

EDIFOLLY B0FDG7K9C5

EDIFOLLY Cordless Ankle Massager B0FDG7K9C5 Instruction Manual

Your comprehensive guide to operating and maintaining your EDIFOLLY Cordless Ankle Heating Pad and Massager.

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the EDIFOLLY Cordless Ankle Massager. Retain this manual for future reference.

- This product is intended for personal, non-medical use to provide heat and vibration massage to the ankle area. It is not intended for medical diagnosis, treatment, cure, or prevention of any disease or health condition. Consult a healthcare professional for any medical concerns.
- Do not use the device while charging. The device cannot be turned on when charging.
- Ensure the device is fully charged before initial use to optimize battery performance.
- The device features a 15-minute auto shut-off timer to prevent overuse. Do not bypass this safety feature.
- If you experience any discomfort, pain, or adverse reactions during use, discontinue use immediately and consult a healthcare professional.
- Keep out of reach of children and pets.
- Do not immerse the device in water or other liquids.
- Do not use on broken, swollen, or inflamed skin.

2. PRODUCT OVERVIEW

The EDIFOLLY Cordless Ankle Massager is designed to provide soothing heat and vibration massage to your ankles, promoting relaxation and temporary relief from discomfort. Its cordless and lightweight design ensures portability and convenience.



Figure 2.1: The EDIFOLLY Cordless Ankle Massager in use, showing its compact design.

Package Contents:

- 1 x Cordless Ankle Heating Pad
- 1 x USB Charging Cable (Type-C)
- 1 x User Manual

Key Features:

- **Cordless Design:** Offers unrestricted mobility.
- **3 Vibration Modes:** Daily Maintenance, Post-Activity Care, Ankle Discomfort.
- **3 Heat Levels:** 118.4°F (48°C), 127.4°F (53°C), 136.4°F (58°C).
- **15-Minute Auto Shut-Off:** Ensures safety and prevents overuse.
- **Rechargeable Battery:** Built-in 2000mAh battery for extended use.
- **Adjustable Fit:** Designed to fit both left and right ankles with adjustable straps.
- **Soft, Breathable Fabric:** Provides comfort during use.



Figure 2.2: The cordless design allows for free movement during use.

3. SETUP AND CHARGING

3.1 Initial Charging

Before first use, fully charge the ankle massager. The device is equipped with a 2000mAh battery.

- Connect the provided Type-C USB charging cable to the charging port on the controller.
- Plug the other end of the USB cable into a compatible USB power adapter (not included) or a power bank.
- The white light on the controller will flash while charging. Once fully charged, the white light will remain solid.
- A full charge typically takes approximately 2 hours and provides 4-5 sessions (15 minutes each) or up to 1 hour of continuous use.



Figure 3.1: The touchscreen controller with Type-C charging port.

3.2 Wearing the Ankle Massager

The ankle massager is designed for easy application and adjustable fit.

1. Unfold the ankle brace to create a wide opening.
2. Position your foot through the opening, ensuring your heel is comfortably placed.

3. Wrap the adjustable straps around your ankle and secure them using the hook-and-loop fasteners to achieve a snug yet comfortable fit.
4. The device can be worn on both the left and right ankles. Note: When worn on the left ankle, the controller may rest on the inner ankle area, which might feel slightly different than on the right ankle. Adjust for comfort.

3 Steps To Wear



Figure 3.2: Visual guide for wearing the ankle massager in three simple steps.

One Size Fits Most People

Fits Both Left & Right Ankles



360° Wrap around
Support and protect your ankle around



Adjustable size
You can adjust the adhesive strap to fit your ankle and use it to secure



Figure 3.3: The adjustable design ensures a secure and comfortable fit for various ankle sizes.

4. OPERATING INSTRUCTIONS

The EDIFOLLY Cordless Ankle Massager features an intuitive touchscreen controller for easy operation.

4.1 Power On/Off

- To turn on the device, long press the power button (ⓐ) for 2 seconds. The display will illuminate.
- To turn off the device, long press the power button (ⓐ) again for 2 seconds.

4.2 Adjusting Heat Levels

The device offers 3 precise heat levels:

- **Level 1:** 118.4°F (48°C)
- **Level 2:** 127.4°F (53°C)
- **Level 3:** 136.4°F (58°C)

Press the heat button () to cycle through the heat levels. The current level will be displayed on the screen.

3 **Vibration** **Intensities**

Versatile choices for various usages-- Use it for



Figure 4.1: Visual representation of the three available heat levels.

4.3 Adjusting Vibration Modes

The device provides 3 distinct vibration modes:

- **Mode 1 (Daily Maintenance):** Gentle care for regular use.
- **Mode 2 (Post-Activity Care):** Ideal after exercise or strenuous movement.
- **Mode 3 (Ankle Discomfort):** Targets soreness and tension.

Press the vibration button () to cycle through the vibration modes. The current mode will be indicated on the screen.

3-Level Precise Temperature

Soothe your ankle with heat therapy



Figure 4.2: Illustration of the three vibration intensity options.

4.4 Automatic Shut-Off

For safety and to prevent overuse, the device is equipped with a 15-minute automatic shut-off timer. After 15 minutes of continuous operation, the device will power off automatically. You can restart it if further use is desired.

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Video 4.3: Demonstrates the features and usage of the EDIFOLLY Cordless Ankle Massager, including its heat and vibration functions.

5. MAINTENANCE AND CARE

5.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the ankle pad with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Allow the device to air dry completely before storing or next use.

5.2 Storage

- Store the ankle massager in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the device away from sharp objects to prevent damage to the fabric or internal components.

6. TROUBLESHOOTING

If you encounter any issues with your EDIFOLLY Cordless Ankle Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully (white light solid). Ensure the power button is long-pressed for 2 seconds.
No heat or weak heat.	Heat level not selected or low battery.	Press the heat button () to select a higher heat level. Ensure the device is fully charged.
No vibration or weak vibration.	Vibration mode not selected or low battery.	Press the vibration button () to select a different mode or higher intensity. Ensure the device is fully charged.
Device turns off unexpectedly.	15-minute auto shut-off activated or low battery.	This is a normal safety feature. Restart the device if needed. If it happens frequently, recharge the battery.
White light flashes during charging but never stays solid.	Charging cable or adapter issue.	Try a different USB charging cable or power adapter. Ensure connections are secure.

If the problem persists after trying these solutions, please contact EDIFOLLY customer support for assistance.

7. SPECIFICATIONS

- **Brand:** EDIFOLLY
- **Model:** B0FDG7K9C5
- **Material:** Polyester
- **Color:** Black
- **Product Dimensions:** 9.06 x 7.09 x 1.97 inches
- **Item Weight:** 8.15 ounces
- **Battery:** 1 x 9V battery (included), 2000mAh capacity
- **Charging Time:** Approximately 2 hours
- **Usage Time:** Up to 4-5 sessions (15 minutes each) or 1 hour continuous use per full charge
- **Heat Levels:** 3 levels (118.4°F/48°C, 127.4°F/53°C, 136.4°F/58°C)
- **Vibration Modes:** 3 modes (Daily Maintenance, Post-Activity Care, Ankle Discomfort)
- **Auto Shut-Off:** 15 minutes

8. WARRANTY AND SUPPORT

For any questions, concerns, or warranty inquiries regarding your EDIFOLLY Cordless Ankle Massager, please contact EDIFOLLY customer support. Our team is dedicated to providing assistance and ensuring your satisfaction.

Please refer to your purchase documentation for specific warranty details and contact information.