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› Medcursor Hand Massager MD-HM01 Instruction Manual

Medcursor MD-HM01

Medcursor Hand Massager MD-HM01 Instruction Manual

Model: MD-HM01

1. INTRODUCTION

Thank you for choosing the Medcursor Hand Massager MD-HM01. This device is designed to provide targeted relief for hands and wrists through a combination of heat and compression therapy. It features multiple massage modes, intensity levels, and heat options to cater to individual preferences and needs. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: Medcursor Hand Massager MD-HM01. This image displays the main unit of the hand massager, showcasing its ergonomic design and control panel.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury or damage, please adhere to the following safety guidelines:

- Use with caution. Always start with lower intensity settings, especially for elderly users or individuals with sensitive skin.
- Consult a healthcare professional before using this device if you have any pre-existing medical conditions, including but not limited to diabetes, circulatory problems, nerve damage, or skin conditions.
- Do not use the massager on injured, swollen, inflamed, or irritated skin areas.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions.
- Keep the device away from water or excessive moisture. Do not immerse in liquids.
- Do not attempt to disassemble, repair, or modify the device yourself. Contact customer support for assistance.

- Keep out of reach of children and pets.
- Use only the provided charging cable and adapter.

3. PRODUCT FEATURES

The Medcursor Hand Massager MD-HM01 offers a range of features designed for optimal hand and wrist relaxation:

- **Tailor-Made Massage Comfort:** Features 6 selectable massage modes, 6 intensity levels, 3 timer settings (10/15/20 minutes), and 2 heat options for personalized therapy.
- **Soothing Heat Therapy:** Provides dual heat settings (Level 1: 104-110.6°F, Level 2: 116-122°F) to enhance blood flow, loosen tight muscles, and alleviate soreness and stiffness.
- **Airbag & Acupressure Massage:** Delivers comprehensive massage from palm to fingertips using upper and lower airbags for compression and bi-directional acupoint massage. Includes 7 acupressure beads for targeted relief.
- **Long-Lasting & Rechargeable:** Equipped with a 2500mAh battery, offering 70 to 180 minutes of use per charge depending on intensity. Rechargeable via Type-C for cordless convenience.
- **Wrist Compression:** Integrated wrist strap provides additional compression and support for the wrist area.



Image: Control Panel. This image highlights the intuitive control panel with clearly labeled buttons for power, mode, heat, timer, and intensity.

4. SETUP

4.1. Charging the Device

Before initial use, ensure the Medcursor Hand Massager is fully charged. The device uses a Type-C charging port.

1. Connect the provided Type-C cable to the charging port on the massager.
2. Plug the other end of the cable into a compatible DC 5V/2A adapter (not included) or a USB power source.
3. The indicator lights will show charging status. A full charge typically takes 3-3.5 hours.
4. Once fully charged, disconnect the charging cable.

4.2. Preparing for Use

To begin your massage session:

1. Ensure the device is placed on a stable, flat surface. The anti-slip suction cups on the bottom help secure it.
2. Gently slide your hand into the massager, ensuring your palm is facing down and your fingers are comfortably positioned.
3. Adjust the wrist strap for a snug but comfortable fit around your wrist.

5. OPERATING INSTRUCTIONS

Follow these steps to operate your Medcursor Hand Massager:

1. **Power On/Off:** Long press the Power button for 3 seconds to turn the machine on or off. The blue light will illuminate when on. Short press the button to pause or restart the massage.
2. **Select Massage Mode:** Press the 'M' (Mode) button to cycle through the 6 available massage modes. Each mode offers a unique combination of compression and acupressure.
3. **Adjust Intensity Level:** Press the '|||' (Intensity) button to select from 6 intensity levels. It is recommended that first-time users and individuals with sensitive skin start with mode 2 at intensity level 1.
4. **Choose Heat Setting:** Press the '☺' (Heat) button to select between 2 heat levels (Level 1: 104-110.6°F, Level 2: 116-122°F) or turn the heat off.
5. **Set Timer:** Press the '⌚' (Timer) button to choose a massage duration of 10, 15, or 20 minutes. The device will automatically shut off after the selected time.
6. **Acupressure Beads:** The massager features 7 acupressure beads. For a gentle therapy, position your fingers next to the beads. For a stronger effect, place your fingers directly over the beads.

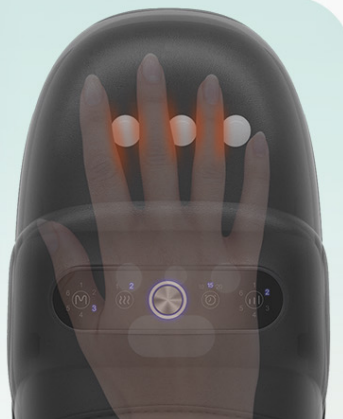
Acupressure Beads

Dual-Purpose Design for Unparalleled Comfort and the Ultimate Relaxation

Zone Design:

Fingers next to beads for gentle therapy

👉 Ideal for beginners and the pain-sensitive



Enhanced Massage:

Fingers over beads for a stronger effect

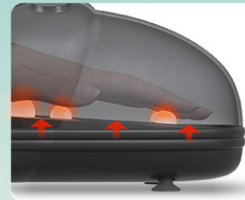


Image: Acupressure Beads Usage. This diagram shows how to position your hand for different acupressure intensities.

6. MAINTENANCE

Proper care and maintenance will extend the lifespan of your Medcursor Hand Massager:

- **Cleaning:** Wipe the exterior of the device with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals. Ensure the device is completely dry before storage or next use.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Damage:** Do not place heavy objects on the device. Avoid dropping or subjecting it to strong impacts.

7. TROUBLESHOOTING

If you encounter any issues with your Medcursor Hand Massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait for the battery indicator to show sufficient charge.
- **No compression or weak massage:** Check the selected intensity level. Increase the intensity if needed. Ensure your hand is properly positioned inside the massager and the wrist strap is snug.
- **Heat not working:** Verify that a heat level (Level 1 or 2) is selected. Allow a few minutes for the heat to become noticeable.
- **Unusual noises:** If you hear unusual noises, immediately turn off the device and contact customer support.

For further assistance, please contact Medcursor customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	MD-HM01
Product Dimensions	11.81 x 6.69 x 5.91 inches
Item Weight	2.31 Pounds
Power Source	Battery Powered (Rechargeable)
Battery Capacity	2500mAh
Heat Levels	2 (104-110.6°F, 116-122°F)
Massage Modes	6
Intensity Levels	6
Timer Settings	10, 15, 20 minutes
Material	Polyurethane
Manufacturer	Medcursor

Made to Fit Most Hand Sizes



Image: Product Dimensions. This image provides detailed measurements and fit guidance for various hand sizes.

9. WARRANTY AND SUPPORT

The Medcursor Hand Massager MD-HM01 comes with a 12-month warranty. If you encounter any issues with the product, please contact Medcursor customer support for friendly and timely assistance.

Legal Disclaimer: 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. This device is intended for personal, non-medical use to provide comfort and relaxation.

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