



Warming Compression Knee or Calf Massager

Compression | Vibration | Heat Treatment

A Comprehensive Physical Therapy Massage Device

Total-knee Therapy Concept™



Instruction Manual

Model: **KH353**

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

READ AND SAVE IMPORTANT SAFETY INSTRUCTION

Read the following safety information carefully before using this product. If you have any medical conditions (such as pacemaker and pregnant) or are undergoing medical treatment or surgery, we advise that you should consult with your doctor before use.

SAFETY NOTE:



Warning: This product does NOT have water-proof, do not immerse water. Do not use this product under blankets or under other covers. This is not a cushion for bedding, not a pillow, NOT a TOY.



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 water in any circumstances.
- Do not use this massager in close proximity to fireplace. Care should be exercised near open flame or with burning cigarettes.

- 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.
- Do not use this product continuously for more than 30 minutes at a time. The product has default working time of 20 minutes. It'll automatically turn off when the time is up. It is recommended that you should take 10 to 15 minutes break for every 20 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 wall 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 without adult supervision.
- 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 with 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 minutes at a time.
2. If you are under medical treatment and your doctor or orthopedist does not particularly forbid 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:

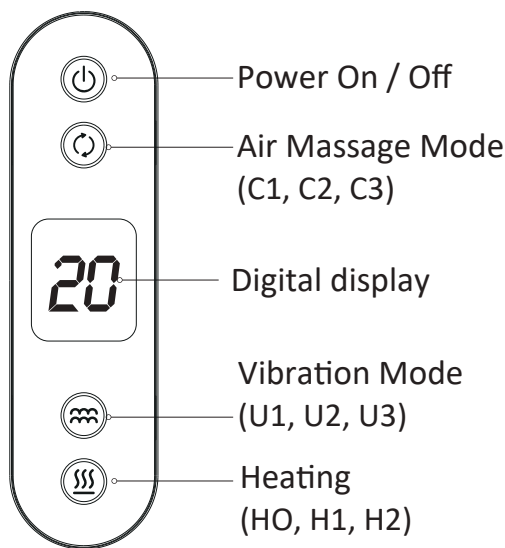
1. This product should never be left unattended when it is plugged in. Unplug from wall outlet when it is not in use.
2. Close supervision is necessary when this product is used by or close to children, invalids, or disabled persons. **THIS PRODUCT IS NOT A TOY.**
3. Use this product only for its intended 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. Do not turn on the device during charging (if any).
7. Use only the original adaptor or charging cable 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 wall 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:

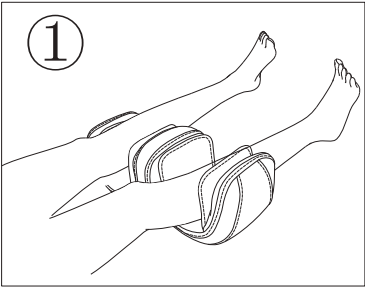
- Massage should be comfortable and pleasant. Should extreme pain result, discontinue use and consult with your doctor.
- Avoid using an uncertified extension cord because the extension cord may lead to overheat and risk of fire.
- This product should never be used by an individual with a medical condition that will limit the user's capability to operate the product.
- Never use this product if there is wound or injury on targeted area.
- 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.

Product Structure:

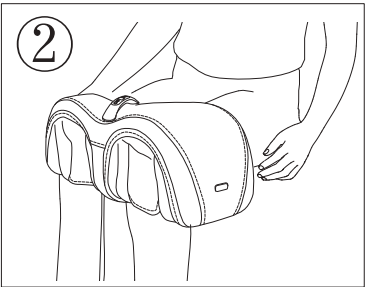
Control panel: figure 1



For Knee or Calf Massage: figure 2

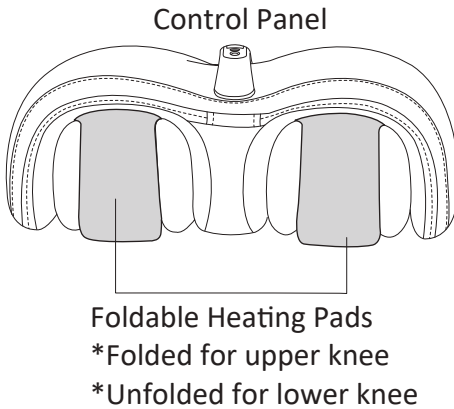


Calf Massage



Knee Massage

How to Use the Foldable Heating Pads: figure 3



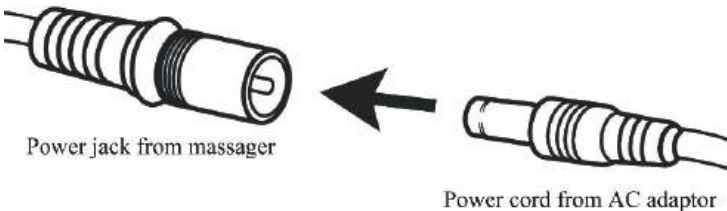
OPERATION INSTRUCTION:



Warning: do NOT stand up or sit on the product. This product is not a pillow.

Power Connection:

- Connect the AC to the wall outlet and to the power jack on massager.



Power On/Off:

- **Press and Hold the power button** for 3 seconds to turn on the device.

- The massager starts massaging automatically with the following modes:
 - Air pressure massage (Mode 1).
 - Heating function with level 1 (H1).
 - Vibration massage is Off.
 - LCD screen displays working time of 20 minutes.
- **Press and Hold the power button** for 3 seconds again to turn off the device.

Air Compression Massage:

- Air compression massage has 3 selective massage modes.
- After the power is turned on, press the **Air Massage Mode** once to switch from Mode 1 to Mode 2 or to Mode 3.
 - Mode 1: LCD screen displays C1.
 - Mode 2: LCD screen displays C2.
 - Mode 3: LCD screen displays C3.
 - Mode 0: LCD screen displays C0 when the air compression massage is turned off.

Vibration Massage:

- Vibration massage has 3 selective intensities.
- After the power is turned on, press the **Vibration Massage Mode** once to switch from Level 1 to Level 2 or to Level 3.
 - Level 1: LCD screen displays U1.
 - Level 2: LCD screen displays U2.
 - Level 3: LCD screen displays U3.
 - Level 0: LCD screen displays U0 when the vibration massage is turned off.

Heat treatment:

- Heating function has 2 selective heating temperature levels.
- After the power is turned on, press the **Heating button** once to switch from heating 1 to heating 2.
 - Heating 1: LCD screen displays H1. Heating temperature is around 55 Celsius degrees (ETS. 122 Fahrenheit).
 - Heating 2: LCD screen displays H2. Heating temperature is around 60 Celsius degrees (ETS. 140 Fahrenheit).
 - Heating 0: LCD screen displays H0 when the heating function is turned off.

Foldable Heating Pad:

- Refer to Figure 3, this heating pad is foldable.
 - Folded for upper knee heat treatment.
 - Unfolded for lower knee heat treatment.
- **Note:** there is limit on the heating temperature due to the safety concern. Do not use this device as a substitute for an electrical heater.

Default massage time:

- The default massage time is 20 minutes. It'll shut down automatically after 20 minutes. Turn it on again if needed.

- It is recommended not to massage for more than 40 minutes continuously at a time, take a 10 to 15 minutes break after 20 minutes of use.
- Do not attempt to pull out knee or leg from the compartment during massaging, always turn off the power first and wait until the air compression is completely released. Otherwise, it may cause damage to the device.
- If air compression, vibration, and heating function are all turned off, the device will shut down automatically in 30 seconds.

Care and Maintenance:

- This product has no waterproof. Do not immerse water.
- Before cleaning, you must turn off the device.
- Clean the product with a soft, dry towel. Never use strong abrasives, detergents or cleaning agents for cleaning.

Storage:

- Turn off the device or unplug the power cord from the electrical outlet and allow it to cool down.
- Place it 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.

Features:

- Ergonomically designed with warming air compression for knees or calves physical therapy massage.

- Reduce stress on knees or legs, improve muscle flexibility, and soothe knee discomfort.
- Air compression massage with 3 selective modes.
- Vibration massage with 3 selective intensities.
- Heat therapy with two selective temperature levels.
- Air compression, vibration, and heating function all can work alone or simultaneously.
- Built in smart digital control panel for reversed use and it can be used as carrying handle.
- Timer: Auto shut off after 20 minutes.

Specifications:

- Powered with AC adaptor (included)
- Input: 100V-240V 50/60Hz 0.8A
- Output: DC 12V- - 2.0A
- Power consumption: 24W
- Heating function from 55-60 Celsius degrees (122 to 140 Fahrenheit).
- Product dimension: 20 L x 8.1 D x 8.4 H inches
- NW: 4.8 lbs



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 | AC not plugged in or default working time is up | Check if AC is properly plugged into the power jack. Auto shut off after 20 minutes. Unplug the unit and turn it on again. |
| Heating stops working | Its default working time is 20 minutes | Turn off the power and turn it on again. |
| Air pressure or Vibration massage stops working | Default working time is 20 minutes. If the heat is getting higher than its safe level, the device will initiate its overheat protection mode and shut off automatically. | Turn off the power and unplug the unit, wait for 20 to 30 minutes, and turn it on 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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Engineering and conceptualized in USA