

XBL-8688

Generic Cordless Ankle Massager User Manual

Model: XBL-8688

1. INTRODUCTION

Thank you for choosing the Generic Cordless Ankle Massager, Model XBL-8688. This device is designed to provide relaxation and comfort to your ankles and feet through a combination of vibration massage and heat therapy. Its portable and rechargeable design allows for convenient 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 the massager while it is charging.
- Keep the massager away from water and liquids to prevent damage and electrical hazards.
- Ensure the device is fully charged before initial use if it does not power on.
- The massager features an intelligent 30-minute timer to prevent excessive usage. Do not attempt to bypass this safety feature.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, especially those affecting circulation, sensation, or skin integrity.
- Discontinue use immediately if you experience pain, discomfort, or any adverse reactions.
- This device is not intended for medical diagnosis, treatment, or prevention of any disease or health condition.

3. PRODUCT OVERVIEW

3.1 Package Contents

- 1 x Cordless Ankle Massager Brace
- 1 x User Manual (this document)
- 1 x Type-C Charging Cable



Figure 1: Package Contents. The image displays the ankle massager, its user manual, and a Type-C charging cable, alongside the product's red packaging box.

3.2 Key Features

- **Temperature Control:** 5 adjustable heat settings from 40°C to 60°C (104°F to 140°F).
- **Massage Modes:** 3-level vibration massage intensity settings.
- **Digital Display:** LED screen for temperature and settings, with an easy-to-use control interface.
- **Rechargeable & Portable:** Built-in 1800mAh battery with USB Type-C charging.
- **Ergonomic Design:** Adjustable ankle brace for a secure and targeted fit.
- **Auto Shut-Off:** Intelligent 30-minute timing for safety.

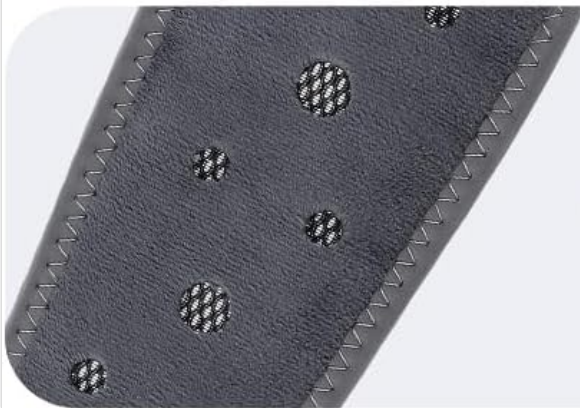


Strong Stick-on Buckle

Firmly wraps around the wrist

Large LCD Display

Press key to operate



More Secure Skin-Friendly Material

Long Lasting Comfort

Figure 2: Product Features. This image highlights the strong stick-on buckle for secure fastening, the large LCD display for easy operation, and the skin-friendly material for comfort.

Breathable Fabric

Lightweight Warm and Not Bulky

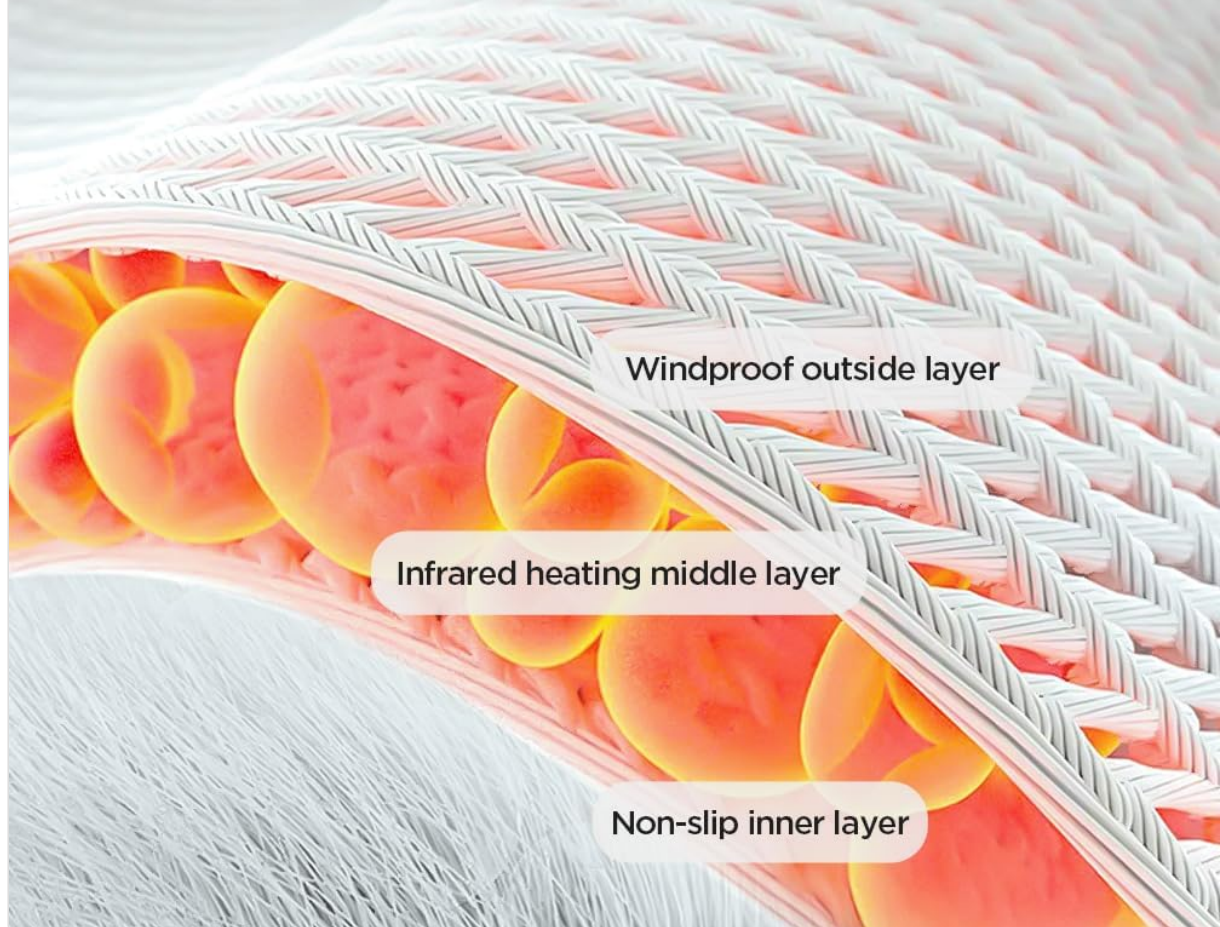


Figure 3: Breathable Fabric Construction. A cross-section view illustrating the three layers: a windproof outer layer, an infrared heating middle layer, and a non-slip inner layer, designed for lightweight warmth and comfort.

PORTABLE & EASY CARRY

For outdoor, office, travel



Figure 4: Portable Design and Dimensions. This image illustrates the compact size of the massager, showing it worn on an ankle with key dimensions (height, ankle circumference, foot width) and a person easily carrying it, highlighting its portability for outdoor, office, or travel use.

3.3 Specifications

Feature	Detail
Product Name	Electric Heating Ankle Brace
Model Number	XBL-8688
Material	ABS + Advanced Diving Fabric, Cotton
Color	Grey
Rated Voltage	3.7V
Rated Power	7W
Input Voltage	5V
Input Current	1A
Input Power	5W
Battery Capacity	1800mAh Lithium Ion
Charging Time	Approximately 3 hours
Usage Time per Charge	Approximately 3 sessions (30 minutes per session)
Power Supply Mode	Type-C charging
Ankle Size Suitability	Smaller than 14.76 inches circumference
Product Dimensions (L x W x H)	14.76 x 3.54 x 1.18 inches
Item Weight	180 Grams (6.35 ounces)
Water Resistance Level	Not Water Resistant

4. SETUP AND CHARGING

4.1 Initial Charge

Before first use, or if the device does not power on, fully charge the ankle massager. Connect the provided Type-C charging cable to the massager's charging port and plug the other end into a compatible USB power source (e.g., wall adapter, computer USB port). The charging indicator will display "LL" while charging and "HH" when fully charged. A full charge takes approximately 3 hours.

Important: The massager cannot be turned on or used while it is charging.

4.2 Wearing the Massager

Place the ankle massager brace around your ankle. Adjust the strap to ensure a snug yet comfortable fit. The device is designed to fit ankle sizes smaller than 14.76 inches in circumference.



Figure 5: Ankle Massager Control Panel. A clear view of the device's control panel, showing the digital display and buttons for power, heat, and vibration settings.

5. OPERATION

The ankle massager combines heat therapy and vibration massage. It is equipped with an intelligent 30-minute timer for each session.

USING METHOD



01. Before use, please check whether the product can be started. If it cannot be started, please charge the product with the attached charging cable before use.



02. Put the electric heating ankle brace on the ankle.



03. Press and hold the power button for 2 seconds, the controller beeps twice, and the default temperature for starting is 50°C.



04. When the product is started, press the heating button once, add it to 60°C, and then press heating button to turn off the heating function; The heating mode is cycle mode. The temperature range is (40°C-45°C-50°C-55°C-60°C).



05. When the product is powered on, press the vibration button once to drop it to the first gear, increase it to the third gear, and then press it again to turn off the vibration function; The vibration mode is cyclic.



06. In the startup state, press and hold the power button for 2 seconds, the controller will beep, the product will shutdown and all indicator lights will be turned off.

Figure 6: Step-by-Step Usage Method. This image provides a visual guide to operating the massager, including initial charging, wearing the brace, powering on, adjusting heat levels, and selecting vibration modes.

5.1 Powering On/Off

1. **To Power On:** Press and hold the power button () for 2 seconds. The controller will beep twice, and the default starting temperature is 50°C.
2. **To Power Off:** In the startup state, press and hold the power button () for 2 seconds. The product will shut down, and all indicator lights will turn off.

5.2 Adjusting Heat Levels

Once the product is powered on, press the heat button () to cycle through the 5 adjustable heat settings. The temperature range is 40°C, 45°C, 50°C, 55°C, and 60°C. The current temperature will be displayed on the LED screen.

5 Speeds Infrared Hot Compress Therapy

40°C, 45°C, 50°C, 55°C, 60°C adjustable

Relieve various ankle pain



Figure 7: Heat Therapy Settings. This graphic illustrates the five adjustable temperature settings (40°C, 45°C, 50°C, 55°C, 60°C) for infrared hot compress therapy, designed to relieve various ankle pains.

5.3 Adjusting Vibration Modes

While the product is powered on, press the vibration button (⏸) to cycle through the 3 vibration intensity levels. The vibration mode is cyclic. Pressing it once will activate the first gear, pressing it again will increase it to the third gear, and pressing it once more will turn off the vibration function.

Multi-Gear Adjustment

Experience a relaxing state from shallow to deep



Figure 8: Multi-Gear Adjustment. This graphic illustrates the product's capability for multi-gear adjustment, featuring icons representing 5 levels of heating and 3 levels of massage, promising a relaxing experience from shallow to deep.

5.4 Usage Recommendations

For optimal results, use the massager on the affected area for 15-30 minutes, 2-3 times a day. The intelligent timer will automatically shut off the device after 30 minutes to prevent overuse.

6. MAINTENANCE

- **Cleaning:** Wipe the surface of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully (approx. 3 hours) using the provided Type-C cable.
Device stops working during operation.	Connected to power supply during use.	Ensure the device is disconnected from the charging cable before use. The device cannot operate while charging.
Device automatically shuts off.	Intelligent 30-minute timer activated.	This is a normal safety feature. You can restart the device for another session if desired, ensuring not to overuse.
Heat or vibration not felt.	Incorrect settings or device not properly positioned.	Ensure heat and vibration modes are activated and set to desired levels. Adjust the massager's position on the ankle for optimal contact.

8. WARRANTY AND SUPPORT

This product is manufactured by YUSHAO. For any questions, concerns, or support needs regarding your Generic Cordless Ankle Massager (Model XBL-8688), please refer to the contact information provided with your purchase or reach out to the retailer. Please retain your proof of purchase for warranty claims.