

# EMS KNEE SUPPORT

## User Manual



PRODUCT CODE:

DL06279

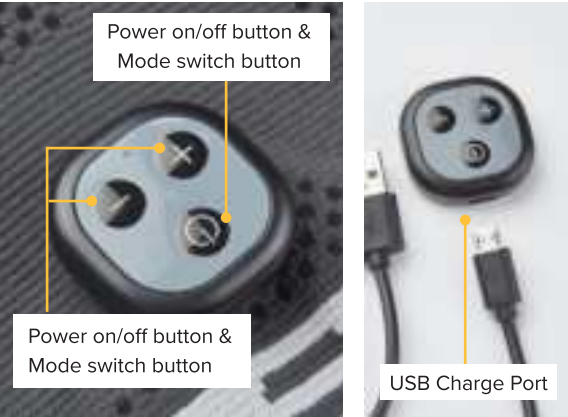


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### EMS KNEE SUPPORT

Thank you for choosing the EMS Knee Support . With 5 modes and 5 massage techniques, the EMS electric pulse technology used in this product can effectively relieve knee muscle and knee stiffness, soreness, pain and other discomfort after exercise.



### CAUTIONS

- Read this manual carefully before first using the product. Store the manual safely so you can refer to it when needed.
- Keep away from children.
- Before first use, wear the product and make sure the conductive area contact the skin, and turn on the power.
- When using, remove electrical conductors such as jewellery to avoid damage or static charge.
- Discontinue use of the product if you feel unwell.
- Excessive use of the product may cause skin redness. Please discontinue use if this occurs.
- Dispose of the unit and battery according to local regulations.

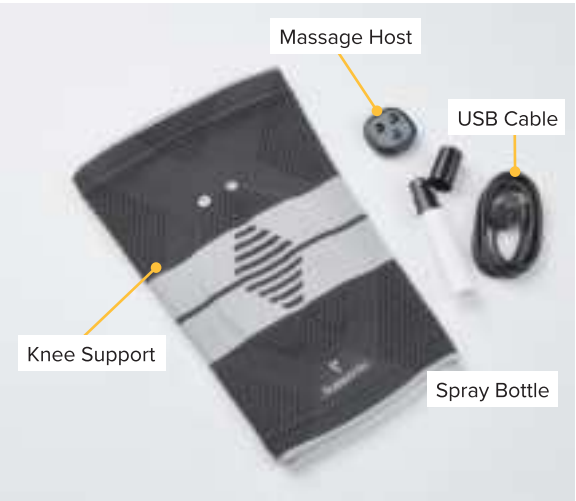
### ⚠️ COMPULSORY COMPLIANCE

- Please do not prick or tear the product hard.
- Keep the product away from water and wet environments.
- Do not remove knee from the equipment or change the massage position when the power is on.
- Do not use the product on the head, the heart area or skin covered by tattoos.
- Do not use the device while driving, during strenuous exercise, while sleeping or bathing.
- Please do not use this device on children or speech impaired.
- The elderly and those who cannot take care of themselves need to be accompanied when using.
- Do not store in direct sunlight, dusty environments, high temperatures or high humidity.
- Do not disassemble or attempt to repair.
- Do not use the device with other medical devices at the same time.

### ⚠️ PROHIBITION AND PRECAUTION OF PEOPLE USE

- Do not use after consuming alcohol.
- Do not use if you have severe arrhythmia, cardiovascular and cerebrovascular diseases, malignant tumor, epilepsy, disturbance of perception.
- Do not use if you have scytitis, skin sensitivity, burns, bleeding, itching area.
- Do not use if in pregnancy,during menstruation, children under 12 years old.
- Those with implanted electronic devices (pacemakers, heart rate regulator, heart stent) should not use the device.
- Consult your doctor before use if you have acute inflammation and bleeding tendency.
- Consult your doctor before use if you have severe abnormal blood pressure, severe anaemia or hypoglycaemia.

### PARTS



### CONDUCTIVE AREA



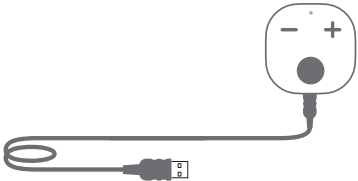
CHARGING INSTRUCTIONS

Before use, it is recommended to use the attached USB cable to charge the device. The USB cable can be connected to the computer or adapter, and the charging time is 2 hours.

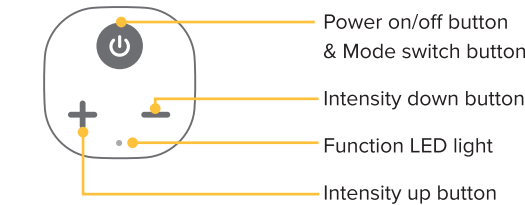
When charging, the red indicator light flashes. When fully charged, the red indicator light stays on.

Standard charging voltage and charging current: 5.0V / 1.0A. The device will beep for once and then automatically switches off, if the voltage comes low during usage.

(Note: to avoid damaging internal devices, do not use an adapter with charger voltage greater than 5V and charging current greater than 1A to charge the equipment.)



HOST OPERATION INSTRUCTIONS



A: Comprehensive Mode  
B: Knocking mode  
C: Kneading Mode  
D: Mixed Mode  
E: Acupuncture Mode

Long press the power button to start the device. The green indicator flashes once and beeps once. The green indicator flashes and beeps three times when turn off.

There are 15 levels of intensity in total. When the power is turned on, the device is set to the first level of intensity by default. When the intensity is adjusted, the green indicator light flashes once and beeps once. When adjusting to the lowest or highest level, the green indicator light flashes twice and beeps twice continuously as a reminder.

When the power is turned on, the program defaults to mode A (training mode) level 1. The green indicator flashes once and beeps once as a reminder. Press the power button to cycle through the 5 modes (Comprehensive mode; Knocking mode; Kneading mode; Mixed mode; Acupuncture mode). Each time you change the mode, the intensity returns to the lowest level. The green indicator will flash and beep twice, three times, four times and five times accordingly.

If the device is removed from contact with the skin, the green indicator will continuously flash and beep for one minute before the device automatically switches off. When the device return to stick the skin again, the intensity will return to the lowest level.

MAINTENANCE INSTRUCTION

- Charge the battery before first use. To extend the battery life, please do not use fast charging adapters. Charge before long-term storage and charge every 2-3 months to preserve the life of the battery.
- Clean any stains on the surface of the device with a wet towel.

USING

1. Please connect the host with the magnetic clasp of the pad. When you hear two clicks, the magnetic clasp is successfully connected.
2. Fill the spray bottle with water and spray the black conductive silicone area on the conductive silver area pad evenly.
3. Put the knee support on making sure the conductive silver cloth area is on the knee.
4. Long press the power button to turn on the device.
5. Press the “+”or“-” button on the power pack machine or the remote control to adjust the intensity. There are 15 levels of intensity in total.
6. Short press the power button on the host to switch modes.
7. The massage won’t be good or pain will be felt if the conductive silver cloth area doesn’t contact the skin tightly. Please use the spray bottle before use.

WASHING INSTRUCTIONS

When washing, please separate the host and the knee support. Only the knee support can be cleaned. The host is not waterproof.

Separate Washing

Hand Washable

Use neutral detergent

Wash in cold water below 30 degrees

Knead gently by hands

Dry in the shade

No using dryer

No washing machine

No ironing

No bleach

No soaking

No washing power machine

TROUBLESHOOTING

Device cannot turn on	The battery is low. Please charge the product.
Abnormal shutdown	If the device is removed from contact with the skin, the green indicator will continuously flash and beep for one minute before the device automatically switches off.
Massage intensity is too weak	1. Level is too low. Press the “+” button. 2.Skin is too dry. Spray the black conductive silicone of the pad evenly with water or apply moisturiser.
Cannot be charged	Make sure the adapter output voltage is DC 5.0V / 1.0A and it is in good condition.
Sting feeling during massage	1.Skin is too dry. Spray the conductive area evenly with water or apply body lotion. 2.If you feel tingling at any position during each use, you may be sensitive to the device. Discontinue use.

DESCRIPTION OF HAZARDOUS SUBSTANCES

	Shell	PCB	Battery	Electrode Slice	USB Cable	Package
Pb	O	X	X	X	X	X
Hg	O	O	O	O	O	O
Cd	O	O	O	O	O	O
Cr, VI	O	O	O	O	O	O
PBB	O	O	X	O	O	O
PBDE	O	O	X	O	O	O

O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this component is below the limit requirement in GB/T 26572-2011.

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials for this component is above the limit requirement in GB/T 26572-2011. All components with “X” in the table are in accordance with the EU ROHS recast regulation 65 / 2011 - / EU directive.

SPECIFICATIONS

Name	EMS Knee Support
Host Material	ABS
Support Material	Nylon, Spandex, Rubber band
Model	DL06279
Size	Host: 35x35x10mm Support: 235x190x10mm
Weight	Host: 8g Support: 40g
Pulse Width	56us±3%
Output Voltage	< +100V, -100V±10%
Frequency	3.5 ~ 83.5Hz±3%
Operating Temperature	10°~35°
Operating Humidity	20° - 80°
Power	Rechargeable Polymer Lithium Battery
Battery Capacity	50mAh
Size	S, M

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