Precautions
We recommend the user manual advise users of the following:
Effectiveness is highly dependent upon patient selection by a practitioner qualified in the
management of pain patients.
The long-term effects of electrical stimulation are unknown.
Since the effects of stimulation of the brain are unknown, stimulation should not be applied across
your head, and electrodes should not be placed on opposite sides of your head.
The safety of electrical stimulation during pregnancy has not been established.
You may experience skin irritation or hypersensitivity due to the electrical stimulation or
electrical conductive medium (gel).
If you have suspected or diagnosed heart disease, you should follow precautions
recommended by your physician.
If you have suspected or diagnosed epilepsy, you should follow precautions
recommended by your physician.
Use caution if you have a tendency to bleed internally, such as following an injury or
fracture.
Consult with your physician prior to using the device after a recent surgical procedure,
because stimulation may disrupt the healing process.
Use caution if stimulation is applied over the menstruating or pregnant uterus;
and
Use caution if stimulation is applied over areas of skin that lack normal sensation.
The user manual should advise users of the following:
Keep this device out of the reach of children; and Use this device only with the leads, electrodes,
and accessories recommended by the manufacturer.
Adverse Reactions You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
You may experience headache and other painful sensations during or following the application of
electrical stimulation near your eyes and to your head and face; and You should stop using the
device and should consult with your physician if you experience adverse reactions from the device.

Technical data:
1. Voltage: DC 6-9V 250mA-2500mA
2. Rated working time: 20mins.
3. Frequency: 100Hz-1500Hz
4. Accessory: 1pc control unit, 1 piece hot or cold unit, 1 piece / 1 pair of sticker electrode pads, 1 piece electrode cable, 1 piece rechargeable battery, 1 piece adaptor, 1 piece plastic board

Heating & Cooling massage therapy System

The system has two therapy functions: Massage and Thermal therapy from hot/cold treatment. You
can choose one or both therapies at the same time according to your needs.
1. Hot or Cold therapy
The unit incorporates a module which transmits either hot or cold. To use the thermal therapy
simply connect the hot/cold module (illustration 3) to the base unit by the dual male/female
connector. Once the module is connected push the on/off round middle button once and the screen
will illuminate and turn on. To turn the module off simply push this button one more time and unit
will be turned off. Once the screen is illuminated push either the cool button or the heat button
which is located on the bottom left of the unit. The temperature is automatically set to the optimum
therapy temperature for both hot and cold. The temperature range will range between 43 degrees
Fahrenheit to 60 degrees Fahrenheit for cold and between 95 degrees Fahrenheit for hot. Contact with the skin and effects of environment temperature could slightly
affect the actual temperature. Although the therapeutic value of the unit is maximized using
hot/cold treatment and massage treatment together, each treatment can function separately and
provide a measure of relief.
2. The MASSAGE unit (illustration 1) has six modes incorporated into the programming: Stroke,
manipulation, massage, acupuncture, cupping and scraping. Each of the modes has 11 different
intensities or varieties. To select a mode connect the male wire into the unit then connect the
female connections (2) to the electrical pads (conductive pads) There is one cord with two
connections for the conductive pads (illustration 3.) Connect the conductive pads to the desired
location on your body, see warnings below. Once the conductive pads are connected push on/off
button and the screen will illuminate. Once the screen illuminates the first mode "stroke" is
automatically on. To change to the other modes simply push the mode button located at the center bottom of the unit. Push the mode button once and the mode will switch to manipulation, push again and it will go to the massage mode, push again and it will go to the acupuncture mode, push again and it will go to the cupping mode and finally push one more time and it will go to the cupping mode. If you continue to push it will cycle through the modes again. Once you have selected the mode you can change the intensity and function of the mode levels, to do this simply push the + button or the - button both are located at the lower right of the unit. You can increase or decrease the intensity of the MASSAGE to your desire.

3. The unit has a 20 minute time set. The 20 minutes is recommended use time. See warnings below.

**How to use the system**

1. First place rechargeable battery in back of case, connect the wall adapter and the battery will automatically charge. If rechargeable battery is low the unit will also operate when plugged in with the wall charger. If you run unit functions by the wall charger and disconnect or remove the battery, the unit will also run on 4 AA batteries.

2. If hot or cold therapy is desired connect the hot or cold unit module to the unit by the male/female cord. Connect one end into the base unit and connect the other side into the hot or cold module. Once the module is connected the module can be attached on wrist, arm, leg or thigh via plastic belt (Illustration 4) or you can move and hold in place with your hands. You can connect the conductive electrode pads where desired. If you want to connect the electrode conductive pads to the following. Connect the male connection in female part on the right side of the base unit. Once this is done connect the female ends to the conductive pads. Remove the plastic film and place the electrode sticky pads to each side of the desired therapy area. Once treatment is completed remove plastic film on the conductive pads or place conductive pads on the plastic base of the unit so they do not get dirty. If the conductive pads get dirty - disconnect from unit and run under coldwater to clean the sticky area. Let pads dry and then reenable on plastic film or back on unit base.

3. Press the "power on/off" button to turn the unit on/off. The on/off button is located in the center of the unit. Unit once turned on the screen will illuminate and you can choose your mode and intensity as desired. If the hot or cold module is attached you can choose your desired thermal therapy - heat or cool. 

**Some Tips:**

1. To remove the battery connect the wall adapter and remove the battery by pulling the battery out from the slot.

2. The battery can be charged in 40 minutes by the 9v 3A adapter.

3. After you finish the massage using the conductive pads you can place them on the two sides of the unit or you can store on the transparent film.

4. Do not use the battery and adapter at the same time, or it will shorten the battery's life. If you need to charge the battery, keep the control unit power off; when you use the wall adapter take out the battery.

**Warnings**

If you are in the care of a physician, consult with your physician before using this device.

If you have had medical or physical treatment for your pain, consult with your physician before using this device.

If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;

Do not apply stimulation over your neck because the current could cause severe injury or result in a loss of your ability to breathe;

Do not apply stimulation in the areas of your vessel, muscle, and nervous system;

Do not apply stimulation too close to the area to avoid any injuries;

Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;

Do not apply stimulation in the bath or shower;

Do not apply stimulation while sleeping;

Do not apply stimulation while driving, operating machinery, or doing any activity in which electrical stimulation can put you at risk of injury, and

Do not use the device or children, if it has not been evaluated for pediatric use.

Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals; and Apply stimulation only to normal, intact, clean, healthy skin.