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## Medisana MEDHK-LM 990-US

# Medisana Leg Compression Massager (Model MEDHK-LM 990-US) Instruction Manual

Model: MEDHK-LM 990-US | Brand: Medisana

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Medisana Leg Compression Massager. This device is designed to provide air compression massage to your feet, calves, and thighs, aiding in circulation, muscle recovery, and temporary pain relief. Please read all instructions carefully before operation and retain this manual for future reference.

## 2. SAFETY INFORMATION

- Do not use the device while it is charging.
- Adjust pressure settings according to your comfort level to avoid over-contraction.
- Utilize the emergency stop button for instant deflation if discomfort occurs.
- 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 not a medical device for diagnosis or treatment.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, especially those related to circulation, blood clots, heart conditions, or skin conditions.
- Keep out of reach of children.

## 3. WHAT'S INCLUDED

Your Medisana Leg Compression Massager package includes the following components:

- 2x Air Compression Full Leg Massager Boots
- 1x Controller Unit
- 1x Adapter (Charger)
- 1x Instruction Manual (this document)
- 1x Product Storage Bag



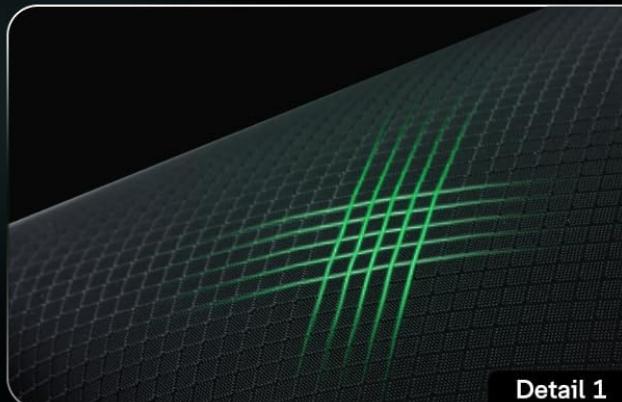
Image: Overview of the Medisana Leg Compression Massager, including the two leg boots, controller, and storage bag.

## 4. SETUP AND ASSEMBLY

- 1. Charge the Controller:** Before first use, fully charge the controller unit using the provided adapter. The built-in 2200mAh battery provides up to 3 hours of cordless use. The device cannot be used while charging.
- 2. Wear the Leg Boots:** Unzip the full leg massager boots. Slide your legs into the boots, ensuring your feet are comfortably positioned. Zip up the boots securely. The zippered design allows for easy application and removal.
- 3. Connect Hoses:** Connect the air hoses from each leg boot to the corresponding ports on the controller unit. Ensure a secure connection to prevent air leakage.

# Humanized Customized Experience

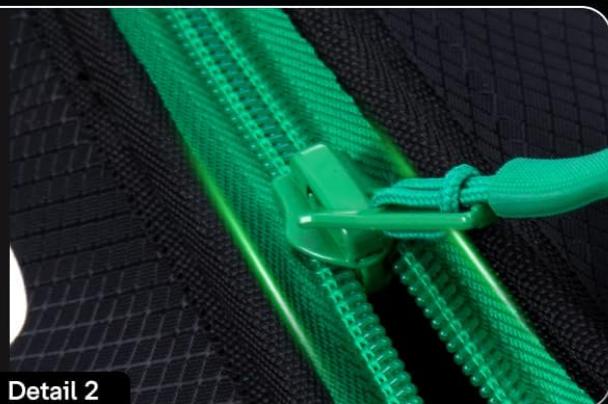
A thoughtful gift for your family and friends



## Breathable nylon

Improved comfort  
durability and dynamics

Detail 1



## Full leg zipper

Quick on and off, saving time and effort

Detail 2



## Top hook design

Hanging storage, saving space

Detail 3

Image: Close-up of the leg boots highlighting the full leg zipper for easy wearing and the top hook design for convenient storage.



## One Size Fits Most People

The whole family worked together to legs recovery

Position	Size
Inseam	Max 34 inches
Upper Thigh	Max 29 inches

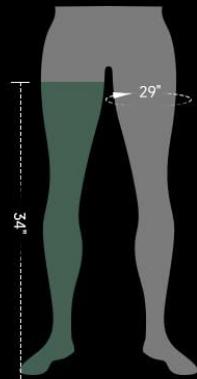


Image: Diagram illustrating the dimensions of the leg boots, indicating a maximum inseam of 34 inches and an upper thigh circumference of up to 29 inches, designed to fit most users.

## 5. OPERATING INSTRUCTIONS

The Medisana Leg Compression Massager offers customizable settings for a personalized experience.

### 5.1. Controller Overview

# Emergency Stop Button

Medisana Safety protection

The airbag deflates immediately and quickly, providing safety protection

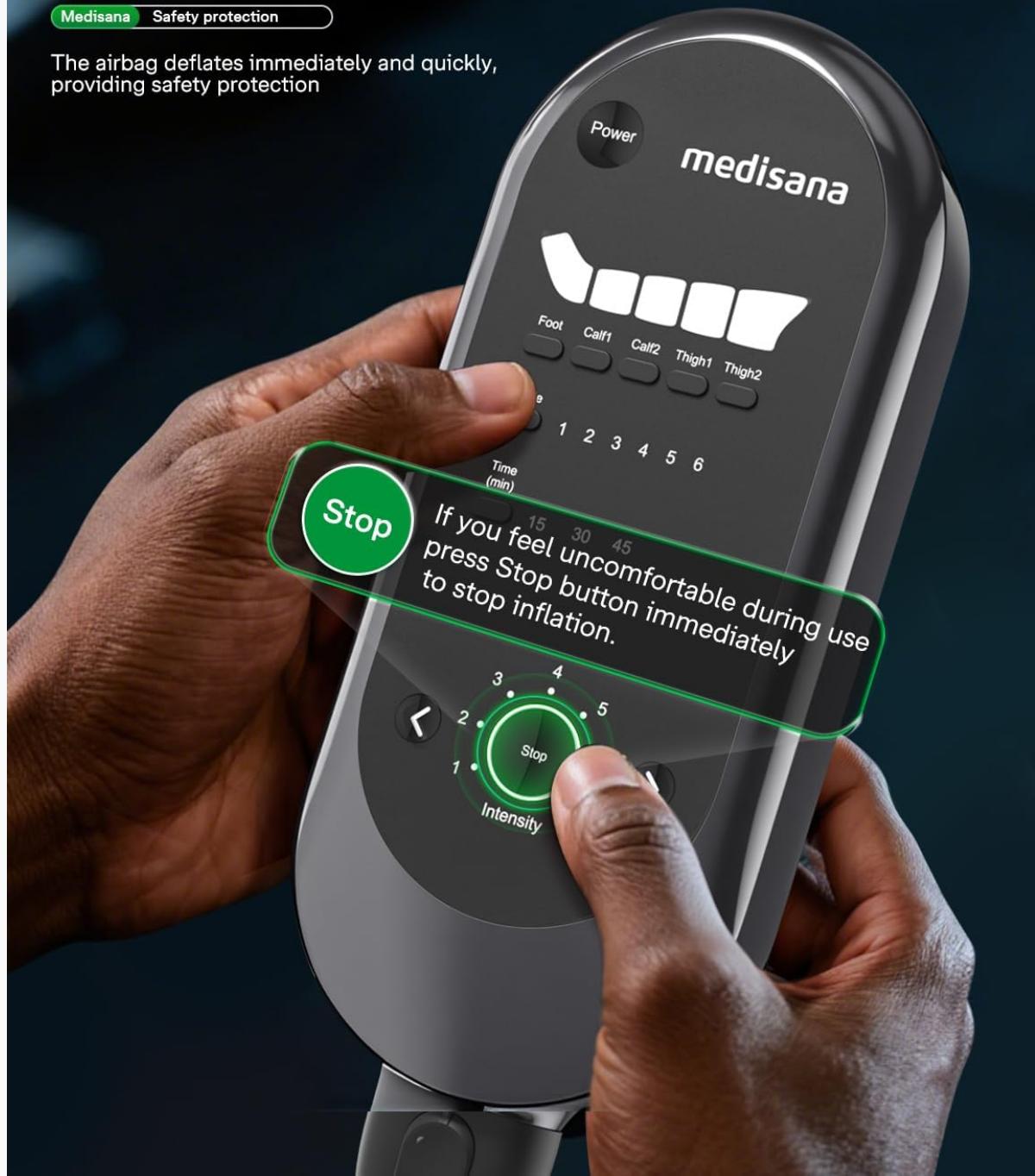
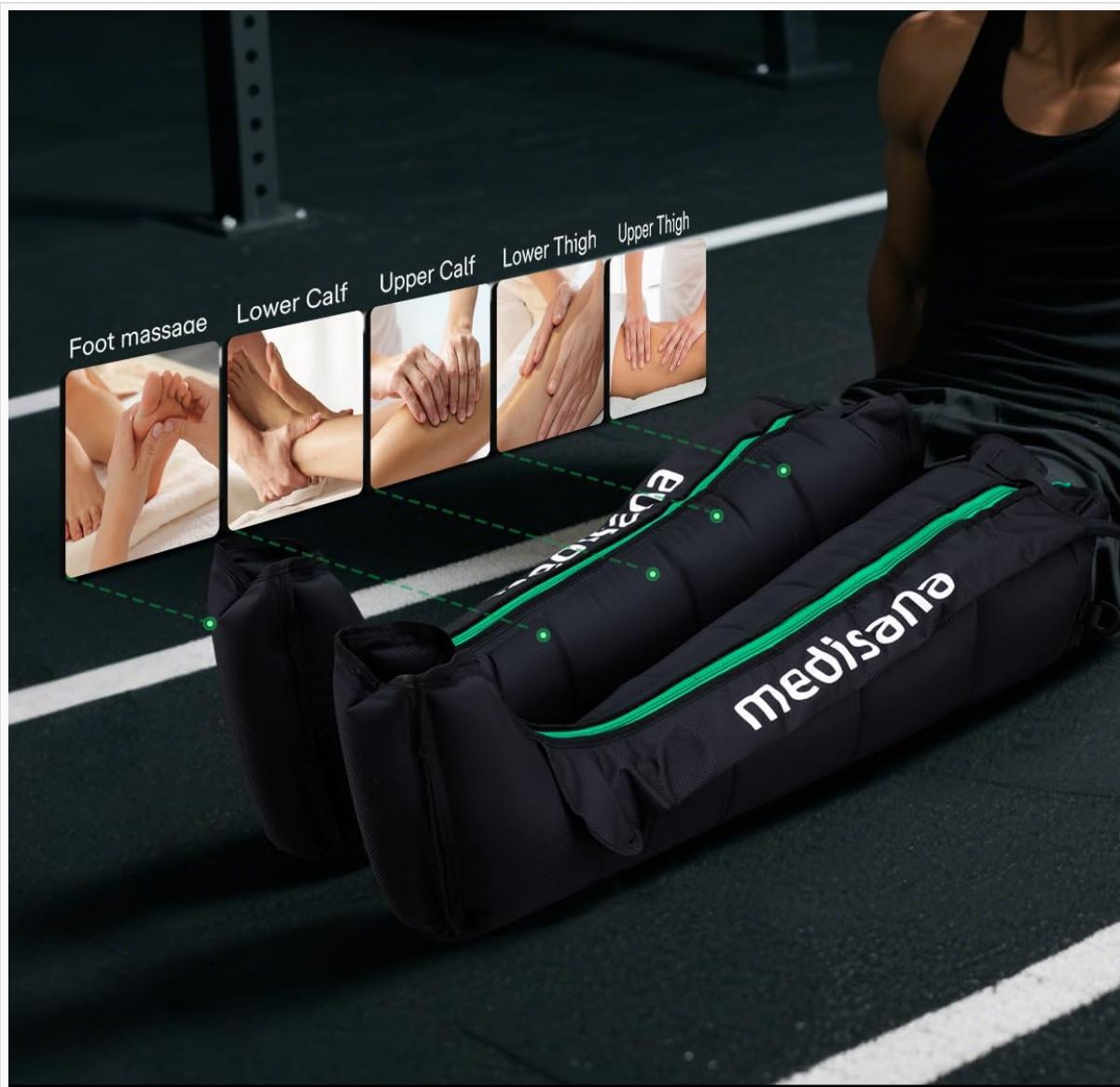


Image: Close-up of the controller unit, highlighting the emergency stop button and various control options for modes, intensity, and timer.

- **Power Button:** Press and hold to turn the device ON/OFF.
- **Mode Selection:** Choose from 6 specialized massage modes (1-6). Each mode offers a different compression sequence.
- **Intensity Adjustment:** Select from 7 adjustable pressure levels (50-200 mmHg) using the arrow buttons. New users are recommended to start at a lower intensity.
- **Timer Settings:** Set the massage duration to 15, 30, or 45 minutes. The device will automatically shut off after the selected time.
- **Emergency Stop Button:** Press this button for instant deflation and to stop the massage at any time.

## 5.2. Compression Zones and Modes

The massager features 5 independent airbags for 360° full leg compression, targeting the feet, lower calves, upper calves, lower thighs, and upper thighs.



## 5 ZONES CUSTOMISED COMPRESSION MASSAGE

Customize massage time & compression for the entire calf



Automatic Full Leg Massage



Individual Zone Massage

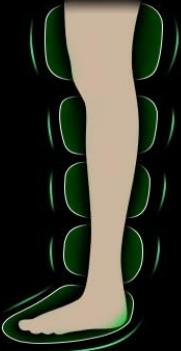


Image: Visual representation of the 5 compression zones (foot, lower calf, upper calf, lower thigh, upper thigh) and options for automatic full leg massage or individual zone massage.

The 6 compression modes allow for varied massage experiences:

# 6 COMPRESSION MODES

## MODE 1:



## MODE 2:



## MODE 3:



## MODE 4:



## MODE 5:



## MODE 6:



MODE 2 + MODE 3 + MODE 4 + MODE 5

Image: Graphical display of the 6 distinct compression modes, illustrating how different segments of the leg boots inflate and deflate in each mode.

### 5.3. Intensity Levels

Choose the intensity that best suits your needs, from gentle compression to deep pressure recovery.

# 7 Compression Intensities

Whether you prefer gentle squeezes or deep high pressure recovery

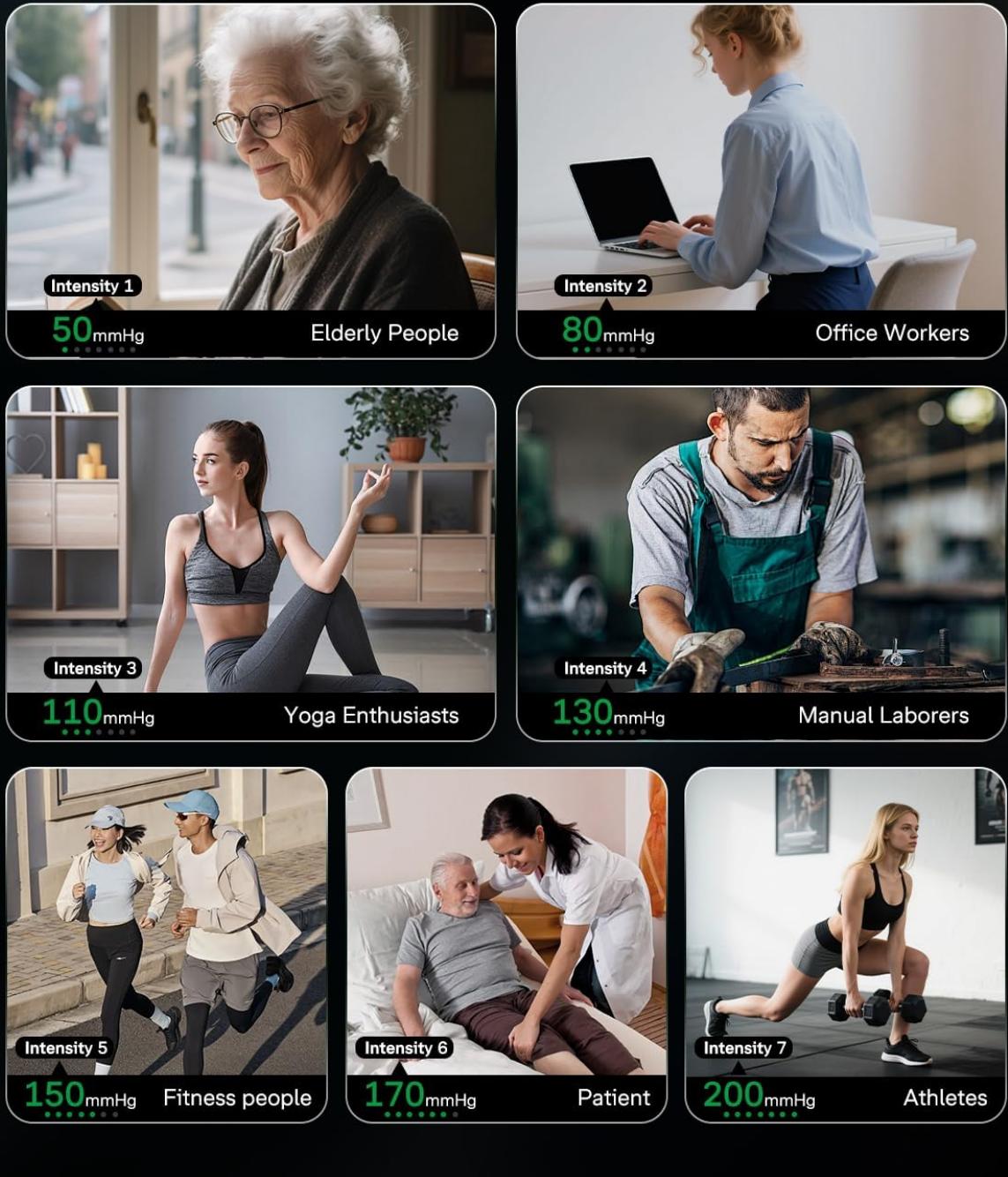


Image: Chart depicting 7 compression intensity levels ranging from 50 mmHg to 200 mmHg, with suggested user types for each level (e.g., elderly people, office workers, athletes).

## 6. MAINTENANCE

- Cleaning:** Wipe the surface of the leg boots and controller unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Storage:** After use, ensure the device is turned off and disconnected. Store the leg boots and controller in the provided storage bag in a cool, dry place, away from direct sunlight. The top hook design facilitates easy hanging storage.
- Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in constant use.

## 7. TROUBLESHOOTING

If you encounter any issues with your Medisana Leg Compression Massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the battery is charged. Connect the adapter and allow it to charge for at least 30 minutes before attempting to power on again.
- **No compression or weak compression:** Check that all air hoses are securely connected to both the boots and the controller. Ensure the boots are zipped up completely. Increase the intensity level on the controller.
- **Uncomfortable pressure:** Immediately press the emergency stop button to deflate the boots. Reduce the intensity level before restarting the massage.
- **Unusual noise:** If you hear any unusual noises, turn off the device immediately and check all connections. If the noise persists, discontinue use and contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Medisana
Model Number	MEDHK-LM 990-US
Product Dimensions	10.2 x 8.4 x 17.5 inches (packaged); 34" L x 13.8" W x 5.5" H (boots)
Item Weight	9.92 Pounds (4.5 Kilograms)
Power Source	Battery Powered (Built-in 2200mAh)
Battery Type	1x 9V battery required (for controller, likely internal rechargeable)
Material	Plastic, Breathable Nylon
Compression Intensities	7 levels (50-200 mmHg)
Massage Modes	6 modes
Timer Options	15, 30, 45 minutes
Manufacturer	Medisana

## 9. WARRANTY AND SUPPORT

Medisana offers a 2-year limited warranty on this product. For technical support or warranty claims, please contact Medisana customer service. Refer to the contact information provided in your product packaging or visit the official Medisana website.

Additional protection plans may be available for purchase separately:

- 2-Year Protection Plan
- 3-Year Protection Plan
- Complete Protect Plan (monthly billing)

## Related Documents - MEDHK-LM 990-US

	<p><a href="#"><b>Medisana NM 990 Cordless Neck Massager User Manual</b></a></p> <p>This user manual provides instructions for the Medisana NM 990 Cordless Neck Massager, covering device features, safety precautions, operation, maintenance, and troubleshooting. It details how to use the massager for neck and shoulder relief, including intensity levels, massage direction, and heat function.</p>
	<p><a href="#"><b>Medisana MG 500 Handheld Massager Instructions</b></a></p> <p>This document provides comprehensive instructions for the safe and effective use of the Medisana MG 500 handheld massager, including safety precautions, operating instructions, maintenance, and warranty information.</p>
	<p><a href="#"><b>Medisana HM 300 Mini Handheld Massager - Safety and Usage Guide</b></a></p> <p>Essential safety instructions and product information for the Medisana HM 300 Mini Handheld Massager. Learn about proper usage, precautions, and care.</p>
	<p><a href="#"><b>Medisana HM 330 Mini Massager User Manual</b></a></p> <p>This document provides comprehensive safety instructions, usage guidelines, cleaning and care information, and disposal instructions for the Medisana HM 330 Mini Massager.</p>
	<p><a href="#"><b>Medisana MCH Massage Seat Cover - User Manual &amp; Safety Instructions</b></a></p> <p>Comprehensive user guide and safety instructions for the Medisana MCH Massage Seat Cover. Learn about its features, components, safe operation, and proper disposal.</p>
	<p><a href="#"><b>Medisana NM 868 Neck Massager User Manual and Safety Instructions</b></a></p> <p>Comprehensive user manual and safety guidelines for the Medisana NM 868 neck massager. Learn about its features, operation, safety precautions, battery handling, and disposal instructions.</p>