

**B0F99CQ491**

## Generic 3-in-1 Foot & Ankle Massager User Manual

Model: B0F99CQ491

### 1. INTRODUCTION

Thank you for choosing the Generic 3-in-1 Foot & Ankle Massager. This device is designed to provide targeted relief for foot and ankle discomfort through a combination of heat therapy and vibration massage. It is portable, wireless, and rechargeable, making it suitable for use at home, in the office, or while traveling. Please read this manual thoroughly before use to ensure safe and effective operation.

### 2. SAFETY INFORMATION

- Do not use this device if you have open wounds, skin irritations, or severe circulatory problems. Consult a physician before use if you have any pre-existing medical conditions.
- Keep the device away from water and excessive moisture.
- Do not disassemble or attempt to repair the device yourself. Contact customer support for assistance.
- The device features overheating protection. If it becomes excessively hot, it will automatically shut off. Allow it to cool down before resuming use.
- Keep out of reach of children.
- Use only the provided USB-C charger.

**Legal Disclaimer:** Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

### 3. PACKAGE CONTENTS

- 1 x 3-in-1 Foot & Ankle Massager
- 1 x USB-C Charging Cable
- 1 x User Manual (this document)

### 4. PRODUCT OVERVIEW

The 3-in-1 Foot & Ankle Massager combines heat and vibration functions in a portable, adjustable design. It features an integrated control panel with a liquid crystal display for easy operation.



*Image: The 3-in-1 Foot & Ankle Massager, showing its main unit, control panel, and included USB-C charging cable.*

## Control Panel



Strong adhesive buckle  
Firmly wrap around the ankle

liquid crystal display  
key operation



Safer materials  
Durable Comfort

*Image: A detailed view of the massager's control panel, highlighting the liquid crystal display and the three control buttons for heat, power, and vibration.*

- **Power Button (Center):** Press and hold to turn the device on or off. Short press to cycle through modes or confirm selections.
- **Heat Button (Left, Sun/Gear icon):** Adjusts heat levels.
- **Vibration Button (Right, SSS icon):** Adjusts vibration modes.

### Materials and Design

The massager is constructed with hypoallergenic cotton material for comfort and durability. It features a strong adhesive buckle for a secure fit around the ankle or foot. The internal design includes elements for effective heat and vibration delivery.



*Image: The massager unfolded, showcasing its soft interior fabric, stitching, and the secure adhesive buckle for adjustable wear.*

## 5. SETUP

### 5.1 Charging the Device

1. Connect the provided USB-C charging cable to the charging port on the massager.
2. Plug the other end of the USB-C cable into a compatible USB power adapter (not included) or a computer USB port.
3. The display will indicate charging status. A full charge provides approximately 4 hours of use.

4. Ensure the device has sufficient battery before initial use.

## 5.2 Applying the Massager

1. Unfold the massager.
2. Place the electric ankle protector around your ankle or foot, ensuring the control panel is accessible.
3. Secure the massager using the strong adhesive buckle for a snug yet comfortable fit.

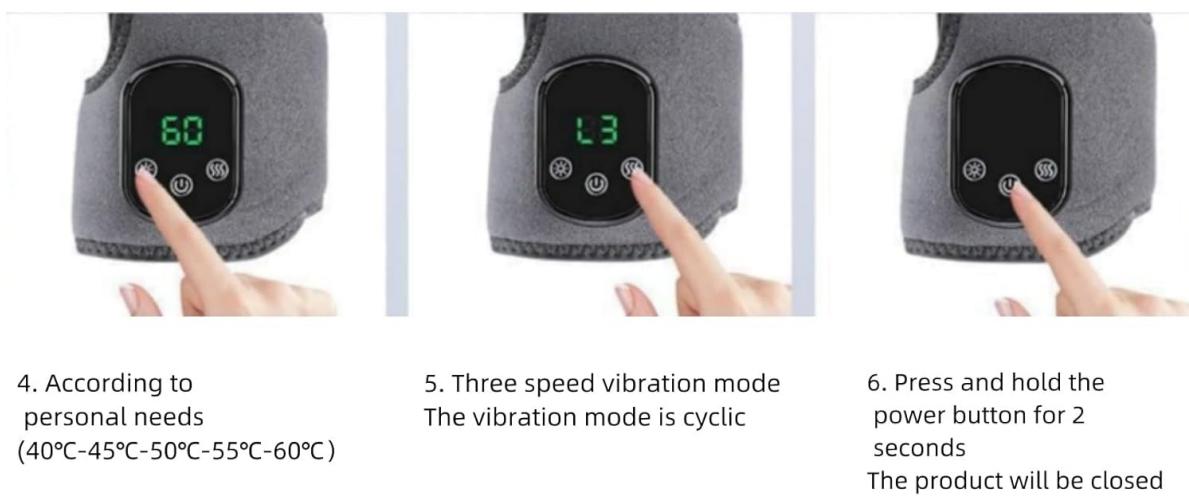
# Usage steps



1. Please check before use  
Does the product have  
sufficient electricity

2. Place the electric ankle  
protector on the ankle

3. Press the power  
button to start for 2  
seconds



4. According to  
personal needs  
(40°C-45°C-50°C-55°C-60°C)

5. Three speed vibration mode  
The vibration mode is cyclic

6. Press and hold the  
power button for 2  
seconds  
The product will be closed

*Image: Visual guide demonstrating the initial steps of using the massager, including checking battery, positioning on the ankle, and pressing the power button.*

## 6. OPERATION

The massager offers 5 heat levels and 3 vibration modes for a customizable experience.

Imitate traditional Chinese massage  
Suitable for different groups of people



*Image: Diagram showing the availability of 5 heating levels and 3 massage levels for personalized therapy.*

## 6.1 Powering On/Off

1. To turn on, press and hold the Power Button (center) for 2 seconds. The display will light up.
2. To turn off, press and hold the Power Button for 2 seconds again.

## 6.2 Adjusting Heat Levels

1. With the device powered on, press the Heat Button (left, Sun/Gear icon) to cycle through the 5 heat levels.
2. The display will show the current heat level (e.g., 40, 45, 50, 55, 60 for degrees Celsius).
3. Available heat levels are approximately: 40°C, 45°C, 50°C, 55°C, 60°C.

Infrared heat therapy  
Five-level adjustment  
40°C, 45°C, 50°C, 55°C, 60°C adjustable  
Relieve various ankle pain



*Image: Illustration of the infrared heat therapy feature, detailing the five adjustable temperature settings ranging from 40°C to 60°C.*

### 6.3 Adjusting Vibration Modes

1. With the device powered on, press the Vibration Button (right, SSS icon) to cycle through the 3 vibration modes.
2. The display will show the current vibration mode (e.g., L1, L2, L3).
3. The vibration mode is cyclic, meaning it will loop through the available modes.

### 6.4 Recommended Usage

For optimal results, use the massager for 15-30 minutes per session. Adjust heat and vibration settings according to your comfort and needs. Regular use can help alleviate discomfort from plantar fasciitis, neuropathy, Achilles tendonitis, post-workout soreness, and general joint stiffness.



Daily care  
Exercise recovery  
Relieve ankle discomfort

*Image: Two individuals demonstrating the use of the massager on their ankles, highlighting its application for daily care, exercise recovery, and relieving ankle discomfort.*

## 6.5 Product Demonstration Video

Your browser does not support the video tag.

*Video: A short demonstration of the 3-in-1 Foot Massager, showcasing its features and how to operate the controls for heat and vibration.*

## 7. MAINTENANCE

### 7.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the exterior with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- The hypoallergenic fabric can be gently spot cleaned.
- Allow the device to air dry completely before storing or next use.

### 7.2 Storage

Store the massager in a cool, dry place away from direct sunlight and extreme temperatures. Keep it in its

original packaging or a protective bag to prevent dust accumulation.

## 8. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the USB-C charger and try again.
- **No heat or vibration:** Check if the respective functions are activated via their buttons. Ensure the battery is not critically low.
- **Device shuts off unexpectedly:** This may be due to the overheating protection. Allow the device to cool down for at least 30 minutes before attempting to use it again.
- **Charging issues:** Verify the USB-C cable is securely connected to both the device and the power source. Try a different USB port or power adapter.

If you encounter any issues not listed here, please contact customer support.

## 9. SPECIFICATIONS

Product Dimensions	4.76 x 1.18 x 3.54 inches
Product Weight	8.82 ounces
Material	Cotton
Color	Black
Heat Levels	5 (approx. 40°C, 45°C, 50°C, 55°C, 60°C)
Vibration Modes	3
Battery Life	Approx. 4 hours (fully charged)
Charging Interface	USB-C



*Image: A visual representation of the massager's dimensions, indicating its length, width, and height.*

## 10. WARRANTY AND SUPPORT

As this product is from a generic brand, specific warranty details may vary. Please refer to your purchase documentation or contact the seller directly for information regarding warranty coverage and customer support. For technical assistance or troubleshooting beyond this manual, the seller 'zonghe' is the primary point of contact.

