

# EMS Muscle electrostimulator AN0129

MHD - ZZB16



Instructions manual



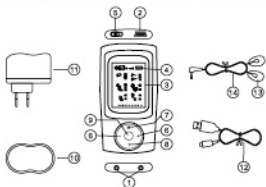
## Included in this standard package:

- 1 x Massage Device
- 2 x Large Pads
- 2 x Small Pads
- 2 x Electric Wires (1/2 wire)
- 1 x USB Cable
- 1 x Adapter
- 1 x Acupuncture Point Chart
- 1 x Instruction Manual
- 1 x Holder for Pads and Wires

## Features

- 2 output with 16 modes
- 20 level intensity
- 20 minutes default timer, can adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge battery
- AC adapter 110-240V, USB Charger 5V

## Illustrations of the device and accessories:



- 1. Two output connector
- 2. USB port
- 3. LCD screen
- 4. Battery indicator

- 5. On/ Off switch
- 6. Intensity adjustment
- 7. Mode selector
- 8. Time adjustment
- 9. Pause switch
- 10. Pads-sticking board
- 11. Charger
- 12. USB cable
- 13. Massage pads
- 14. Pad wires

## Modes

There are 16 modes to choose from, they are:

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. Lateral palm kneading massage  | 9. Shiatsu                            |
| 2. Flat palm kneading massage     | 10. Fibrillation massage              |
| 3. Crosscut fist kneading massage | 11. Lifting-pinching manipulation     |
| 4. Vertical fist kneading massage | 12. Vibrating manipulation            |
| 5. Acupuncture                    | 13. Foot Reflexology                  |
| 6. Moxibustion                    | 14. Footplate massage                 |
| 7. Acupuncture kneading massage   | 15. Ear press-kneading                |
| 8. Rubbing reduction              | 16. Ear lifting-pinching manipulation |



## Operating instructions

1. Connect the pads to the wire by snapping them on, then remove the protective film.  
**Note:** adding a few drops of water on the pads will increase their longevity.
2. Place pads where the massage sensations are desired. And plug it into one of the ports on the device.  
For additional relief use the second port and repeat procedure to put on another two pads.  
Make sure both pads are on the skin and not overlapping. Make sure your skin is free from any dirt, oil or lotion.
3. Turn the device on by sliding the on/ off switch on the top of the unit. The unit will be now activated.
4. Press the mode button to try different mode. Then press the center button to choose the waves within that selection.  
Remember the strength will default to the lowest setting by each mode selection.  
**Note:** Center button can also be used as a lock key.  
Press and hold it for 3 seconds to lock the screen, 3 seconds again to unlock the screen.
5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button.
6. Recommended application is 10-60 minutes. Increase 10 minutes by each setting. The time remaining is automatically counted down. Then the unit will automatically turn off after time finish.

## Precautions

- Do not apply the massage pads near the heart, sensitive parts of the brain, in the pubic region, over scarred areas, on the throat or over the mouth.
- Avoid touching the pads when the unit is on.
- Pregnant women must avoid using this massager.
- Do not use this massager if you have pacemaker or other life support equipment such as an artificial lung or respirator.
- Should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk or injury.
- Do not use if you have following medical conditions:
  - Acute disease, trauma or surgical procedure in past six months
  - Cardiac dysfunction
  - High blood pressure
  - High fever
  - Cancer
  - Infectious disease
  - Malignant tumors
  - Recent surgery
  - Skin problems
  - Pregnancy
  - Undiagnosed pain syndromes
  - Abdominal or inguinal hernia
  - Painful and/ or atrophied muscles
  - Limited range of motion in skeletal joints



- Keep out of the reach of children
- The unit is not intended for the application of any medical condition or disease nor is it intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.

## Maintenance and care

1. when you have finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.
2. After usage, please cover the pads with the protective film and put them back in their zip lock bags. Applying a few drops water before and after usage will increase the longevity of the pads.
3. Charge the unit at least every 3 month in event it is not used regularly. You can also use the unit with wall charger or directly from your computer using the USB cable.

## Troubleshooting

Problem	Cause	Solution
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. Or there is a loose connection. Or the intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. Make sure all connections are secure from the unit to the wires and the wires to the pads. Increase the intensity level.
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced.	Replace the set of pads. Pads can be purchased from Amazon.
Unit does not turn on or the screen is dim.	Battery is low.	Recharge the battery.
Does not provide adequate pain relief.	Not using it long enough. Not lying down then massaging neck.	Use your massager 20-30 minutes at a time, 3-6 times per day. Lie on your back for neck support when you need relief for headaches or neck pain.

