

Philips PPM3502G

Philips PPM3502G Hook Shaped Massager Gun User Manual

Model: PPM3502G

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Philips PPM3502G Hook Shaped Massager Gun. Please read this manual thoroughly before operating the device and retain it for future reference. This massager is designed to provide targeted relief for muscle tension and stiffness, particularly in hard-to-reach areas like the back and neck.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of electric shock, fire, and injury, please observe the following precautions:

- Do not immerse the device in water or use it in wet environments.
- Keep out of reach of children.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or are recovering from surgery.
- Do not use on open wounds, swollen areas, or areas with skin damage.
- Discontinue use immediately if you experience pain or discomfort.
- Use only the provided charging cable.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Philips PPM3502G Hook Shaped Massager Gun
- Ball Massage Head
- Flat Massage Head
- U-shaped Massage Head

- Bullet Massage Head
- Charging Cable
- User Manual (this document)

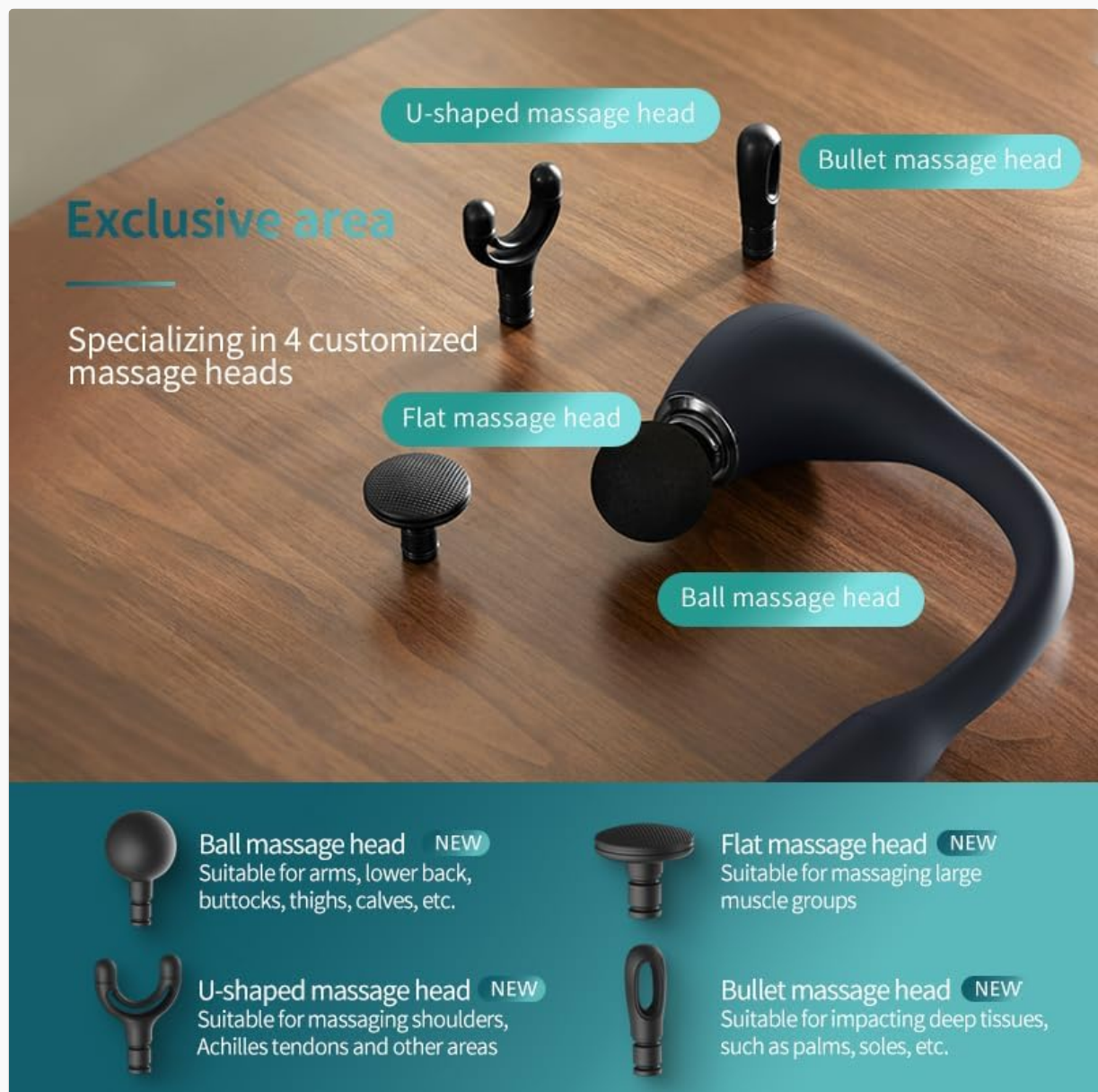


Image: The Philips PPM3502G massager gun displayed with its four specialized massage heads: Ball, Flat, U-shaped, and Bullet. Each head is designed for different muscle groups and massage intensities.

PRODUCT FEATURES AND COMPONENTS

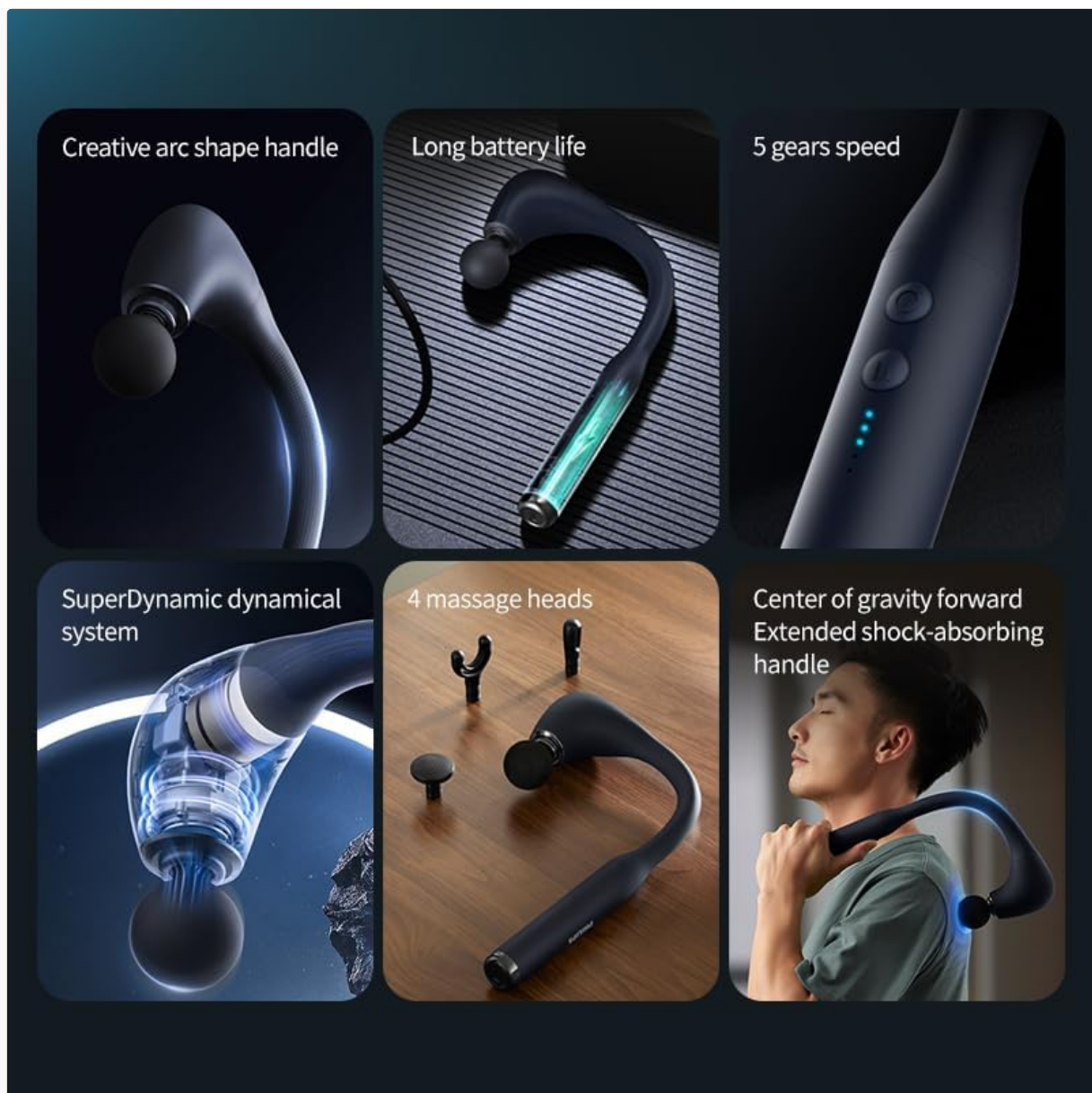


Image: An overview of the Philips PPM3502G massager highlighting its key features: creative arc shape handle, long battery life, 5-speed settings, SuperDynamic system, 4 massage heads, and center of gravity forward design with an extended shock-absorbing handle.

- **Hook-Shaped, Curved Design:** Ergonomic design for easy self-application to hard-to-reach areas.
- **Interchangeable Massage Heads:** Four specialized heads for varied massage experiences.
- **5 Intensity Levels:** Adjustable percussion speed for customized relief.
- **Cordless & Rechargeable:** Provides up to 270 minutes of use on a single charge.
- **SuperDynamic System:** High-performance brushless motor with up to 10mm strike depth.
- **Lightweight Design:** Weighs approximately 500g for comfortable handling.

SETUP

1. Charging the Device

1. Before first use, fully charge the massager.
2. Connect the charging cable to the charging port on the massager.
3. Plug the other end of the cable into a suitable USB power adapter (not included) or a USB port.
4. The indicator lights will show the charging status. A full charge provides up to 270 minutes of operation.

2. Attaching Massage Heads

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



Image: A person using the Philips PPM3502G massager on their upper back, demonstrating its ergonomic design. Adjacent are the four interchangeable massage heads, illustrating their distinct shapes for various applications.

OPERATING INSTRUCTIONS

1. Power On/Off

- Press and hold the power button (usually located near the handle) for a few seconds to turn the device on.
- The indicator lights will illuminate, and the massager will start at the lowest intensity level.
- To turn off, press and hold the power button again.

2. Adjusting Intensity Levels

- Once powered on, press the "Gear Button" (or power button, depending on model) repeatedly to cycle through the 5 intensity levels.
- The indicator lights will show the current intensity level.
- Start with a lower intensity and gradually increase to a comfortable level.



Image: A close-up of the massager's control panel, illustrating the power supply button and gear button. It also details the 5-speed vibration frequency adjustment, ranging from 1000 RPM (Gentle intensity) to 2600 RPM (Powerful intensity), with corresponding RPM values for each gear.

3. Using Different Massage Heads

- **Ball Massage Head:** Suitable for arms, lower back, buttocks, thighs, and calves.
- **Flat Massage Head:** Ideal for massaging large muscle groups.
- **U-shaped Massage Head:** Designed for shoulders, Achilles tendons, and other specific areas.
- **Bullet Massage Head:** Best for impacting deep tissues, such as palms and soles.

4. Application

- Apply the massager to the desired muscle area.
- Move the massager slowly over the muscle, applying gentle pressure.
- Avoid using on bony areas or directly on joints.

- Limit each massage session to 15-20 minutes per muscle group.

MAINTENANCE

Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the massager with a soft, damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Allow the device to air dry completely before storing or recharging.

Storage

- Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep the device and its accessories in a safe place to prevent damage.

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 depleted.	Recharge the device.
Massage head is loose.	Head not properly attached.	Ensure the massage head is pushed in securely.
Unusual noise or vibration.	Internal malfunction.	Discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Model Name	PPM3502G
Brand	Philips
Item Weight	500 Grams
Product Dimensions (L x W x H)	38L x 35W x 21H centimeters
Battery Life	Up to 270 minutes
Intensity Levels	5
Strike Depth	Up to 10mm
Material	ABS Construction
Special Features	Cordless, Lightweight, Rechargeable






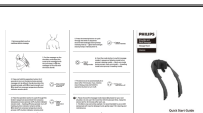
WARRANTY AND SUPPORT

Philips products are manufactured to the highest quality standards. For warranty information and customer support, please refer to the warranty card included with your purchase or visit the official Philips website. Keep your proof of purchase for warranty claims.

For technical assistance or service inquiries, please contact Philips customer support through their official channels.

© 2025 Philips. All rights reserved.

Related Documents - PPM3502G

	<p>Philips Mini Massage Gun PPM7303 User Manual</p> <p>Comprehensive user manual for the Philips Mini Massage Gun PPM7303, covering product features, operation, maintenance, troubleshooting, and warranty information.</p>
	<p>Philips Shoulder and Neck Massager PPM3522 User Manual</p> <p>User manual for the Philips Shoulder and Neck Massager, model PPM3522. Provides instructions on operation, maintenance, troubleshooting, and warranty information.</p>
	<p>Philips PPM7502 Sports Massage Gun User Manual</p> <p>Comprehensive user manual for the Philips PPM7502 Sports Massage Gun, covering product function, parts, usage instructions, charging, maintenance, troubleshooting, and warranty information.</p>
	<p>Philips Massage Back Brace PPM4361 User Manual</p> <p>User manual for the Philips Massage Back Brace (PPM4361), detailing features, operation, maintenance, troubleshooting, technical specifications, and warranty information.</p>
	<p>Philips PPM3322 Neck and Shoulder Massager User Manual</p> <p>User manual for the Philips PPM3322 Neck and Shoulder Massager, providing instructions on usage, maintenance, troubleshooting, and warranty information.</p>
	<p>Philips PPM3522 Shoulder and Neck Massager Quick Start Guide</p> <p>Concise guide for the Philips PPM3522 Shoulder and Neck Massager. Learn how to use modes, adjust heat and intensity, and maintain your device for optimal comfort and relaxation.</p>