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## Yolo Mountain Therapeutic YOLO-1

# Yolo Mountain Therapeutic TMJ Relief Jaw Massager with Soothing Heat

Model YOLO-1 Instruction Manual

## 1. INTRODUCTION

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Thank you for choosing the Yolo Mountain Therapeutic TMJ Relief Jaw Massager. This device is designed to provide targeted relief for temporomandibular joint (TMJ) discomfort, jaw pain, neck stiffness, tension headaches, and migraines through gentle vibration massage and soothing heat. Please read this manual thoroughly before first use to ensure safe and effective operation.

## 2. SAFETY INFORMATION

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Please observe the following safety precautions to prevent injury or damage to the device:

- Consult with a healthcare professional before use if you have any medical conditions, are pregnant, or have electronic medical implants.
- Do not use on broken skin, open wounds, swollen areas, or areas with skin irritation.
- Discontinue use immediately if discomfort, pain, or adverse reactions occur.
- Keep the device away from water when charging. Ensure the charging port is dry before connecting the magnetic charger.
- Not recommended for use by children without adult supervision.
- Do not disassemble, modify, or attempt to repair the device yourself. Contact customer support for assistance.
- Avoid prolonged use on a single area to prevent skin irritation.
- Store in a cool, dry place away from direct sunlight and extreme temperatures.

**Legal Disclaimer:** Statements regarding this device have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 3. PACKAGE CONTENTS

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Verify that all items are present in your package:

- Yolo Mountain Therapeutic TMJ Relief Jaw Massager (Model YOLO-1)

- Magnetic Charging Cable
- Instruction Manual (this document)

## 4. PRODUCT FEATURES

- **Ergonomic Design:** Specifically contoured to fit the jawline and neck for targeted relief.
- **10 Vibration Modes:** Offers a range of gentle to intense massage settings.
- **Soothing Heat Mode:** Provides concentrated warmth to help relax muscles and ease pain.
- **High-Grade Silicone:** Made from BPA-free, skin-friendly, soft-touch silicone.
- **100% Waterproof:** Fully sealed design for safe use and easy cleaning.
- **Magnetic Charging:** Ensures enhanced durability and a truly waterproof device.
- **Compact & Lightweight:** Portable design for on-the-go relief.
- **Multi-purpose:** Can also be used as a Gua Sha facial tool or for lymphatic drainage.

# The Right Tool Can Make All the Difference



Ergonomic Shape  
Specifically Designed for  
TMJ Jaw & Neck Relief

State-of-the-Art Magnetic  
Charging Technology

10 Vibration Settings

Therapeutic  
Heat Mode Option

Soft-Touch silicone

## OTHERS

No Heat Mode Option ❌

Not Originally Designed for TMJ Relief ❌

Less Durable Plug-in Charging Cord ❌

Only 5 Intensity Vibrations ❌

Low Quality silicone ❌



Figure 4.1: Key features of the Yolo Mountain Therapeutic TMJ Massager.

## 5. SETUP AND CHARGING

### 5.1 Initial Charge

Before first use, fully charge your device. This typically takes approximately 2-3 hours.

## 5.2 Charging Instructions

1. Ensure the device and the magnetic charging cable are dry.
2. Connect the USB end of the charging cable to a standard USB power adapter (not included) or a computer USB port.
3. Align the magnetic end of the cable with the charging contacts on the massager. The magnets will snap into place.
4. The indicator light on the device will illuminate to show it is charging. Once fully charged, the light may change color or turn off (refer to specific indicator behavior for your model).
5. A full charge provides approximately 45 minutes of continuous use.

**State-of-the-Art  
Magnetic Charging**

**YOLO MOUNTAIN  
THERAPEUTIC**

- ⚡ Quick & Easy Charging
- 🛡️ Enhanced Durability
- 🕒 45 Holds Charge for 45 min.

**This Unique Feature Makes Your Device 100% Waterproof So You Can Take It With You Anywhere!**

Figure 5.1: Connecting the magnetic charging cable.

## 6. OPERATING INSTRUCTIONS

Familiarize yourself with the control buttons located on the device:

- **Power Button (Center):** Turns the device on/off.
- **Vibration Button (Top, 'M' symbol):** Cycles through vibration modes.

- **Heat Button (Bottom, 'SSS' symbol):** Activates/deactivates the heat function.



## Relieve TMJ Pain and Stiffness **Ergonomically** Designed for the Jaw and Neck

Figure 6.1: Device control buttons.

### 6.1 Power On/Off

1. To turn on: Press and hold the **Power Button** for 2 seconds. The device will start vibrating at the lowest setting.
2. To turn off: Press and hold the **Power Button** for 2 seconds.

### 6.2 Vibration Modes

1. Once powered on, press the **Vibration Button** to cycle through the 10 different vibration patterns and intensities.
2. Select the mode that provides the most comfortable and effective relief for your needs.

### 6.3 Heat Mode

1. To activate heat: Press the **Heat Button**. The indicator light for heat will illuminate.
2. To deactivate heat: Press the **Heat Button** again. The indicator light will turn off.
3. The heat function can be used independently or in conjunction with any vibration mode.

## 7. USAGE AREAS AND TECHNIQUES

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The ergonomic design of the massager allows for effective application to various areas:

- **Jaw Area:** Gently place the contoured part of the massager along your jawline, near the temporomandibular joint. Move it slowly in small circles or hold it stationary for a few seconds.
- **Neck:** Apply the massager to the upper part of your neck, especially where tension often accumulates.
- **Temples/Head:** For headache or migraine relief, gently apply to the temples or other areas of the head experiencing tension.
- **Gua Sha / Lymphatic Drainage:** Use the smooth surface of the device to gently glide across your face and neck in upward and outward motions to promote circulation and reduce puffiness.

Recommended usage time is 10-15 minutes per session, up to 2-3 times per day, or as advised by a healthcare professional.



Figure 7.1: Target areas for the TMJ massager.



Figure 7.2: Example of jawline application.

## 8. MAINTENANCE AND CARE

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### 8.1 Cleaning

Due to its 100% waterproof design, the massager is easy to clean:

1. After each use, wipe the device with a soft, damp cloth and mild soap.
2. Rinse thoroughly under running water.
3. Dry completely with a clean, soft towel before storing or charging.
4. Do not use abrasive cleaners, alcohol, or harsh chemicals, as these may damage the silicone material.

### 8.2 Storage

Store the device in a clean, dry place at room temperature, away from direct sunlight and out of reach of children.

### 8.3 Battery Care

To prolong battery life, avoid fully discharging the device frequently. Charge it when the battery is low, and if storing for an extended period, charge it periodically (e.g., every 3 months) to maintain battery health.

## 9. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully.
No vibration.	Device is off or in a non-vibration mode.	Ensure device is on. Press the Vibration Button to cycle through modes.
Heat function not working.	Heat mode not activated.	Press the Heat Button to activate. Ensure battery is not critically low.
Device not charging.	Charging cable not properly connected; power source issue.	Ensure magnetic cable is securely attached. Try a different USB power adapter or port.

If troubleshooting steps do not resolve the issue, please contact Yolo Mountain Therapeutic customer support.

## 10. SPECIFICATIONS

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- **Model Number:** YOLO-1
- **Product Dimensions:** 4.85 x 2.46 x 1.11 inches
- **Item Weight:** 4.9 Ounces
- **Material:** High-Grade Silicone
- **Power Source:** Built-in Rechargeable Lithium Ion Battery
- **Charging:** Magnetic USB Charging
- **Waterproof Rating:** 100% Waterproof (IPX7 equivalent)

## 11. WARRANTY AND SUPPORT

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Yolo Mountain Therapeutic stands behind the quality of its products. For warranty information, product support, or any questions regarding your TMJ Relief Jaw Massager, please refer to the contact information provided with your purchase or visit the official Yolo Mountain Therapeutic website.