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> TRAKK Wrist & Hand Massager with Vibration & Heat Size Adjustable User Manual

**TRAKK 194587808996**

## TRAKK Wrist & Hand Massager User Manual

Model: 194587808996

### INTRODUCTION

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Thank you for choosing the TRAKK Wrist & Hand Massager. This device is designed to provide targeted relief and comfort through a combination of vibration massage and heat therapy. Its adjustable design allows for versatile use on various body parts, including wrists, hands, knees, elbows, and shoulders. Please read this manual carefully before use to ensure proper operation and maintenance.

### SAFETY INFORMATION

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To ensure safe operation, please observe the following precautions:

- Do not use the device if you have open wounds, skin irritations, or severe swelling in the area to be massaged.
- Consult a physician before use if you have a pacemaker, heart condition, diabetes, or any other medical condition.
- Keep the device away from water and high humidity.
- Do not disassemble or attempt to repair the device yourself. Contact customer support for assistance.
- Keep out of reach of children.
- 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.

### PRODUCT OVERVIEW

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The TRAKK Wrist & Hand Massager features an ergonomic design with an integrated control panel for easy operation. It is constructed from durable Acrylonitrile Butadiene Styrene and features an adjustable strap for a comfortable fit.



Front view of the TRAKK Wrist & Hand Massager, showing the main unit and adjustable strap.



Detailed view of the control panel and internal components, highlighting the buttons and contact points.

## Components:

- **Main Unit:** Contains the motor, heating elements, and control circuitry.
- **Control Panel:** Features buttons for power, massage mode, heat, and time settings.
- **Adjustable Strap:** Allows for secure and comfortable fitting on various body parts.
- **Charging Port:** For connecting the power adapter (not explicitly mentioned but implied by "Battery Powered").

## SETUP

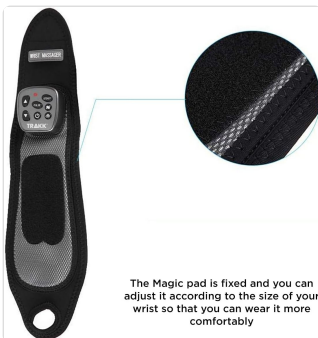
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Before first use, ensure the device is fully charged. The massager is battery-powered for portability.

1. **Charge the Device:** Connect the provided charging cable to the massager and a suitable power source. The indicator light will show charging status.
2. **Adjust the Strap:** Unfasten the adjustable strap. Place the massager on the desired body part (wrist, hand, knee, elbow, or shoulder).
3. **Secure Fit:** Wrap the strap around the body part and secure it firmly using the velcro. Ensure the massager is snug but not uncomfortably tight. The multi-angle velcro allows for flexible adjustment.



The massager comfortably fitted on a hand, demonstrating proper placement.



Close-up of the adjustable strap, showing the velcro for a customizable fit.

## OPERATING INSTRUCTIONS

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The TRAKK Wrist & Hand Massager features simple controls for a customized experience.

1. **Power On/Off:** Press and hold the **Power button** (🔌) to turn the device on or off.
2. **Select Massage Mode:** The device offers multiple modes and speeds. Use the **Pulse** or **Steady** buttons to switch between vibration patterns. The arrow buttons (▲ / ▼) may adjust intensity or speed depending on the selected mode.
3. **Activate Heat Therapy:** Press the **Heat button** (🔥) to turn on the heating function. The heat helps soothe joint pain and muscle stiffness.
4. **Set Timer:** Use the **Time button** (🕒) to set the desired massage duration.

### Usage Tips:

- Start with a lower intensity and gradually increase as comfortable.
- For optimal results, use the massager for 15-20 minutes per session.

- The device is versatile and can be used for full wrist and hand pain relief, as well as on knees, elbows, and shoulders by adjusting the strap.



The massager in use, showing the red light indicating active heat therapy.



Diagram illustrating the heat distribution from the massager's contact points.

## MAINTENANCE

Proper care will extend the life of your TRAKK Wrist & Hand Massager.

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight when not in use.
- **Battery Care:** To maintain battery health, charge the device regularly, even if not used frequently. Avoid fully discharging the battery for extended periods.

## TROUBLESHOOTING

If you encounter issues with your massager, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully.
No vibration.	Incorrect mode selected or device malfunction.	Ensure a massage mode (Pulse/Steady) is active. If issue persists, contact support.
No heat.	Heat function not activated or malfunction.	Press the Heat button. Allow a few minutes for the heat to build up. If issue persists, contact support.

Problem	Possible Cause	Solution
Device feels uncomfortable.	Strap is too tight or intensity is too high.	Adjust the strap for a looser fit. Reduce the intensity or switch to a gentler mode.

If the problem persists after trying these solutions, please contact TRAKK customer support.

## SPECIFICATIONS

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Feature	Detail
Product Dimensions	6.5 x 6.25 x 5.25 inches
Item Model Number	194587808996
Power Source	Battery Powered
Material	Acrylonitrile Butadiene Styrene
Color	Black
Use For	Hand (also suitable for wrist, knee, elbow, shoulder)
Manufacturer	Gina Group LLC
Date First Available	October 19, 2023

## WARRANTY AND SUPPORT

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For warranty information or technical support, please contact TRAKK customer service. Keep your purchase receipt as proof of purchase.

**Manufacturer:** Gina Group LLC

**ASIN:** B0CLVW981L