



**Joint Relaxation Heated Vibration Massager**  
**Knee and Joint Physiotherapy Unit**



Instruction Manual  
Model: KH317

This user manual provides both operation information of this product and its detailed specifications. Please read this manual carefully and understand it thoroughly before operation. Keep this manual for future reference.

## **READ AND SAVE IMPORTANT SAFETY INSTRUCTIONS**

Please read the following safety instructions carefully before using this massager. If you suffer from any of the medical conditions listed below, consult with a doctor before using this massage device.

### **If you:**

- suffer from a heart condition.
- have a sensory disorder or pacemaker
- suffer from osteoporosis or diabetes
- are pregnant
- have a malignant tumor
- are undergoing medical treatment
- are physically disabled

we advise you to consult with your doctor before using this massager.

### **SAFETY WARNING**

1. Always remove the plug from the power outlet after used. Never leave this device unattended while power is connected.
2. Never use the device close to heater, fireplace, stove or heat source, and avoid smoking when using this massager.
3. Always escort and pay attention while patients, disabled and elderly people are using this device.
4. Never use the device if the plug or wire is damaged, not in a smooth operation as it should be, broken or wet.
5. Always plug in the power source only when the power key is in OFF position.
6. People with heart disease or prohibited to have excited exercise should not use this device unless you have consulted with your doctor.
7. People with skin allergy, wounded or after surgery and not well recovered should not use this device unless you have consulted with your doctor.
8. Unauthorized person is not allowed to reconstruct or replace the component of this device.
9. This product is designed for home use only.
10. Do NOT use this device in sauna room or bath room, or in area with high humidity.

### **NOTICE:**

1. Never use this device while body or target area is wet.
2. Never let children, mental retarded and people with difficulty in action to operate this device and to reach the power source.
3. To avoid over contact with skin, always wear comfortable dressing for massaging.
4. Never dress with hard materials when massaging, which may be less

- comfortable and may cause unwanted noise.
5. If the device was not use for a long time, check it first before use again.
  6. Not to use this device right after meal. Suggested use of the device at least 60 minutes after meal.
  7. This product is not intended for medical use. It is intended only to provide a relaxation massage at home.
  8. Do not use this product for more than 60 minutes at a time. Always take a break of 5 to 10 minutes if you want to use for more cycles.
  9. Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use, unplug the power source and allow the unit to cool before operating.
  10. Never leave the device unattended, especially if children are present.
  11. Never cover the device with blanket or other subjects when it is in operation.
  12. NEVER use this product while sleeping.
  13. Close supervision is necessary when this product is used by, or near children, invalids, or disabled persons.
  14. DO NOT use this product as a substitute for medical attention or treatment.

### **MEDICAL NOTES:**

1. To avoid excessive stimulation of the muscles and nerves, the massage time should not exceed the recommended 60 minutes at a time (its default time is 30 minutes).
2. If your doctor / orthopedist does not particularly forbidden joint massage, you can enjoy the massage following your doctor's instruction.
3. A massage should never feel unpleasant.
4. Over exaggerated massage can also harm the body.
5. Pregnant women, the ill persons and children should not use this device. In case of injuries to the spine or after surgery, a massage can be dangerous. If in doubt, talk to your doctor beforehand.

### **WARNING — TO REDUCE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:**

1. This device should never be left unattended when plugged in. Unplug from outlet when not in use.
2. DO NOT operate under blanket or pillow or cover material. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this device is used by, on, or near children, invalids, or disabled persons. THIS DEVICE IS NOT A TOY.
4. Use device only for its intended use as described in this manual.
5. Never operate this unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
6. DO NOT carry this unit by the supply power cord or use the power cord as a handle.
7. Keep the cord away from heated surface.

8. DO NOT use outdoors.
9. Never drop or insert any object into any opening of this device.
10. DO NOT operate where aerosol (spray) products are being used or where oxygen being administered.
11. Use heated surface carefully. May cause serious burns. DO NOT use heated surface over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
12. Turn all controls to OFF position, before removing plug from outlet.
13. Never use while sleeping and avoid falling asleep while the product is operating.
14. Use only original adaptor that comes with the device.

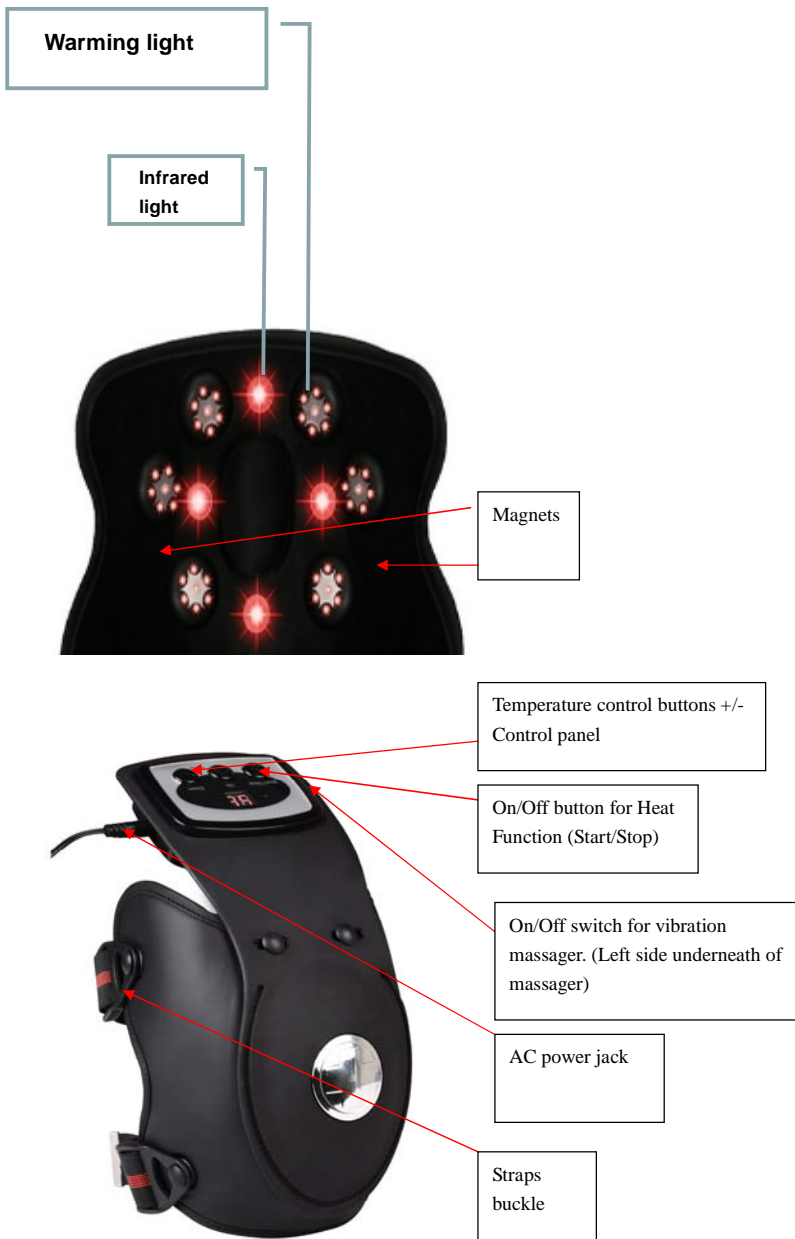
**CAUTION:** this massager should not be used in the following cases:

- If you have any concerns regarding your health, consult your doctor before using this product.
- DO NOT fall asleep while using this massager.
- Massage should be comfortable and pleasant. Should pain or discomfort result, discontinue use and consult your doctor.
- DO NOT use for more than 60 minutes at a time. Extensive use could cause the product to overheat. Should this occur, discontinue use and allow the unit to cool before operating. Extensive use at any time could lead to excessive heating that shortens the life of this product.
- Avoid the use of an extension cord because the extension cord may overheat and cause a risk of fire.
- This product should never be used by an individual with a medical condition that would limit the user capability to operate the controls.
- Never use this product directly on swollen or inflamed areas of the skin or on areas where skin eruptions are present.
- Do not operate after taking pain killers, sedatives or alcohol. Consult your doctor if under these medications.
- Do not use this product on varicose veins.

### **CARE & MAINTENANCE**

1. Store unit in a moisture-free, dry place when not in use.
2. DO NOT wrap the power cord around the unit.
3. DO NOT hang the unit using the power cord.
4. Keep away from all solvents and harsh detergents.
5. Unplug the unit and allow it to cool before cleaning. Wipe with a soft, dry cloth. Never submerge the unit in water or liquid solutions.
6. DO NOT use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean the massager.

### **Product parts:**



**Parts/ accessories**



Adaptor



Comfort padding cover



Straps: 2 straps for knee / elbow, 1 strap for shoulder

**FEATURES:**

- Infrared Therapy.
- Soothing Heat Therapy. Adjustable temperature, from 45°- 65°C (113°F - 149 °F).

- Magnetic Therapy
- Vibration Massage
- Detachable and adjustable straps for knees and shoulder.
- Comfortable, ergonomically designed cozy padded body.
- Temperature memory function.

## OPERATION GUIDE:

1. Put the **Comfort Padding Cover** on the target area (recommended if you are not wearing comfortable dress).
2. Put the massager on the top of the Comfort Padding Cover with the control panel facing up. Adjust the straps until it fits your girth of knee properly and have it buckled.
3. For best performance, always attach the massager to the curve of knee as close as possible.
4. Connect the AC power cable to AC **Power Jack** on massager, connect the AC adaptor to power cable and plug into wall outlet.
5. The LED light on control panel is on, LED screen shows "--".
6. To turn on Infrared Heat function, press **Start/Stop** button once on control panel, Infrared Therapy starts working, LED screen shows 45°C (default minimum temperature).
7. Press **UP** or **DOWN** button to set your preferred temperature (maximum 65°C). Warming Light starts working, LED screen shows your preferred temperature.
8. Its thermostat-control system will control the heat level automatically. It'll stop heating when it reaches your preset temperature and restart heating when its temperature is lower than your preset temperature. (Note: the warming lights will be on and off during heating).
9. If you do not want heat therapy, choose to have only infrared therapy, press **DOWN** button to reduce temperature to its minimum level (45°C). And it'll work with only infrared therapy.
10. To turn off Infrared Heat function, Press **Start/Stop** button once again on control panel. LED screen shows "--".
11. Press the **On/Off Switch** to "-" or "o" position to turn On/Off vibration massage. (On/Off Switch is located on the left side underneath the massager).
12. **Infrared / Heat therapy** and **Vibration massage** are independently controlled. Turning On/Off either of the 2 functions will not affect another function.

### Temperature increment:

1. For temperature within 45°C to 55°C, the unit increment is 5°C every time you press UP or DOWN button. From 56°C to 65°C, the unit increment is 1°C.

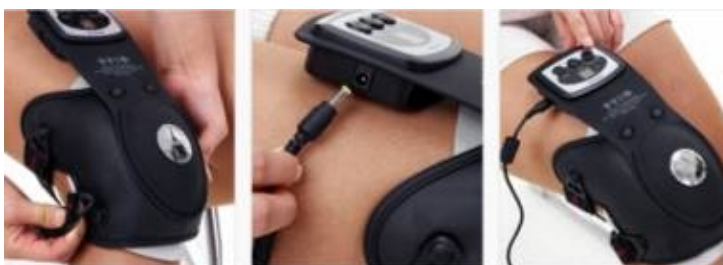
### Timer:

1. The default time for infrared heat therapy is 30 minutes. It'll automatically shut off after 30 minutes of use. You need to press **Start/Stop** button again on control panel if you need more cycles.
2. There is not default time for vibration massage. You can turn On/Off the vibration massage any time.

**Temperature Memory Function:**

1. The device has built-in temperature memory function. It'll remember the last time the temperature you set.
2. When you turn on the device next time, it'll start with the temperature you set up last time. You can press UP or DOWN button to adjust the temperature you want again.

**How to put on the massager:**



**Suggestions for use:**



For knee



For elbow

For shoulder



1. Use it for a while before movement or going out, which will reduce the sense of pain at knees and relieve muscle stiffness.



2. For better effect, it's suggested to use it for 2 to 3 times every day with warm temperature level (45°C), 30 minutes each time.
3. Warm temperature is the most proper temperature for users. It is not recommended to set temperature to high level such as more than 55°C, especially not for new users .
4. Acute temperature change will discount the performance. Try to adjust the temperature gradually.
5. Upon relief of the sense of pain, it's suggested to conduct extensive gentle exercise by continuously unbending and bending the knee joints for minutes, when you feel comfortable.
6. Always wear comfortable dress and or use the Comfort Padding Cover included with the product.
7. Excessive use of the massage may also discount the performance. Long time of direct exposure to skin may result in burning injury or skin sensibility.

### **Limited Warranty**

Please contact seller for warranty. Limited warranty from manufacturer only for original purchaser against manufacturing or workmanship defect under normal use. Due to the hygiene or rehabilitation nature of this product, it is non-returnable.

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