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› Doctor Pillow Supreme Therapeutic Air Stretcher Massager (Model BK5268) User Manual

Doctor Pillow BK5268

Doctor Pillow Supreme Therapeutic Air Stretcher Massager User Manual

Model: BK5268

1. PRODUCT OVERVIEW

Introduction

The Doctor Pillow Supreme Therapeutic Air Stretcher Massager is designed to provide full-body relief by gently stretching the spine, relaxing muscles, and promoting circulation. This versatile massage mat features built-in lumbar air support, dual-frequency kneading zones, and multiple massage modes, along with integrated heat therapy. It is suitable for use on various surfaces such as the floor, couch, or bed, targeting key tension points across the back, neck, and legs. The included remote control allows for personalized intensity settings, and its portable design with a carry bag makes it convenient for use at home, in the office, or while traveling.

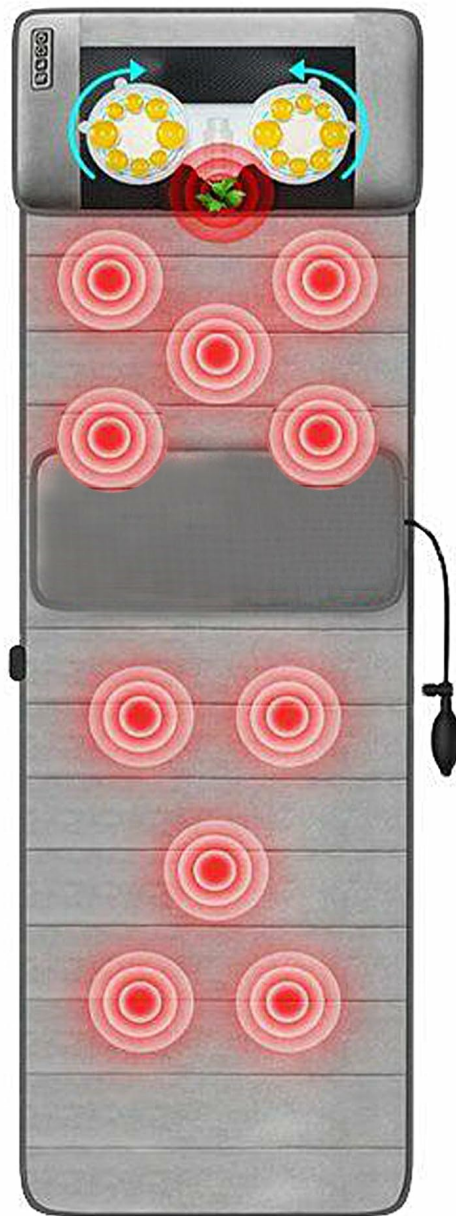


Image 1.1: The Doctor Pillow Supreme Therapeutic Air Stretcher Massager in use, demonstrating precise massage with adjustable gear dynamics.

Key Features

- Full-body air stretcher with therapeutic heating for enhanced relaxation.
- Five distinct massage programs: pulsing, tapping, rolling, kneading, and shiatsu.
- Built-in lumbar air cushion for targeted lower back support and spinal stretching.
- Dual-frequency vibration zones to stimulate muscles and alleviate soreness.
- Portable design with an intuitive remote control and a convenient carry bag for easy transport and storage.

Full Body Massage

(From Neck to Foot)

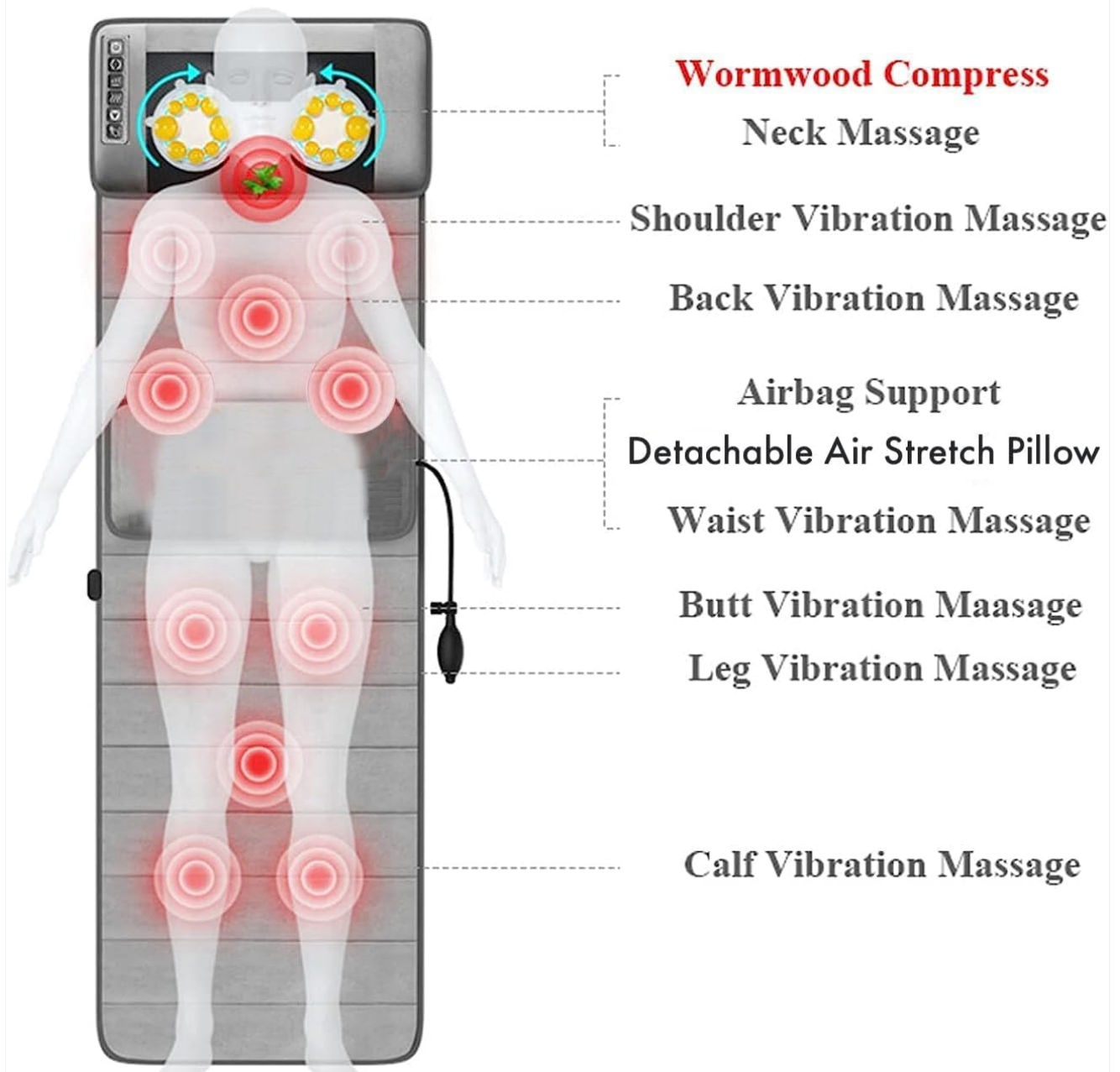


Image 1.2: Diagram showing the full body massage zones from neck to foot, including wormwood compress, neck massage, shoulder, back, waist, butt, and leg vibration massage, and detachable air stretch pillow.

2. SAFETY INFORMATION

Please read all instructions carefully before using the Doctor Pillow Supreme Therapeutic Air Stretcher Massager. Failure to follow these instructions may result in injury or damage to the device.

- Do not use this product if you have any medical conditions that may be aggravated by massage or heat, including but not limited to pregnancy, heart conditions, pacemakers, or acute injuries. Consult your physician before use.
- Keep the device away from water and moisture. Do not use in a bathroom or near a sink.
- Always unplug the massager from the power outlet when not in use or before cleaning.

- Do not operate the massager if the power cord or plug is damaged, or if the device has been dropped or damaged. Contact customer support for assistance.
- Avoid prolonged use on one area of the body, especially with heat. Limit sessions to 15-20 minutes.
- Do not use the massager directly on swollen, inflamed, or injured areas.
- Keep out of reach of children and pets. This device is not a toy.
- Ensure the power adapter is compatible with your local power supply.

3. PACKAGE CONTENTS

Upon unpacking, please ensure all the following items are present and in good condition:

- Doctor Pillow Supreme Therapeutic Air Stretcher Massager Mat
- Remote Control
- Power Adapter
- Carry Bag
- User Manual (this document)



Image 3.1: The Doctor Pillow massager mat, remote control, and power adapter, with a user demonstrating its use.

4. SETUP INSTRUCTIONS

Follow these steps to set up your massager for first use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Unroll the Mat:** Place the massager mat on a flat, stable surface such as a floor, bed, or couch. Ensure there is enough space for you to lie down comfortably.
3. **Connect Power:** Locate the power input port on the massager mat. Connect the power adapter to this port, then plug the adapter into a standard electrical outlet.
4. **Position Yourself:** Lie down on the mat with your head resting on the integrated pillow section. Adjust your body so that the lumbar air cushion aligns with your lower back for optimal support.
5. **Prepare Remote:** Ensure the remote control is within easy reach.



Image 4.1: The massager mat fully laid out, showing the integrated controls and various massage points across the body.

5. OPERATING INSTRUCTIONS

Remote Control Overview

The massager is operated using the wired remote control. Familiarize yourself with the buttons:



1. Four-key button



2. Comfortable pillow design



3. Built-in overheat protection



4. Intimate split design

Image 5.1: Close-up view of the four-key remote control, comfortable pillow design, built-in overheat protection, and intimate split design of the massager.

- **Power Button (●):** Turns the massager ON or OFF.
- **Mode Button (≡):** Cycles through the 5 massage programs.
- **Heat Button (≈):** Activates or deactivates the heat therapy function.
- **Air Cushion Button (↑↓):** Controls the inflation and deflation of the lumbar air cushion.
- **Intensity/Gear Button (▶):** Adjusts the intensity level of the massage or air cushion.

Starting a Massage Session

1. Press the **Power Button** to turn on the massager. The default program will begin.
2. Press the **Mode Button** repeatedly to cycle through the 5 available massage programs: pulsing, tapping, rolling, kneading, and shiatsu. Select your preferred mode.

3. Use the **Intensity/Gear Button** to adjust the strength of the massage. The massager offers multiple gear dynamics for varying intensity levels.

Using the Lumbar Air Cushion

The built-in lumbar air cushion provides targeted support and gentle spinal stretching:

- Press the **Air Cushion Button** to inflate the lumbar support.
- Press the button again to deflate or adjust the level of inflation.
- The air cushion can provide upward stretch, as well as back & forward and left & right movements for dynamic waist support.

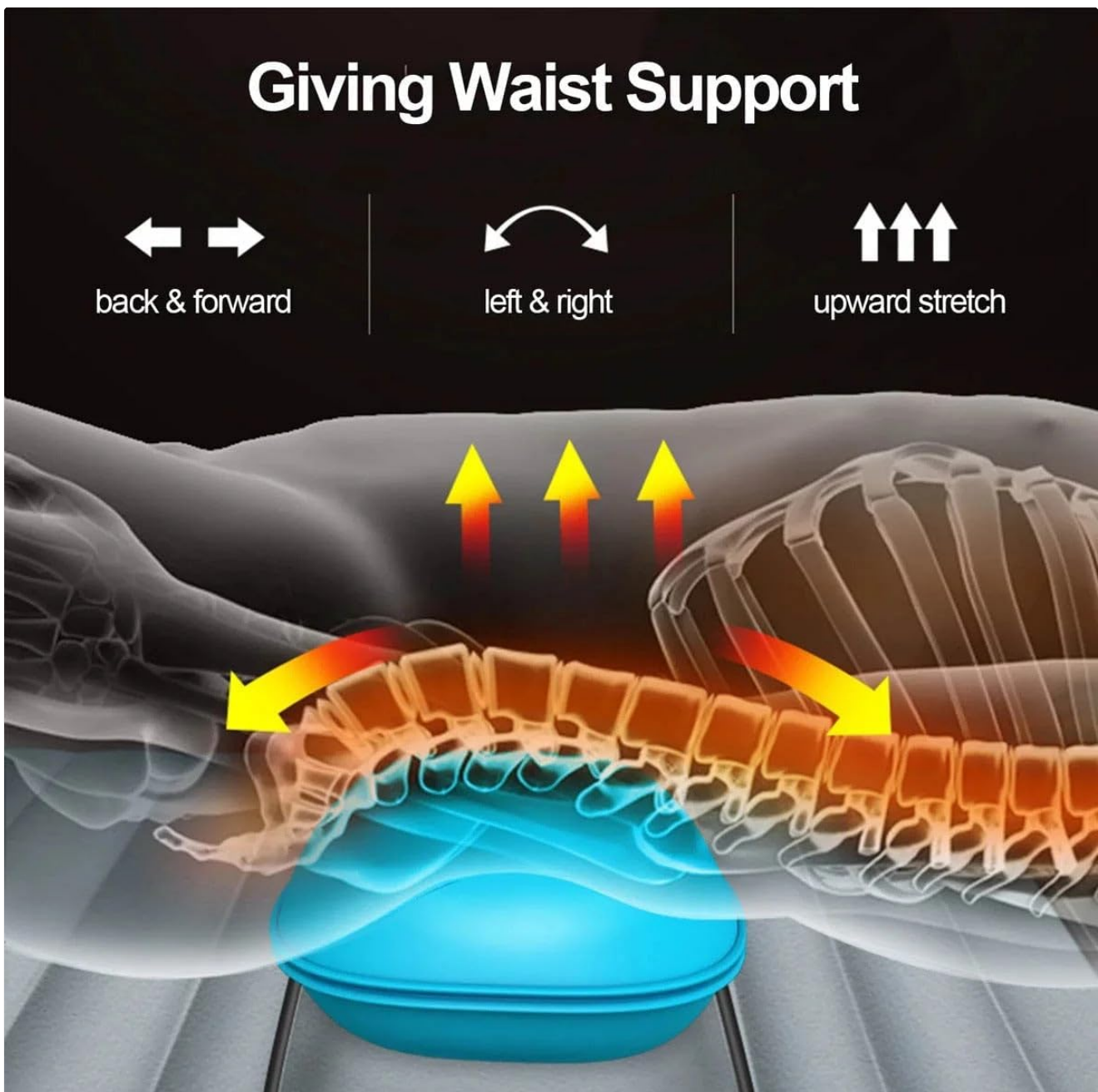


Image 5.2: Illustration demonstrating the dynamic waist support provided by the lumbar air cushion, including back & forward, left & right, and upward stretch movements.

Activating Heat Therapy

For added relaxation and muscle relief:

- Press the **Heat Button** to turn on the integrated heat function. An indicator light may illuminate.

- Press the **Heat Button** again to turn off the heat.
- Use heat therapy for no more than 15-20 minutes per session.

Dual-Frequency Vibration Massage

The massager features dual-frequency vibration zones, particularly effective for stimulating muscles and alleviating soreness in areas like the buttocks.

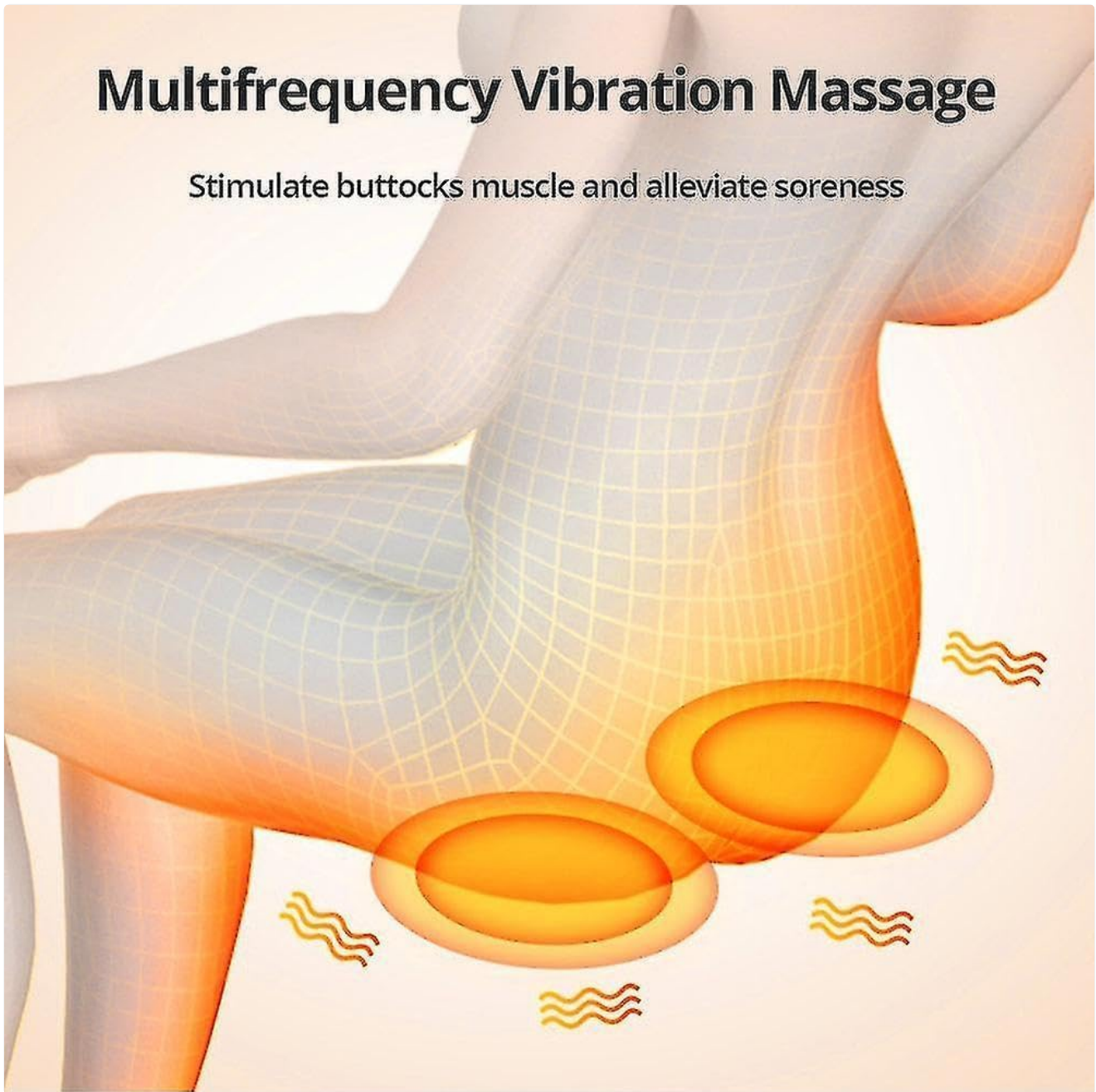


Image 5.3: Diagram illustrating the multifrequency vibration massage targeting and stimulating the buttocks muscles to alleviate soreness.

Massage Combinations

The massager allows for various combinations of airbag waist press and massage head kneading to target different areas effectively.

Multiple combinations freely match

Combination method one



Combination method two

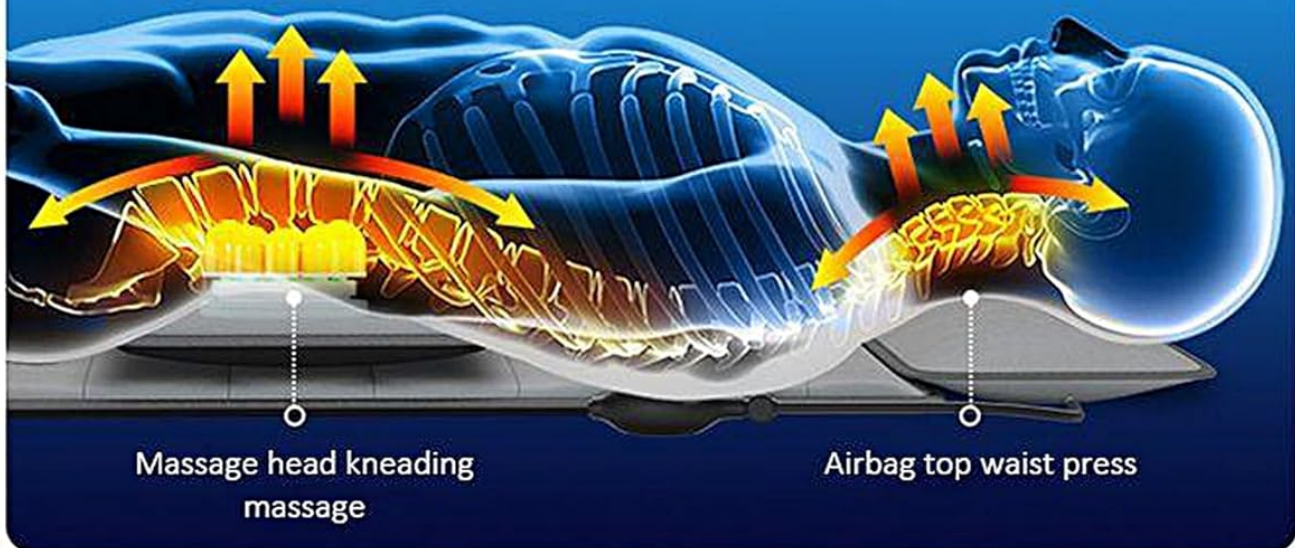


Image 5.4: Diagrams illustrating two combination methods: one with airbag top waist press and massage head kneading, and another with massage head kneading and airbag top waist press.

6. MAINTENANCE

Cleaning

- Always unplug the massager before cleaning.
- Wipe the surface of the massager with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh

chemicals.

- Ensure no liquid enters the internal components.
- Allow the massager to air dry completely before storing or next use.

Storage

- When not in use, store the massager in its included carry bag.
- Store in a cool, dry place, away from direct sunlight and extreme temperatures.
- Do not place heavy objects on top of the massager during storage.

7. TROUBLESHOOTING

If you encounter any issues with your Doctor Pillow Supreme Therapeutic Air Stretcher Massager, please refer to the table below for common problems and solutions.

| Problem | Possible Cause | Solution |
|---------------------------------------|---|--|
| Massager does not turn on. | Not plugged in correctly; Power outlet issue; Damaged power cord. | Ensure power adapter is securely plugged into both the massager and a working electrical outlet. Try a different outlet. Inspect power cord for damage; if damaged, discontinue use and contact support. |
| No heat is felt. | Heat function not activated; Heat takes time to warm up. | Press the Heat Button on the remote. Allow a few minutes for the heat to become noticeable. |
| Air cushion not inflating/deflating. | Air Cushion Button not pressed; Internal air pump issue. | Ensure the Air Cushion Button is pressed. If the issue persists, contact customer support. |
| Massage feels too weak or too strong. | Intensity setting is incorrect. | Adjust the intensity using the Intensity/Gear Button on the remote control. |
| Unusual noises during operation. | Normal operating sounds; Internal component issue. | Some motor and air pump sounds are normal. If the noise is loud, grinding, or unusual, discontinue use and contact customer support. |

If the problem persists after attempting these solutions, please contact Doctor Pillow customer support for further assistance.

8. SPECIFICATIONS

| Feature | Detail |
|--------------------|--------------------|
| Product Dimensions | 63 x 19 x 2 inches |
| Item Model Number | BK5268 |
| Manufacturer | Dr Pillow |

| Feature | Detail |
|------------------|--|
| Power Source | Corded Electric |
| Material | Faux Leather, High-Density Foam, Polyvinyl Chloride |
| Color | Black |
| Use For | Back, Neck, Legs (Full Body) |
| Massage Programs | 5 (Pulsing, Tapping, Rolling, Kneading, Shiatsu) |
| Special Features | Lumbar Air Cushion, Heat Therapy, Dual-Frequency Vibration, Remote Control |

9. WARRANTY AND SUPPORT

Doctor Pillow products are manufactured with quality and reliability in mind. For specific warranty information regarding your Supreme Therapeutic Air Stretcher Massager (Model BK5268), please refer to the warranty card included with your purchase or visit the official Doctor Pillow website.

If you require technical support, have questions about product operation, or need to report a defect, please contact Doctor Pillow customer service through the contact information provided on our website or in your product packaging. Please have your model number (BK5268) and purchase date available when contacting support.