Atlodas B0DX287THT

Atlodas Heated Knee Massager User Manual

Model: B0DX287THT

Introduction

This manual provides detailed instructions for the safe and effective use of your Atlodas Heated Knee Massager. Please read this manual thoroughly before first use and retain it for future reference.
The Atlodas Heated Knee Massager is designed to provide heat therapy and vibration massage for the knee, shoulder, and elbow areas, offering comfort and promoting relaxation.



Image: The Atlodas Heated Knee Massager applied to a knee, illustrating its heating function.

Safety Information

Before using this product, please observe the following safety precautions:

- Consult a physician before use if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, swollen areas, or skin irritations.
- Do not immerse the device in water.
- Keep out of reach of children.
- Do not use while sleeping.
- The device features an automatic shut-off to prevent overheating. Do not override this safety feature.
- Do not use while charging.

Package Contents

- Atlodas Heated Knee Massager Unit
- Type-C Charging Cable
- 2 Extension Straps
- User Manual

Setup

Charging the Device

Before initial use, fully charge the device. Connect the provided Type-C charging cable to the charging port on the control unit and to a compatible USB power source (e.g., wall adapter, computer USB port). The battery indicator on the display will show charging status.



Image: The control unit with the Type-C charging cable connected, indicating the charging method.

A full charge typically takes approximately 3-4 hours. The device has a built-in 3000 mAh rechargeable battery, providing cordless operation.

Wearing the Massager

The massager is designed for use on the knee, shoulder, or elbow. Adjust the Velcro straps to ensure a snug yet comfortable fit. Use the included extension straps if needed for larger limbs.

- **For Knee:** Position the massager over the knee joint, ensuring the heating and vibration elements are centered. Secure with straps.
- **For Shoulder:** Wrap the massager around the shoulder, using the extension straps if necessary, to cover the desired area.
- **For Elbow:** Place the massager around the elbow joint and secure the straps.



Image: Demonstrates the versatility of the massager for use on the knee, elbow, and shoulder.

Operating Instructions

Control Panel Overview

The control unit features buttons for power, heating, vibration, and timer settings, along with a digital display.



Image: Detailed view of the control panel, highlighting temperature settings and vibration modes.

Power On/Off

- Press and hold the Power button to turn the device on or off.

Heating Function

The device offers 6 heating levels:

- **Low:** 45-50°C (113-122°F)
- **Mid:** 55-60°C (131-140°F)
- **High:** 65-70°C (149-158°F)

Press the Heating button repeatedly to cycle through the available temperature settings. The current temperature will be displayed.

Vibration Massage Function

The device offers 3 vibration modes:

- **Low**
- **Mid**
- **High**

Press the Vibration button repeatedly to cycle through the available vibration modes. The selected mode will be indicated on the display.

Timer Setting

The device includes a timer function for controlled usage. Press the Timer button to set the desired operating duration. The device will automatically shut off once the timer expires.

Switching Temperature Units (Celsius/Fahrenheit)

To switch between Celsius (°C) and Fahrenheit (°F) temperature readings, press both the Heating and Timing buttons simultaneously for 5 seconds.

Maintenance

Cleaning

The massager is made of soft and breathable neoprene material. To clean the device:

- Ensure the device is turned off and unplugged from any power source.
- **Do not machine wash.**
- Carefully hand wash the fabric portion with a mild detergent and lukewarm water.
- Avoid getting water into the control unit or the USB-C charging port.
- Allow the device to air dry completely before storing or next use.

Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it away from sharp objects that could damage the fabric or internal components.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided Type-C cable.
No heat or weak heat.	Heating level set too low; device not properly positioned.	Increase the heating level. Ensure the massager is snugly fitted to the body part.
Vibration is weak or not felt.	Vibration mode set too low; device not properly positioned.	Increase the vibration mode. Note that vibration intensity can vary based on individual perception. Ensure the massager is snugly fitted.
Device automatically shuts off.	Timer has expired; overheating protection activated.	Check the timer setting. If due to overheating, allow the device to cool down before resuming use.
Unusual odor upon first use.	New product odor (e.g., neoprene material).	This is normal for new products. The odor should dissipate within a few days of airing out.

Specifications

Model	B0DX287THT
Brand	Atlodas
Material	Neoprene
Battery Capacity	3000 mAh (Rechargeable)
Heating Levels	6 (approx. 45-70°C / 113-158°F)
Vibration Modes	3
Timer Settings	Available (specific durations not provided)
Charging Port	Type-C
Item Weight	0.42 Kilograms (approx. 14.89 ounces)
Package Dimensions	9.84 x 6.57 x 2.05 inches

Warranty and Support

Warranty Information

Specific warranty details for the Atlodas Heated Knee Massager are not provided in this manual. Please refer to the product packaging or contact the manufacturer directly for warranty terms and conditions.

Customer Support

For any questions, concerns, or technical assistance regarding your Atlodas Heated Knee Massager, please contact Atlodas customer support through their official website or the seller from whom the product was purchased.

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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

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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