



Knee Rest Wedge with Heated Comfort Massage Knee and Leg Physiotherapy Unit



Instruction Manual
Model: **KH 285**

*** Keep this manual for future reference ***

READ AND SAVE IMPORTANT SAFETY INSTRUCTION

Read the following safety information carefully before using this product. If you are undergoing any medical treatments, we advise you to consult with your doctor before use.

SAFETY NOTE:



Attention: This product is not a neck pillow. Do not use this product under blankets or other covers.



Attention: This product is designed for private use, not intended for medical or commercial purpose. Children should be supervised to ensure that they do not use this product as a toy.

CAUTION:

- Do not immerse the product into water for cleaning.
- Do not stand up on this product. Do not use it as back cushion or pillow. Use it only when you are seated or lay down on a sofa or bed.

- Do not try to touch the control panel and plug or unplug the power adaptor with wet hands.
- Do not use the product if you are hungry, right after meal, drunk, or right after extreme exercise.
- Do not use the product if you have wound or are after surgery and not yet fully recovered on legs or feet.
- Do not use this product continuously for more than 45 minutes at a time. The product has default working time of 15 minutes. It'll automatically turn off when the time is up. It is recommended that you should take 10 to 15 minutes of break for every 45 minutes of use.
- Do not use this product while you are sleeping, and avoid falling asleep while the product is in use.
- Always unplug the product from the power outlet after use. Never leave this product unattended while its power is connected.
- Never use the product close to heater, fireplace, stove or other heat source.
- Always escort and pay attention while children, patients, disabled and elderly people are using this product. This product is not for children under age 18.
- Never use the product if the plug/wire/product is damaged, if it is not in a smooth operation as it should be, or if it immerses water.

- Unauthorized person is not allowed to reconstruct or replace the component of this product.
- Do not use this product in sauna room or bathroom, or in area where has high humidity.
- Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.
- Never let children, mental retarded and people with difficulty in action to operate this product and to reach the power cord.
- If the product has not been used for a long time, check it before use again.
- Excessive use can lead to overheat and shorter product life. Should this occur, turn off and unplug the power, and allow the product to cool down before use again.
- Do not use this product as a substitute for medical treatment.
- This product is designed for household use only.

MEDICAL NOTES:

1. To avoid excessive stimulation of skin, the massage time should not exceed the recommended 45 minutes at a time (its default time is 15 minutes).
2. If you are under medical treatment and your doctor or orthopedist does not particularly forbid knee massage,

you can enjoy the massage following your doctor's instruction.

3. A massage should never feel unpleasant. Should pain or discomfort result, discontinue use and consult with your doctor.
4. Excessive massage can also have harm to body.
5. People who are unable to feel normal temperature, the ill persons undergoing medical treatment and children should not use this product. If in doubt, talk to your doctor in advance.

WARNING — TO REDUCE RISK OF BURN, FIRE, ELECTRIC SHOCK, OR INJURY TO USERS:

1. This product should never be left unattended when it is plugged in. Unplug it from outlet when it's not in use.
2. Close supervision is necessary when this product is used by or close to children, invalids, or disabled persons.

THIS PRODUCT IS NOT A TOY.

3. Use this product only for its intended use as described in this manual.
4. Never operate this product if it has a damaged power cord or plug, if it is not working properly, if it has been damaged on shell or immersed water. Return the product to service center for examination and repair. Never try to

- take apart or repair this product by yourselves.
5. Do not carry this product with its power cord or use the power cord as a handle.
 6. Turn off the product on the control panel before removing plug from outlet.
 7. Use only the original adaptor that comes with the product.
 8. Keep this product and its power cord away from fireplace or wet sources.
 9. Always unplug the power cord from the electrical outlet after using and before cleaning.
 10. Do not use attachments that are not recommended by manufacturer for this product.

NOTICE: this product should not be used in the following circumstances:

- Massage should be comfortable and pleasant. Should pain or discomfort result, discontinue use and consult with your doctor.
- Avoid the use of an extension cord because the extension cord may lead to overheat and risk of fire.
- This product should never be used by an individual with a medical condition that will limit the user's capability to operate the product.

- Never use this product if there is wound or injury on legs or feet.
- Do not use this product after taking pain relief medications, sedatives or alcohol. Consult with your doctor if you are under these circumstances.
- Do not use this product when you have insensitive skin in your targeted areas or in the environment of poor air circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- It is recommended not to use this product 30 minutes before or after your meal.

SPECIAL WARNING:

- Do not immerse water or other liquid with this product.
- Do not attempt to plug or unplug the power source while your legs are on this product or with wet hands.
- Use the product on soft surface such as sofa or bed.

Control Panel:



OPERATION INSTRUCTION:

1. Plug in power adaptor to power jack and to outlet.
2. Press MASSAGE button once to turn on massage (Low speed).
3. Press MASSAGE button twice to turn on massage (High speed).
4. Press MASSAGE button again to turn off massage.
5. Press HEAT button to turn on or turn off the heat therapy.
6. The default massage speed is Low speed.
7. The default massage time is 15 minutes. It'll shut off automatically after 15 minutes of use.
8. Massage function and Heat can work alone or simultaneously.
9. How to use it: put your legs on it while you sit or lay down on sofa or bed.

Features:

- Knee rest for relief of sciatica, back pain, leg pain, hip and joint pain.
- Ergonomic contoured design with comfort vibration massage.

- Two selective vibration massage speeds provide deep or light massage on lower body.
- Soothing heat therapy improves body circulation.
- Elevates legs to relieve lower back pressure and helps maintain the anterior pelvic tilt in the correct alignment to ease stress on spine and lower back bones.
- Made to be sturdy but with soft-touch comfortable material, also suitable for use as a leg wedge pillow for pregnancy.
- Overheat protection. It'll shut off automatically when the heat reaches 149°F.
- Built-in side pockets for iPhones, books, and remotes.
- Built-in carrying handle makes it convenient for transport or storage.

Specifications:

- Default working time: 15 minutes
- Filling material: density foam, polyester.
- Powered with AC input 100-240V 50/60Hz 1.3A
- AC adaptor included.
- Product weight: 5 lbs
- Product dimension: 24 x 12 x 12 inches
- **NOTE: this is NOT a neck pillow**
- Maximum heat temperature: 60 (140°F Fahrenheit).

Cleaning and Maintenance

- Before cleaning, you must turn off the power and unplug the power cord from the electrical outlet.
- This product or its cover is not washable.
- Clean the cover only with a soft, dry towel. Never use strong abrasives, detergents or cleaning agents for cleaning.

Storage:

- Unplug the power cord from the electrical outlet and allow it to cool down.
- Place it in its box or in a clean, dry location.
- Do NOT drag or hang the unit with its power cord.
- This product is designed for household use only.
- Never put the product close to fireplace or other heating sources.



Correct Disposal of this product:

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health

from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used product, please use the return and collection system or contact the retailer where the product was purchased from.

Troubleshooting:

Problem	Cause	Solutions
No power	Power jack is off or not connected properly.	Unplug and plug the power jack again.
Massaging stops after using about 15 minutes	Its default working time is 15 minutes	Turn off the power and turn it on again.
Massaging stops after using about 15 minutes	Overheated	This product has overheated protection. When its heat temperature reached 149°F Fahrenheit degrees, it'll shut off automatically. Unplug the power, wait for 10 to 15 minutes to let it cool down before using it again.

Note: This product is not intended to diagnose, treat, cure, or prevent any disease.

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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