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Chirp Halo Wireless Muscle Stimulator

Chirp Halo Wireless Muscle Stimulator User Manual

Model: Halo Wireless Muscle Stimulator

Brand: Chirp

INTRODUCTION

The Chirp Halo Wireless Muscle Stimulator is a portable EMS (Electrical Muscle Stimulation) device designed to assist with muscle recovery, pain relief, and strength training. This manual provides essential information for safe and effective use of your device.

Key features include wireless operation, EMS technology for muscle enhancement, multiple modes and intensity levels, a compact design for portability, and fast charging with long battery life.

IMPORTANT SAFETY INFORMATION

WARNING: 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. Consult with a healthcare professional before using this device, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.

- Do not use on broken or irritated skin.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.
- Avoid placing pads over the heart, on the head, or on the front of the neck.
- Discontinue use if you experience any discomfort or adverse reactions.

PACKAGE CONTENTS

Your Chirp Halo Wireless Muscle Stimulator package includes:

- Chirp Halo Wireless Muscle Stimulator device(s)
- Wireless remote control
- Charging case
- Adhesive pads (various sizes)
- USB-C charging cable
- User Manual (this document)



FDA
cleared

CORE FEATURES



Charging case



Guided trigger
point placement



Wireless
remote control



Quick magnetic
attachments



Image: The Chirp Halo Wireless Muscle Stimulator, its remote, and charging case, illustrating key features such as FDA clearance, guided trigger point placement, wireless remote control, and quick magnetic attachments.

RELIEVE & RECOVER EFFORTLESSLY



Muscle & nerve stimulators have been around for a while—it's a tried and true technology that's been used and recommended by doctor's and physical therapists for years. But no one has ever made one this easy to use.

Image: The Chirp Halo Wireless Muscle Stimulator and its remote neatly arranged within the charging case, emphasizing ease of setup and portability.

SETUP

1. **Charge the Device:** Place the stimulator device(s) and remote into the charging case. Connect the USB-C cable to the charging case and a power source. Ensure the devices are fully charged before first use.
2. **Prepare the Pads:** Remove the protective film from the adhesive pads. Ensure your skin is clean, dry, and free of lotions or oils for optimal adhesion.
3. **Attach Pads to Device:** Connect the stimulator device(s) to the adhesive pads using the magnetic attachments.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button on the stimulator device(s) until the indicator light illuminates.
2. **Apply Pads:** Carefully place the adhesive pads with the attached device(s) onto the desired muscle area. Ensure good skin contact.

3. **Power On Remote:** Press and hold the power button on the remote control to turn it on.
4. **Select Mode:** Use the remote to select your desired stimulation mode (e.g., Pain Relief, Massage, Squeeze, Thump). The device offers various modes for different needs.
5. **Adjust Intensity:** Increase or decrease the intensity level using the remote control. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.
6. **Set Duration:** The device may have preset durations or allow you to adjust the treatment time via the remote or companion app.
7. **Power Off:** After your session, press and hold the power button on the device(s) and remote to turn them off.



Image: A smartphone screen showing the Chirp Halo app, which provides guided pad placement instructions for various body parts, ensuring confident and effective use.

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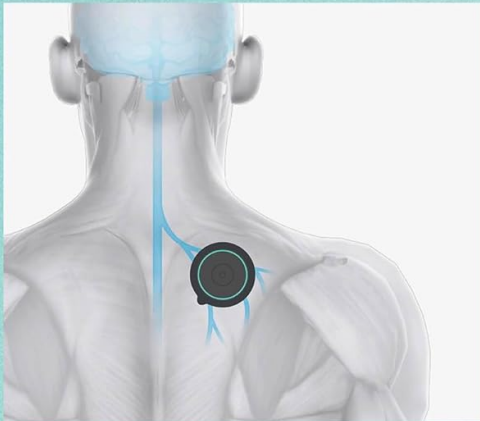
Video: A physical therapist reviews the Chirp Halo Wireless TENS EMS Unit, demonstrating its features and benefits for muscle stimulation and pain relief.

PAD PLACEMENT GUIDE

Proper pad placement is crucial for effective stimulation. Refer to the companion app for detailed guided placement specific to your pain or recovery area. General guidelines include:

- Place pads on clean, dry skin.
- Ensure pads are not overlapping.
- For pain relief (TENS), place pads around the area of discomfort.
- For muscle recovery/strengthening (EMS), place pads on the muscle belly.

COMBINES TENS & EMS THERAPY FOR MUSCLE IMPROVEMENTS



TENS - PAIN RELIEF

Transcutaneous electrical nerve stimulation (TENS) sends electrical pulses through the skin to start your body's own pain killers. The electrical pulses can release endorphins and other substances to stop pain signals in the brain.

EMS - MUSCLE RECOVERY

Electrical muscle stimulation (EMS) stimulates a muscle contraction using electrical impulses in order to relieve pain, reduce soreness, improve circulation, and support faster muscle recovery.

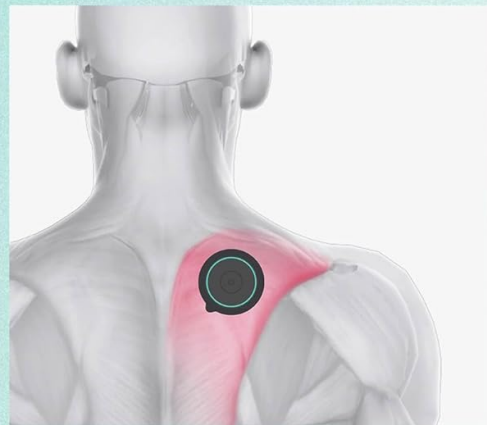


Image: Visual guide explaining TENS (Transcutaneous Electrical Nerve Stimulation) for pain relief and EMS (Electrical Muscle Stimulation) for muscle recovery, with example pad placements on the back and shoulder.

MAINTENANCE AND CARE

- **Cleaning Pads:** Gently wipe the adhesive side of the pads with a damp cloth after each use. Allow them to air dry. Do not use harsh chemicals.
- **Storage:** Store the pads on their protective film and keep all components in the charging case when not in use. Store in a cool, dry place away from direct sunlight.
- **Device Cleaning:** Wipe the device and remote with a soft, dry cloth.

TROUBLESHOOTING

- **No Power:** Ensure devices are fully charged. Check USB-C cable connection.
- **No Sensation:** Increase intensity gradually. Ensure pads have good contact with skin. Check if the device is properly attached to the pads.
- **Pads Not Sticking:** Clean pads and skin thoroughly. Replace pads if adhesion is lost after repeated cleaning.
- **Connection Issues:** Ensure Bluetooth is enabled on your smartphone if using the app. Restart devices and app if necessary.

SPECIFICATIONS

- **Package Dimensions:** 8.19 x 6.73 x 3.11 inches
- **Item Weight:** 1.54 Pounds
- **Manufacturer:** Chirp
- **ASIN:** B0DF43HH1T
- **First Available Date:** August 23, 2024

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided in your product packaging or visit the official Chirp website. Keep your proof of purchase for warranty claims.

Manufacturer: Chirp

Amazon Store: [Visit the Chirp Store](#)