

Myofascial Physiotherapy Device

User Manual



U head/for vertebrae



Small round head/for joints



Ball head/for large muscle groups



Small flat head/for all parts of the body

Instructions

1. Power on / off button (long press to start / long press to turn off)
2. Press the key gear to change
3. Detachable and replaceable vibrator. When disassembling the vibrator, just pull it out with force.
4. Please select 5V charging equipment for charging
5. For the first time, please charge for 3 hours. Please connect the data cable to the 5V adapter for charging.
6. Button type: when charging, 6 lights will flash, when full, 6 lights will be on, and when working, the lights will indicate the gear position.
7. Touch type: when charging, the touch tube displays the electric quantity, while working, it displays the gear

Safety Instructions

Danger: In order to reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions.

For adults only

It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.

Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or bony part of the body.

Only use the vibrating head that can produce the best results.

Bruise may be caused whether under moderate pressure or normal pressure. Please always check the area that receives physiotherapy.

Stop using it immediately once there is any sign of pain or discomfort.

Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because they might be pinched.

Do not place any object in the vent of the device.

Do not immerse it in water or allow water to enter the vent of the device.

Do not drop the device or use it improperly.

Charge the device charger with only 5VDC.

Carefully check the device and battery before each use.

Do not change or modify the device in any way.

Never operate or charge the device in an unattended way.

Warranty permissions

The warranty period of this product is 12 months, and the permissions are not transferable.

It is available during the warranty period from the date the user buys the machine.

Primary documents can enjoy warranty service (the appearance and wear caused by mechanical operation are not covered by the warranty).

Disclaimer: (the following are no warranty coverage)

1. Accidental damage, improper use or transportation;
2. Didn't follow the product instructions;
3. The product is repaired through improper channels;
4. Cannot provide formal proof of purchase;

PRODUCT WARRANTY CARD

PRODUCT MODEL	SERIAL NO.	DATE
Customer information	Customer's name:	
	Detailed address:	
	Contact number:	
Trade name	Repair record	
Maintenance records		

The content of this specification and the specifications of this product are subject to change without prior notice.

We reserve the right to change the specifications and materials contained therein without prior notice, caused by trust in the materials used. The company will not be liable for damage (including reasonable damages), including but not limited to printing errors and other errors related to this publication.

This instruction manual is for reference only and does not constitute any form of commitment. Please refer to the actual purchase for product configuration information and specifications.

certificate

Serial number	
Signature No.	
Signature date	

Use Method

Gonarthrosis

Supine position

Small flat head vertically downward

Quadriceps femoris

Rectus femoris 30s-45s x 2 times

Vastus lateralis 30s-45s x 2 times

Vastus medialis 30s-45s x 2 times

Vastus intermedius 30s-45s x 2 times

The movement direction is from up to down.

The patient slowly and slightly bends the knee.

Prone position

Small round head vertically downward

Popliteus 30s-45s

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30s x 3 times

Soleus 20s-30s x 3 times



Plantar fasciitis

Prone position (single side)

Small flat head vertically downward:

Hamstring

Biceps femoris 20s-30s x 3 times

Semitendinosus 20s-30s x 3 times

Semimembranosus 20s-30s x 3 times

The movement direction is from up to down.

Small round head vertically downward:

Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30s x 3 times

Soleus 20s-30s x 3 times

The front foot sole touches the ground.

Small round head vertical to plantar pedis

Plantar fasciitis

Operation Program of Sacroiliac Part

Prone position (single side)

Small flat head vertically downward:

Gluteus medius 30s-45s x 4 times

Gluteus minimus 30s-45s x 4 times

Piriformis 1min-1.5min

Articular sacroiliac 1min-1.5min

The direction is from inside up to outside down along the muscular direction.

Hamstring

Biceps femoris 20s-30s x 2 times

Semitendinosus 20s-30s x 2 times

Semimembranosus 20s-30s x 3 times

From up to down

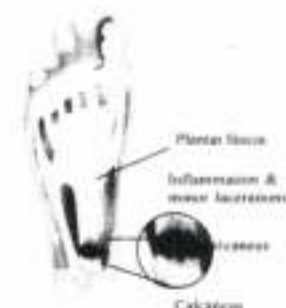
Supine position

Tibialis anterior 15s-20s x 2 times

Peroneus longus 15s-20s x 2 times

Peroneus brevis 15s-20s x 2 times

The movement direction is from up to down.



Small round head vertically downward

Iliac bone edge - iliac bone anterior 30s-1min

Rectus femoris, inguen 1min

Tensor fasciae latae 15s-20s x 2 times

Patellar ligament area 20s x 3 times



Indications and Contraindications

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive muscle use or abnormal posture, and most of the soft tissues involved in these diseases can be treated with this device. Avoid excessive stress and prolonged physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

The ongoing research is about the impact of vibration training on specific medical conditions. This is very likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, it is also a physiotherapy recommendation to combine vibration training into physiotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

Indications	Contraindications
> Pain and cramps due to muscle injury, sprains, strains	> Aneurysm, bleeding, use of blood thinner
> Help the flow of edema fluid in the swollen area	> Heart disease, with a pacemaker or defibrillator
> Relax thickened connective tissues and fascias	> Pregnancy, cancer
> Reduce the accumulation of lactic acid in muscles	> Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internal fixation.
> Increase joint mobility	> Sensitive area: head, face, cervical vertebrae, spine
> Eliminate muscle fatigue	> Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand

Use Method

Operation Program of Lower Limbs

Prone position

Small flat head vertically downward

Hamstring

Biceps femoris 20s-30s x 3 times

Semitendinosus 20s-30s x 3 times

Semimembranosus 20s-30s x 3 times

The movement direction is from up to down.

Small flat head outward 45°

Gracilis 10s-15s x 2 times

Adductor longus 10s-15s x 2 times

Adductor brevis 10s-15s x 2 times

Triceps surae

Gastrocnemius 20s-30s x 3 times

Soleus 20s-30s x 3 times

The movement direction is from up to down.

Small round head vertically downward

Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

Supine position

Small flat head vertically downward

Quadriceps femoris

Rectus femoris 30s-45s x 2 times

Vastus lateralis 30s-45s x 2 times

Vastus medialis 30s-45s x 2 times

Vastus intermedius 30s-45s x 2 times

The movement direction is from up to down.

Small flat head vertically downward

Sartorius 30s-45s

Tensor fasciae latae 15s-20s x 2 times

Tibialis anterior 15s-20s x 2 times

Peroneus longus 15s-20s x 2 times

Peroneus brevis 15s-20s x 2 times

The movement direction is from up to down.

