

# Myofascial Physiotherapy Device User Manual



6-level adjustment meets different needs

Level indicator lamp

- Level 1 - 2100 rpm
- Level 2 - 2400 rpm
- Level 3 - 2700 rpm
- Level 4 - 3000 rpm
- Level 5 - 3300 rpm
- Level 6 - 3600 rpm

Level adjustment switch

Charging hole



U head/for vertebrae



Small round head/ for joints



Ball head/for large muscle groups



Small flat head/for all parts of the body

## Configuration and Specification

### Configuration

1. Power on/off button
2. Power level indicator lamp LED (red)
3. Frequency level indicator lamp LED (blue)
4. Removable, replaceable vibration head  
When removing the vibration head, just exert your strength to pull it out.
5. DC charging port
6. AC wall charger

## Maintenance, cleaning and storage:

Clean the device with a slightly wet towel, and then wipe it dry with a soft cloth for storage, or put it into the supplied carton when you go traveling.

## Warnings and reminders

Do not immerse it into water. Keep it away from liquids or heat sources. Keep the vent free from dust and scraps.

Do not remove the screws or try to disassemble the device.

Do not continuously use it for more than one hour. Please stop the device for 30 minutes and then use it again.

Unplug the charger from the battery after charging or before the use.

It is only for adults. If you have injuries, do not use this device. Please consult with your doctor before using this device.

## Charging

Before using it for the first time, charge it fully for three hours.

During charging, connect the DC end of the supplied 12V adapter to the charging port of the battery, and then plug the cable at the AC side onto the wall outlet.

The LED on the battery flashes regularly and displays the battery level, indicating that the battery is being charged.

When the battery is connected, the LED on the device flashes and displays the battery level, indicating that the battery is being charged.

When all LEDs stop flashing and are on, it indicates that the battery is fully charged.

The battery can be charged at any time and at any level.

It is not recommended to use up the battery to the red LED level.

The average operating time of the device is two hours, depending on the speed and the applied pressure during the use.

## Safety Instructions

**Danger:** In order to reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions.

For adults only

It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.

Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or boned part of the body.

Only use the vibrating head that can produce the best results.

Bruise may be caused whether under moderate pressure or normal pressure. Please always check the area that receives physiotherapy.

Stop using it immediately once there is any sign of pain or discomfort.

Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because they might be pinched.

Do not place any object in the vent of the device.

Do not immerse it in water or allow water to enter the vent of the device.

Do not drop the device or use it improperly.

Charge the device charger with only 24 VDC.

Carefully check the device and battery before each use.

Do not change or modify the device in any way.

Never operate or charge the device in an unattended way.

## Indications and Contraindications

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive muscle use or abnormal posture, and most of the scar tissues involved in these diseases can be treated with this device. Avoid excessive stress and prolonged physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

The ongoing research is about the impact of vibration training on specific medical conditions. This is very likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, it is also a physiotherapy recommendation to combine vibration training into physiotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

Indications	Contraindications
<ul style="list-style-type: none"> <li>&gt; Pain and cramps due to muscle injury, sprains, strains</li> <li>&gt; Help the flow of edema fluid in the swollen area</li> <li>&gt; Relax thickened connective tissues and fascias</li> <li>&gt; Reduce the accumulation of lactic acid in muscles</li> <li>&gt; Increase joint mobility</li> <li>&gt; Eliminate muscle fatigue</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Aneurysm, bleeding, use of blood thinner</li> <li>&gt; Heart disease, with a pacemaker or defibrillator</li> <li>&gt; Pregnancy, cancer</li> <li>&gt; Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internal fixation.</li> <li>&gt; Sensitive area: head, face, cervical vertebrae, spine</li> <li>&gt; Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand</li> </ul>

## Use Method

### Operation Program of Lower Limbs

#### Prone position

##### Small flat head vertically downward

###### Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx3 times

The movement direction is from up to down.

##### Small flat head outward 45°

Gracilis 10s-15sx2 times

Adductor longus 10s-15sx2 times

Adductor brevis 10s-15sx2 times

###### Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

The movement direction is from up to down.

##### Small round head vertically downward

###### Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

#### Supine position

##### Small flat head vertically downward

###### Quadriceps femoris

Rectus femoris 30s-45sx2 times

Vastus lateralis 30s-45sx2 times

Vastus medialis 30s-45sx2 times

Vastus intermedius 30s-45sx2 times

The movement direction is from up to down.

##### Small flat head vertically downward

Sartorius 30s-45s

Tensor fasciae latae 15s-20sx2 times

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down.



## Gonarthrosis

#### Supine position

##### Small flat head vertically downward

###### Quadriceps femoris

Rectus femoris 30s-45sx2 times

Vastus lateralis 30s-45sx2 times

Vastus medialis 30s-45sx2 times

Vastus intermedius 30s-45sx2 times

The movement direction is from up to down.

The patient slowly and slightly bends the knee.

##### Small round head vertically downward

Iliac bone edge - iliac bone anterior 30s-1min

Rectus femoris, inguen 1min

Tensor fasciae latae 15s-20sx2 times

Patellar ligament area 20sx3 times



## Use Method

#### Prone position

##### Small round head vertically downward

Popliteus 30s-45s

Knee straightening position 15s-30s

Knee bending position 15s-30s

###### Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

#### Plantar fasciitis

##### Prone position (single side)

##### Small flat head vertically downward:

###### Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx3 times

The movement direction is from up to down.

##### U head vertically downward

###### Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

###### Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

The front foot sole touches the ground.

##### Small round head vertical to planta pedis:

###### Plantar fascia

### Operation Program of Sacroiliac Part

#### Prone position (single side)

##### Small flat head vertically downward:

Gluteus medius 30s-1minx4 times

Gluteus maximus 30s-1minx4 times

Piriformis 1min-1.5min

Articulatio sacroiliaca 1min-1.5min

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

###### Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx3 times

From up to down

#### Supine position

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down.

