

Multi functional dual head fascia gun

Back to back without asking for help



Six team ball
Suitable for neck,
spine, and thighs



Instructions for Use

1. Power switch/button (long press to turn on/long press to turn off).
2. Press the key gear to change.
3. Removable and replaceable vibration. When disassembling the vibration head, simply pull it out with force.
4. Please choose a 5V charging device for charging.
5. For the first use, please charge for 3 hours and connect the data cable to the 5V adapter for charging
6. During charging, 6 lights flash alternately, and when fully charged, 6 lights remain on. When working, the lights indicate the gear position.

Safety instructions:

In order to reduce the risk of electricity, fire, and personal injury, it is necessary to use this product according to the following instructions.

Adults only

- This product can only be used on dry and clean skin surfaces and cannot be used through clothing. Press and gently move on the skin. The duration of each section is approximately 60 seconds.
- Using this device only on soft tissues of the body will not cause pain or discomfort. Do not use it on any hard or bony parts of the head or body.
- Stop using immediately if there are signs of pain or discomfort.
- Do not operate or charge without supervision.

Product Name: Fascia Gun

Product model: CY-012

Maximum current: 8A

Rated voltage: 7.4V

4000 RPM 1800mAh



MADE IN CHINA

Knee osteoarthritis

Supine position

Flat head vertically downward

Quadriceps femoris

Rectus femoris muscle 30s-45sx2 times

Lateral thigh muscle 30s-45sx2 times

Medial thigh muscle 30s-45sx2 times

Medial thigh muscle 30s-45sx2 times

Small round head vertically downward

Prone position

National muscle 30S-45S

Knee joint correction position 15s-30s

Kneeling position 15s-30s

Triceps surae

Gastrocnemius muscle 20s-30sx3 times

Soleus muscle 20s-30sx3 times

The direction of motion is from top to bottom.

The patient slowly bends their knees slightly.

Small round head vertically downward

Edge of iliac bone - anterior iliac bone 30s-1 minutes

Rectus femoris, fascia lata, and tensor fascia lata

15s-20s x2 times

Patellar ligament area 20sx3 times

Rope muscle

Biceps femoris muscle 20s-30s x3 times

Half tendon muscle 20s-30s x3 times

Semimembrane-bound muscle 20s-30sx3 times

From top to bottom



Plantar fasciitis

Prone position (unilateral)

Small flat head vertical hem:

Biceps femoris muscle 20s-30s x3 times

Half tendon muscle 20s-30s x3 times

Semimembrane-bound muscle 20s-30sx3 times

The direction of motion is from top to bottom

Small round head vertically downward National muscle

Knee straightening position 15s-30s

Knee bending position 15s-30s triceps brachii

Gastrocnemius muscle 20s-30sx3 times

Soleus muscle 20s-30s x3 times

The front sole touches the ground.

A small round head perpendicular to the sole of the foot; plantar fascia

Prone position (unilateral)

Small flat head vertically downward:

Hip muscles 30s-1 minute x 4 times

Gluteus maximus muscle 30s-1 minute x4 times

Pear shaped muscle 1-1.5 minutes

Joint 1 minute -1.5 minutes

The direction is from the inside up to the outside down, along the direction of the muscles.

Supine position

Tibial anterior muscle 15s-20s x2 times

Fibula length 15s-20s x2 times

Short fibula 15s-20s x2 times

The direction of motion is from top to bottom

