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› F FIWENE EMS Foot Massager for Neuropathy (FSA/HSA Eligible) User Manual

F FIWENE AST-300J

F FIWENE EMS Foot Massager Instruction Manual

Model: AST-300J

INTRODUCTION

The F FIWENE EMS Foot Massager is an advanced device designed to provide relief from various foot and body discomforts using Electrical Muscle Stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) technologies. This manual provides essential information for the safe and effective operation of your device, including setup, usage guidelines, maintenance, and troubleshooting.



The F FIWENE EMS Foot Massager, featuring a central control panel, foot pads, four electrode pads, and a remote control for comprehensive muscle stimulation.

Safety Information

Please read all safety warnings and instructions before using this device. Failure to do so may result in injury or device malfunction.

- Always start with the lowest intensity for the first use.
- Refer to the LCD display screen for selected mode, output intensity, and time remaining.
- Do not use if you have a pacemaker or other electronic medical device.
- Do not use if you are pregnant or have a heart condition.

- Keep the device and electrode pads dry.
- Unplug the device when not in use.
- Do not use while sleeping or operating a vehicle.
- Keep out of reach of children.
- If you experience any discomfort or pain, stop using the device immediately and consult a healthcare professional.

WHO SHOULD NOT USE



This image provides important warnings, depicting individuals with conditions such as heart diseases, metal implants, hypertension, pregnancy, children, and open wounds, who should avoid using the device.

PACKAGE CONTENTS

Please check the box for the following items:

- 1 x EMS Foot Massager Machine
- 1 x Remote Control
- 4 x Electrode Pads
- 2 x Wire Cables for Electrode Pads
- 1 x Wall Plug (Power Adapter)
- 1 x Instruction Manual

WHO NEEDS A FOOT MASSAGER ?



For Elders/Promote Blood Circulation

For Ladies With High Heels/Relief Of Swollen Legs



Suitable For Sports Fatigue/
Relieving Muscle Stiffness

Plantar fasciitis &
Neuropathy/Pain Relief



The complete package contents are displayed, including the foot massager machine, remote control, instruction manual, two wire cables, wall plug, and four electrode pads.

SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Power Connection:** Connect the wall plug (power adapter) to the massager's power input port and then plug it into a standard electrical outlet.
3. **Electrode Pad Connection (Optional):** If using the electrode pads for other body areas, connect the wire cables to the massager's output ports and attach the pads to the desired body area. Ensure the skin is clean and dry for optimal adhesion.
4. **Placement:** Place the main foot massager unit on a flat, stable surface.

OPERATING INSTRUCTIONS

The F FIWENE EMS Foot Massager offers dual EMS and TENS technology with multiple modes and intensity levels for a personalized experience.

Using the Foot Massager Unit:

1. **Power On:** Press the ON/OFF switch on the main unit or remote control to turn on the device.
2. **Position Feet:** Place both bare feet on the main unit's Electrode Silicon Area.
3. **Select Mode:** Use the 'Mode Selection' key on the unit or remote to cycle through the 10 available modes. Each mode offers a different pulse pattern.
4. **Adjust Intensity:** Use the 'Intensity Modification' keys (+/-) to adjust the intensity level from 1 to 99. Start with the lowest intensity and gradually increase until a comfortable sensation is achieved.
5. **Monitor Display:** The LCD display will show the selected mode, current output intensity, and remaining time.
6. **Session Duration:** The device typically has a default session duration. You can adjust the time if an option is available, or simply use for the recommended duration.
7. **Power Off:** After use, press the ON/OFF switch to turn off the device.



This composite image shows the digital display of the foot massager indicating mode and intensity, a person's feet positioned correctly on the device, and the overall dimensions of the unit (Diameter 14.5 inch, Height 4.5 inch).

Using the Electrode Pads:

The 4 electrode pads can be used simultaneously with the foot massager or independently to target other body areas.

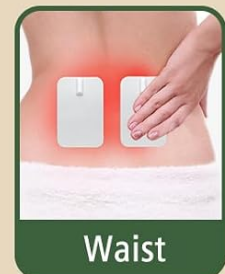
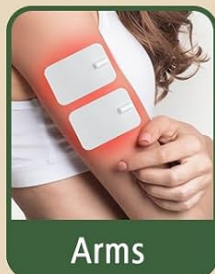
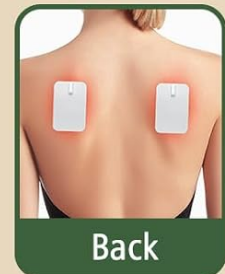
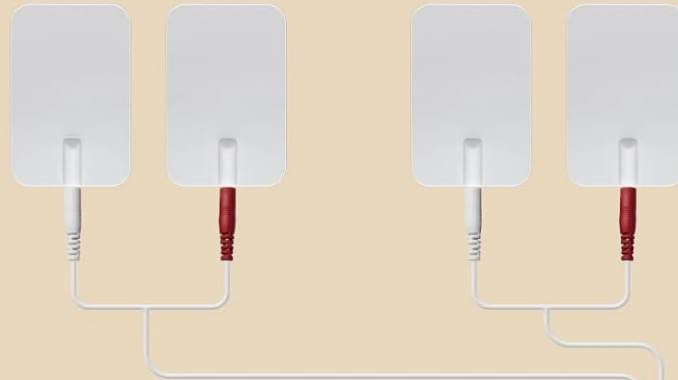
1. **Attach Pads:** Ensure the skin is clean and dry. Apply the electrode pads firmly to the desired area (e.g., calves, knees, back, shoulders, arms, neck).
2. **Connect Wires:** Plug the wire cables into the electrode pads and then into the designated ports on the main massager unit.
3. **Power On & Adjust:** Turn on the device. Select the desired mode and intensity using the controls. The intensity for the pads can be adjusted separately from the foot massage intensity if the device supports it, or it will be

synchronized.

4. **Remove Pads:** After use, gently peel off the electrode pads from your skin.

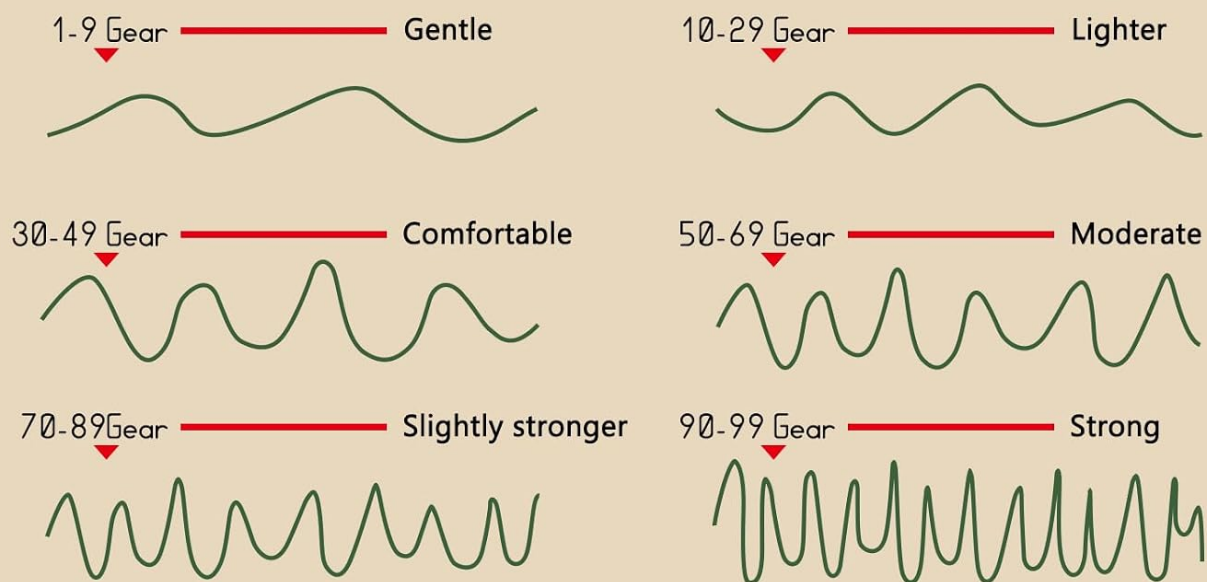
TENS Unit Muscle stimulator

4 PCS electrode pads for body pain relieve



This image demonstrates the versatile application of the four TENS electrode pads on various body parts including the neck, back, arms, waist, thighs, and calves for targeted pain relief.

LOW FREQUENCY FOOT MASSAGER



This chart details the 99 intensity levels of the low frequency foot massager, categorized from gentle (1-9 gear) to strong (90-99 gear), showing the waveform changes with increasing intensity.

CARE AND MAINTENANCE

- **Cleaning the Unit:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Electrode Pads:** After each use, place the electrode pads back on their protective film to maintain adhesiveness. If pads lose stickiness, gently clean them with a damp cloth and air dry. Replace pads when they no longer adhere well.
- **Storage:** Store the device and all accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Keep out of reach of children.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; Power outlet issue; Device malfunction.	Ensure power adapter is securely plugged into the unit and a working outlet. Try a different outlet. Contact customer support if issue persists.
No sensation or weak sensation.	Intensity too low; Feet not properly placed; Electrode pads not adhering well.	Increase intensity gradually. Ensure bare feet are fully on the silicon areas. For pads, ensure good skin contact and replace if needed.
Display not working.	Device malfunction.	Try restarting the device. If the problem continues, contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	14.5 x 14.5 x 5 inches
Item Weight	1.98 Pounds (approx. 2 Pounds)
Model Number	AST-300J
Brand	F FIWENE
Power Source	Corded Electric
Material	Plastic
Massage Modes	10
Intensity Levels	99

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or visit the official F FIWENE website. Keep your purchase receipt as proof of purchase for any warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question