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› TISSCARE Foot Massager Model 212ZLJ-PL Instruction Manual

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INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your TISSCARE Foot Massager Model 212ZLJ-PL. Please read this manual thoroughly before operating the device and retain it for future reference. This foot massager is designed to provide a simulated hands massage experience with heat therapy for your feet, ankles, and calves.

SAFETY INFORMATION

Important Safety Instructions:

- Always read and follow the user manual for safe operation.
- Keep the power cord away from water and heat sources.
- Do not use the massager if you have any medical conditions or injuries that could be affected by massage.
- Consult a doctor before use if you are pregnant, have a heart condition, or any other serious health condition.
- Keep the massager out of reach of children and pets.
- Unplug the massager when not in use.

PRODUCT OVERVIEW

The TISSCARE Foot Massager Model 212ZLJ-PL is engineered to deliver a deep kneading shiatsu massage with optional heat. It features an adjustable support bar for versatile use on feet, ankles, and calves.



Image 1: The TISSCARE Foot Massager Model 212ZLJ-PL, showcasing its design, integrated control panel, and included remote control.

Key Features:

- **Simulated Hands Massage:** Incorporates 4 simulated hands, 10 rollers, and 96 nodes to replicate kneading, scraping, rolling, and Shiatsu massage techniques.
- **Adjustable Intensity:** Offers 3 intensity levels for a personalized massage experience.
- **Adjustable Timer:** Customizable massage sessions from 5 to 30 minutes.
- **360° Adjustable Support Bar:** Allows for targeting various muscle groups in the feet, ankles, or calves. Doubles as a carry handle.
- **Heat Therapy:** Features an advanced heating system with two levels: intermittent heat (approx. 104°F) and constant heat (approx. 125°F).
- **Remote Control:** For convenient operation, especially for users with mobility challenges.
- **Detachable Foot Sleeves:** Breathable foot sleeves are removable and washable for hygiene.

Relaxing your feet calves and ankles

Adjustable bar for multiple positions to massage different parts

Push 2 buttons together



Image 2: A user demonstrating the adjustable support bar feature, positioning the massager to target the calves for relaxation.

SETUP

1. **Unpacking:** Carefully remove the foot massager and all accessories from the packaging.
2. **Placement:** Place the massager on a flat, stable surface. Ensure there is enough space around the unit for comfortable use.
3. **Power Connection:** Plug the power cord into a standard electrical outlet. The built-in power cord bracket at the bottom of the unit can be used for convenient storage when not in use.
4. **Adjusting the Support Bar:** The 360° adjustable support bar can be rotated to different angles. Push the two buttons on the sides of the bar simultaneously to adjust its position for massaging feet, ankles, or calves. Release the buttons to lock it in place.

OPERATING INSTRUCTIONS

The TISSCARE Foot Massager can be operated using the integrated control panel or the included remote control.



Image 3: Detailed view of the control panel and remote control, illustrating the various function buttons.

Control Panel & Remote Functions:

- **Power On/Off:** Press the power button to turn the unit on or off.
- **Speed/Intensity:** Adjusts the massage intensity (3 levels).
- **Auto Mode:** Cycles through pre-programmed massage modes.
- **Time:** Sets the massage duration (5-30 minutes).
- **Heating:** Activates or deactivates the heat function. Toggles between low (intermittent) and high (constant) heat levels.
- **Direction:** Changes the direction of the massage rollers.



Image 4: This image highlights the various adjustable settings including remote control, timer, 360° adjustability, and multiple intensity levels for a customized massage.

Using the Heat Function:

The massager offers two heat levels:

- **Low Heat:** Provides intermittent warmth, reaching approximately 104°F.
- **High Heat:** Provides constant warmth, reaching approximately 125°F.

Press the 'Heating' button to cycle through off, low heat, and high heat settings.

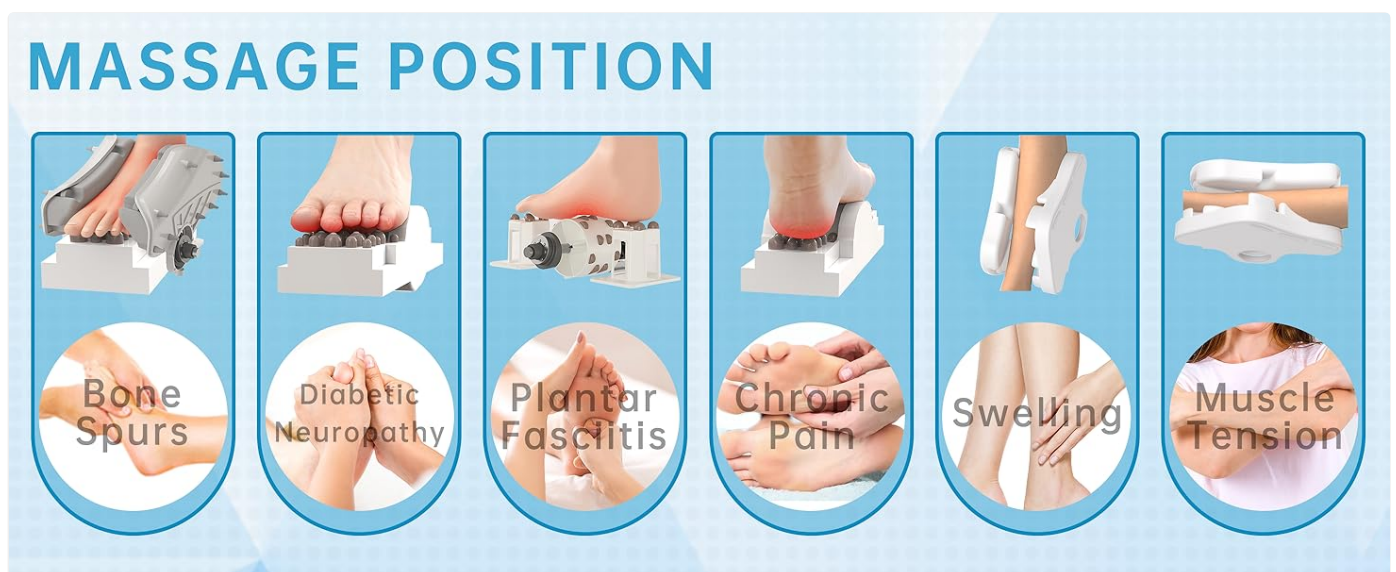


Image 5: Illustrates the two heating levels available on the TISSCARE foot massager: Low (up to 104°F) and High (up to 125°F).

MAINTENANCE

- **Cleaning the Unit:** Unplug the massager before cleaning. Wipe the exterior with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Cleaning Foot Sleeves:** The breathable foot sleeves are detachable and can be unzipped for cleaning. Hand wash or machine wash on a gentle cycle with mild detergent. Air dry completely before reattaching.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight. Use the built-in power cord bracket for tidy storage of the cord.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Power cord not properly connected. No power from outlet.	Ensure power cord is securely plugged into both the unit and a working electrical outlet. Test the outlet with another device.
Massage rollers stop or are weak.	Overload or obstruction.	Remove feet from the unit and check for any obstructions. Reduce pressure on the rollers. Turn off and restart the unit.
Heat function is not working.	Heat function not activated.	Press the 'Heating' button on the control panel or remote to activate. Allow a few minutes for the heat to become noticeable.
Remote control is not working.	Dead battery. Obstruction between remote and unit.	Replace the remote control battery. Ensure there is a clear line of sight between the remote and the massager's sensor.

SPECIFICATIONS

- **Brand:** TISSCARE
- **Model Number:** 212ZLJ-PL
- **Product Dimensions:** 22.9 x 14.6 x 9.5 inches
- **Item Weight:** 14 Pounds
- **Power Source:** Corded Electric
- **Material:** Acrylonitrile Butadiene Styrene
- **Foot Size Compatibility:** Fits up to men's US size 13

WARRANTY AND SUPPORT

TISSCARE provides a worry-free warranty for this product. All TISSCARE foot massagers are safety certified. If you have any questions, suggestions, or require assistance with your TISSCARE Foot Massager, please contact our professional customer service team.

For customer support, please visit the [TISSCARE-US seller page on Amazon](#) or refer to the contact information provided with your product packaging.

