

720

2022.10.15--388x128mm

Myofascial Physiotherapy Device User Manual



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 nixie 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 boned 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 5 VDC.

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.

PRODUCT WARRANTY CARD

PRODUCT MODEL		SERIAL NO.		DATE	
Customer information	Customer's name		Postcode		
	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 cited. The company will not be liable for damage (including resuitious damage), 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

Test conclux : 
Inspector No :
Inspection date:

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 scar 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 phy siotherapy 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 edemafluid 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 muscies	> Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internalfixation.
> 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-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times

The movement direction is from up to down.

Small flat head outward 45°

Gracilis	10s-15sx2 times
Adductor longus	10s-15sx2 times
Adductor brevis	10s-15sx2 times
Triceps surae	
Gastrocnemius	20s-30sx3 times
Soleus	20s-30sx3 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

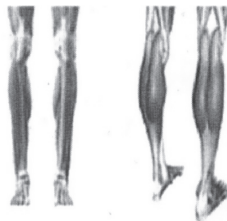
Quadriceps femoris	
Rectus femoris	30s-45sx2 times
Vastus lateralis	30s-45sx2 times
Vastus medialis	30s-45sx2 times
Vastus intermedius	30s-45sx2 times

The movement direction is from up to down.

Small flat head vertically downward

Sartorius	30S-45S
Tensor fasciae latae	15s-20sx2 times
Tibialis anterior	15s-20sx2 times
Peroneus longus	15s-20sx2 times
Peroneus brevis	15s-20sx2 times

The movement direction is from up to down.



Use Method

Gonarthrits

Supine position

Small flat head vertically downward

Quadriceps femoris	
Rectus femoris	30s-45sx2 times
Vastus lateralis	30s-45sx2 times
Vastus medialis	30s-45sx2 times
Vastus intermedius	30s-45sx2 times

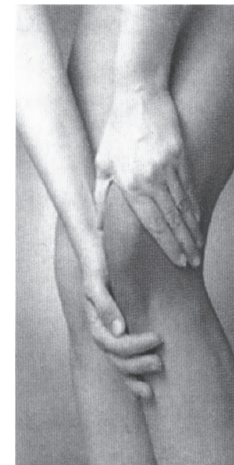
The movement direction is from up to down.

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-30sx3 times
Soleus	20s-30sx3 times



Small round head vertically downward

Iliac bone edge - iliac bone anterior	30s-1min
Rectus femoris, inguen	1min
Tensor fasciae latae	15s-20sx2 times
Patellar ligament area	20sx3 times

Plantar fasciitis

Prone position (single side)

Small flat head vertically downward:

Hamstring	
Biceps femoris	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times

The movement direction is from up to down.

U head vertically downward

Popliteus	
Knee straightening position	15s-30s
Knee bending position	15s-30s
Triceps surae	
Gastrocnemius	20s-30sx3 times
Soleus	20s-30sx3 times

The front foot sole touches the ground.

Small round head vertical to planta pedis:
Plantar fascia

Operation Program of Sacroiliac Part

Prone position (single side)

Small flat head vertically downward:

Gluteus medius	30s-1minx4 times
Gluteus maximus	30s-1minx4 times
Piriformis	1min-1.5min
Articulatio sacroiliaca	1min-1.5min
The direction is from inside up to outside down, along the muscular direction.	
Hamstring	
Biceps femoris	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times
From up to down	

Supine position

Tibialis anterior	15s-20sx2 times
Peroneus longus	15s-20sx2 times
Peroneus brevis	15s-20sx2 times
The movement direction is from up to down.	

