

尺寸: 130mm*100mm

DUAL HEAD ADJUSTABLE FASCIA GUN

OPERATION INSTRUCTIONS



PH-M502

When using this product,
Please read the user manual carefully and use it correctly!

Safety Notice

Please read this manual carefully and keep it properly before using this product.

Usage taboos

- Prohibit bones with less muscle coverage on joints such as the head, face, elbows,knees, and spine Use this product.
- Do not use this product on the side, front, back, or cervical spine to avoid damaging neck pulsation and causing Fainting and sudden cardiac arrest.
- Prohibited under armpits, inner upper arm, inner clavicle, inner elbow joint, posterior knee socket, abdomen and kidneys Use this product in vulnerable areas such as regions and reproductive organs with dense neural and vascular networks.
- Patients with urinary diseases such as kidney stones, ureteral stones, bladder stones, urethral stones, and urinary tract infections are prohibited from Stop using this product below the abdomen.
- Prohibited from bruising, body pain, surface wounds, local fever, redness, swelling, discomfort, acute inflammation, muscle Use this product for muscle spasms, muscle tears, acute sprains, and contusions.
- If symptoms such as fever, nausea, vomiting, muscle pain, and weakness occur throughout the body after intense exercise, it is forbidden to use it Use this product and seek medical attention immediately.
- Individuals with the following diseases are prohibited from using this product: cardiovascular and cerebrovascular diseases, blood diseases, coagulation dysfunction, and blood disorders Xiaoban reduces purpura, cervical plaques, varicose veins, cancer, tumors, and mental illnesses.
- Patients with fractures or steel nails in the body are prohibited from using this product.
- Do not use this product during precision operation or driving.
- Do not use this product continuously for a long time to prevent muscle damage caused by excessive massage.

Precautions

- When the machine is running, do not place your fingers, hair, or other parts of your body near the interface between the massage head and the machine No pinch injuries.
- Do not block or insert foreign objects into the installation groove or charging interface of the massage head, otherwise it may cause burns or contact Fire caused by electricity or short circuit.
- Do not immerse this product in water or other liquids.
- Do not use this product in damp environments.

Safety Notice

- Please use and charge in an environment of-0-40 ° C.
- Stay away from water sources, fire sources, and corrosive environments to avoid affecting battery performance.
- Please do not repair, disassemble or modify this product by yourself.
- Do not use this product while charging.
- After charging is complete, please unplug the charger from the product in a timely manner.
- The massage head is made of silicone material, and allergy sufferers should use it with caution.

Inappropriate population

Minors and elderly people over 60 years old, please use this under the supervision and guidance of a family guardian Please do not use the product privately to avoid accidents. If any of the following conditions are met, make Before use, please consult with a surgeon or attending physician from a tertiary hospital, and after obtaining permission, enter with accompaniment Use it in a row.

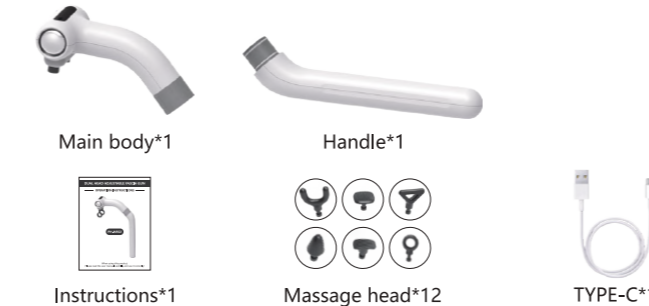
- Pregnant and lactating women.
- People aged 60 and above.
- Rhabdomyolysis syndrome.
- Install a pacemaker and stent.
- Surgical treatment has been performed within 12 months.
- There are abnormalities in the spine, joints, and bones, as well as orthopedic diseases such as osteoporosis, cervical spondylosis, and lumbar disc herniation.
- Individuals with abnormal limb perception and limited mobility due to illness or age.
- There are other diseases in the body that have been diagnosed, such as mental illness and retinal damage.

Operating instructions

- Press and hold the power button for 1.5 seconds to turn on or off the device.
- After turning on, press the power button briefly to switch gears.
- Choose the appropriate massage head installation, turn on the fascia gun, and switch gears according to personal experience. It is recommended to switch from low gear Start trying.
- Gently press the massage head onto the muscle area that needs to be relaxed, slide back and forth slowly, and if there is any extra soreness in the area Apply appropriate pressure to the tender area and hold for 15-30 seconds.

- The fascia gun itself has impact force, and it is not advisable to apply excessive pressure to avoid damaging muscles and bones.
- It is recommended to use it on areas with fuller muscles, and do not stay in the same area for more than 60 seconds.
- The recommended duration of use is 10 minutes. If you feel sore, you can adjust the massage time appropriately.
- It is recommended that the duration of a single use should not exceed 10 minutes, and the duration of continuous use should not exceed 30 minutes.
- The gear indicator light is on when the product is charging, and the white light flashes continuously. After being fully charged, the white light remains on.

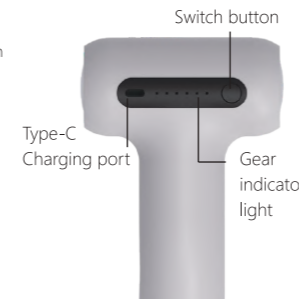
Product list



Product parameters

Product Name: Double head Adjustable Fascia Gun
Product model: PH-M502
Product size: 330 * 210 * 100mm
Product weight: 730G
Battery capacity: 7.4V-1500MAH
Charging voltage: 5V
Charging current: 2A
Massage head material: silicone/plastic

CE FC RoHS



Instructions:

The handle can rotate:

Rotate to the long handle position and massage the legs Comfortable and convenient



Rotate to the 7-shaped handle position and massage the back Comfortable and convenient



Detachable handle:

Hold the long handle and rotate counterclockwise to pull it out to the short handle state Make it more portable and comfortable to hold

Removable massage head:



6 types of massage heads can be replaced, including U-shaped head, flat head Triangular head, bullet head, curved head, and circular head

You can also customize the installation of different types of massage heads For example, a three-point massage with a U-shaped head and bullet head can be used to achieve better results Comfortable Experience

