading, or watching TV.
- At work: While seated at a desk.
- On the go: During travel or outdoor relaxation (ensure you are seated).

Cordless Ankle Brace with heating & vibration



Image: Two individuals demonstrating the cordless design of the ankle heating pad. One person is seated on a couch using a phone, while another is standing and sweeping, highlighting the freedom of movement.

6.6 Product Demonstration Video

Your browser does not support the video tag.

Video: A demonstration of the EDIFOLLY cordless ankle massager for pain relief, showing its features and how it is used.

7. MAINTENANCE

7.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the ankle pad with a soft, damp cloth. Do not immerse the device in water.
- Do not use abrasive cleaners or solvents.
- Allow the device to air dry completely before storing or next use.

7.2 Storage

- Store the device in a cool, dry place away from direct sunlight.
- Avoid placing heavy objects on the device.

8. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 2 seconds.
- **No heat or vibration:** Check if the respective heat or vibration mode is activated on the controller. Ensure the battery is not depleted.
- **Device turns off unexpectedly:** The 15-minute auto shut-off feature is active. Restart the device if further use is desired.

- **Discomfort during use:** Adjust the straps for a looser fit or reduce the heat/vibration intensity. Discontinue use if discomfort persists.

9. SPECIFICATIONS

Feature	Detail
Product Dimensions	9.06 x 7.09 x 1.97 inches
Weight	8.15 ounces
Battery	1 x 9V battery (included), 2000mAh capacity
Material	Polyester
Color	Black
Special Features	Cordless Design, Heat & Vibration Modes, Auto Shut Off

10. WARRANTY AND SUPPORT

EDIFOLLY is committed to producing high-quality products and ensuring customer satisfaction. If you have any questions about your EDIFOLLY Cordless Ankle Heating Pad and Massager, or require technical support, please do not hesitate to contact our customer service team. We aim to reply within 24 hours and assist you in resolving any issues as quickly as possible.

For contact information, please refer to the product packaging or visit the official EDIFOLLY store on Amazon: [EDIFOLLY Store](#).

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.