

• ABOUT US •

Here at Dr Physio USA, we make the most imaginative, unwinding, and restorative, wellbeing and individual care Products.

In the hubbub of today's lifestyle, it becomes impossible to nurture yourself at times. In the chaos of maintaining every aspect of life efficiently, we forget that our bodies are not machines. They need absolute care and tenderness. Pain in neck, shoulder, back or foot should never be taken for granted. They can lead to serious ailments in the long run. To help you ease the situations of painfulness, Dr Physio USA brings to you excellent ways of relaxation and pain relief through our premium gadgets. We offer a non-intrusive answer to help renew and reestablish your muscles and relieve throbbing pain with our various products

The variety of items and massagers we offer are intended to target particular areas of the body viz neck, shoulder, back, foot and so on. the adaptable capabilities of our gadgets are meant for utmost body relaxation after a long day at work. Since we are continually in pursuit of excellence, our research and development team at NY, USA works diligently to ensure that each of our innovations are available at a value you would appreciate.

Sit Back, Relax and enjoy the amazing Dr Physio experience by Dr Trust!!

Dr Physio from Dr Trust
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Dr Physio

Air Compression Massager with Heat-1030

• QUICK STARTUP GUIDE •

Step 1.

Place the massager sleeves on your lower legs, keeping them flat.

Step 2.

Use the velcro tap to secure your foot & calf inside the sleeves.

Step 3.

Plug the AC power adapter to the outlet.

Step 4.

Sit comfortably and turn the massager ON by pressing power button.

Step 5.

Press the air pressure button to adjust the intensity at min, mid or max level.

Step 6.

Press Mode button to select mode from sequence, circulation and whole.

Step 7.

Press Heat button to set at min or max level.

Step 8.

Press the power button to turn off the massager.

• SAFETY PRECAUTIONS •

Those with any of the following conditions or persons who are receiving medical treatment should consult the doctor before start using the massager:

- 1) Using pacemaker or other medical devices which are susceptible to electrical interference;
- 2) Suffering from malignant tumours;
- 3) Suffering from cardiac diseases;
- 4) Having serious peripheral neuropathy dysfunction or sensory disturbance caused by diabetes;



- 5) Being unsuitable to do the massage because of traumas on the body;
- 6) Keep it out of the reach of infants, children and people without the ability to use it independently.
- 7) Don't use other power adapter but the original one only.
- 8) Don't scratch, damage, process, excessively bend, pull or twist the power cord of power adapter. Otherwise, it may cause fire or electric shock.
- 9) It is not allowed to use when the power adapter dysfunctions or the plug is loose.
- 10) Don't plug or unplug the power adapter with wet hands.
- 11) Don't put the controller in the quilt.
- 12) Don't use the machine in high temperature condition.

Cautions

1. Stop using it immediately if you feel unwell. Consult the doctor before using it again.
2. Don't use it in bathroom or other humid places.
3. Unplug the power adapter from the socket before you clean and maintain it.
4. Unplug the power adapter when you are not using it.
5. Don't walk around when you are using this item.

• FAQs •

Q1: How does this massager work?

A1: There are 2+2 air bags inside. It will be inflated and deflated to simulate kneading and stroking of tissues like human hands. It can relax our muscles, increase circulation and relieve pain.

Q2: How many massage modes are there?

A2: There are 3 massage modes.

Mode1: Sequence Mode

In this mode, sleeves will be inflated and deflated from lower to upper.



Image: Sequence Mode

Mode 2: Circulation Mode

In this mode, sleeves will be inflated and deflated circularly from lower to upper.



Image: Circulation Mode

Mode 3: Whole Mode

In this mode, sleeves will be inflated and deflated simultaneously and wholly.

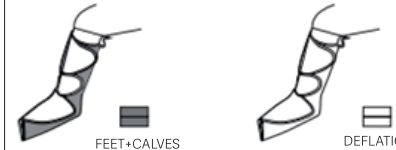


Image: Whole Mode

Q3: How do I turn on heat function?

A3: The heating function is off by default. You can press the "Heat" button to turn it ON and wait for 3-5 minutes. Please make sure both 2 air hoses are inserted into the controller correctly and completely.

Q4: What should I do if I feel the temperature is high?

A4: Please set it to the lower temperature level or turn it OFF. We suggest you wear trousers if necessary.



Q5: What should I do if I feel the massage strength is too light or too tight?

A5: There are 3 levels of massage strength to be selected via the controller. Please select the intensity which is suitable for you. You can also adjust the strength via changing the tightness of Velcro on the wraps.

Q6: How long I can use it?

A6: We suggest you to use it 1~2 times every day for 20 minutes every time. You can also use it for long time if you feel too tired or want to continue to enjoy massage.

Q7: Why does the controller get hot?

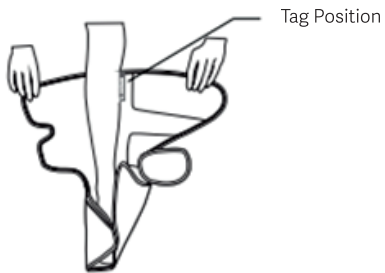
A7: As we suggest you can use it 20 minutes per time normally. If it keeps working too long time, the controller will get hot, it's a normal phenomenon.

Q8: Why does the controller make sound?

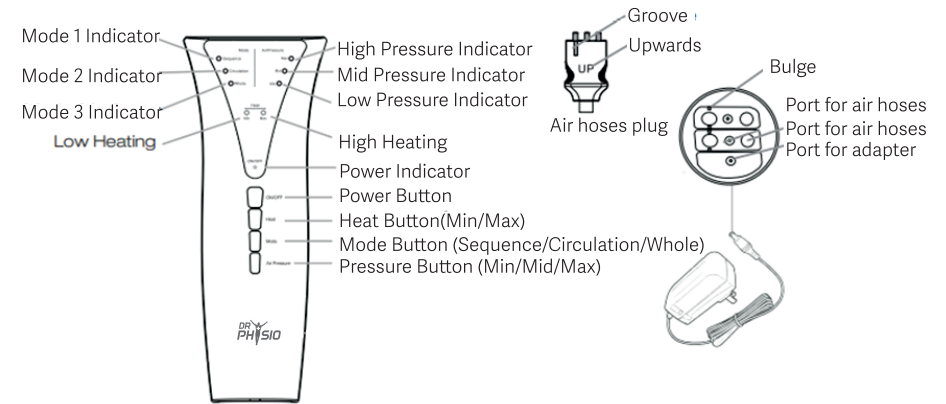
A8: The sound comes from the working air pump in the controller, providing air continuously to the airbags in the wraps, it is a normal phenomenon.

Q9: What should I do if I have bigger feet?

A9: For bigger feet, please unbutton the top of toes part.



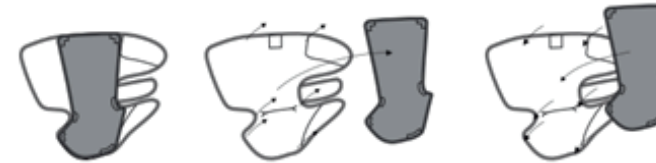
• NAMES OF COMPONENTS •



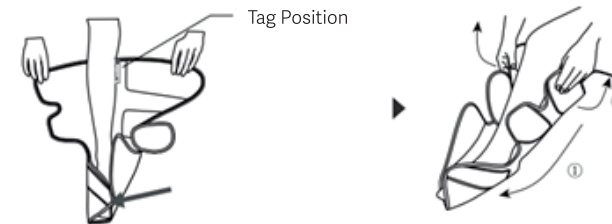
• USAGE •

Note: Please read safety precautions carefully before using the product. In order to get better massage, please wear the sleeves properly.

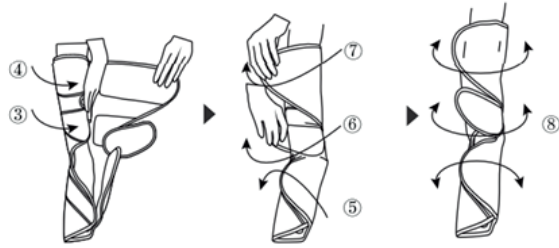
1. Make sure the inner cover is attached properly.



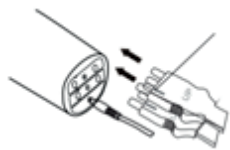
2. Wear the wraps on your legs correctly.



3. Fix the Velcro according to your leg and foot size. Don't wrap too tight.



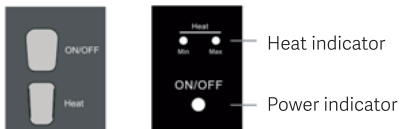
4. Plug the power adapter into the socket & controller on each side.



Make sure it is aligned to the groove.

5. Take up the controller and press the on-off button to start the machine.

- It will begin with mode 1 and strength 1 (the lowest) by default.
- It will shut off after 20 minutes (you can restart it manually).
- The heat function is off by default, you can start it via "Heat" button. There are 2 heating levels two be selected. You can switch it OFF if you do not need.



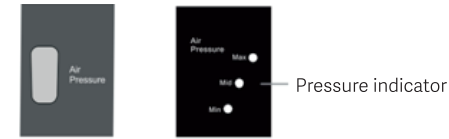
6. Press "Mode" to switch and enjoy the different massage modes.

- There are 3 modes to choose- sequence mode, circulation mode and whole mode.



7. Press "Air Pressure" button to select intensity.

- Three pressure levels for choice. We suggest you use the lowest level at the beginning.
- You can change the tightness of the warps to make the strength suitable as you like.



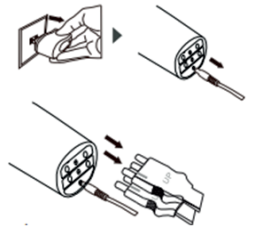
8. Press on-off button to turn it off.



Warnings: We suggest to use it for 20 mins each time. After 20-minute work, it will shut down automatically but you can restart it, if you want prolonged massage session.

AFTER USE

1. Unplug the power adapter from the socket.
2. Pull out the plug of the power adapter and air hoses from the bottom of the controller.
3. Take off the wraps, fold them properly into the box.



• **TROUBLESHOOTING** •

Problems	Causes & Solutions
1. The product does not work, if the indicator light is off.	Make sure the power adapter is connected well and press the power button of the controller.
2. The product does not work, but the indicator light is on.	1. It works only when 2 air hoses are connected to the controller. 2. Please check if the air hoses are inserted correctly.
3. Sudden interruption of operation.	1. The power adapter or air hoses fall off; 2. The massager works after 20 minutes and shut off automatically;
4. Too light or tight.	1. There are three massage levels for you to choose; 2. You can adjust the width of the strap to make the strength suitable; 3. Turn off the machine if you cannot bear the strength.
5. The controller gets hot.	It is normal if the controller gets hot after long time use. We suggest you shut it down for 10 minutes.

• **CLEANING** •

Note: Make sure to cut off the power when you clean the machine.

1. If dirty, please wipe the controller, wraps and hoses with a soft cloth moistened by soap solution.
2. Don't use gasoline, alcohol, diluent and other irritating liquid to wipe off the machine.
3. Don't allow foreign matters to enter the hoses.
4. Toothpicks can be used to remove the hair or chippings attached on the Velcro.

• **STORAGE** •

- Keep it out of the reach of children.
- Don't disassemble the machine by yourself.
- Don't place it in high temperature and humidity conditions.
- Avoid direct sunlight.
- Avoid needles puncture the air bags and hoses.
- Don't place heavy stuff on it.

• **SPECIFICATIONS** •

Massager Type	Air compression massager with heat
AC/DC Adapter	AC Input: 100~240 Volts, AC 50/60Hz, DC Output: 12V 3A
Rated Power	36W
Operating Conditions	Temperature: +5°C to 40°C (41°F to 104°F) Humidity : 1% to 90% non-condensing Atmospheric Pressure : 70 kPa to 106 kPa
Storage Conditions	Temperature: -20°C to 55°C Humidity: 5% to 90% non-condensing Atmospheric Pressure: 50 kPa to 106 kPa Keep dry and avoid direct sunlight exposure.



• **DISPOSAL** •

Please adhere to the local regulations when you dispose of the waste items.

• **PACKAGE INCLUDED** •

- 2x Leg Massager Wraps
- 1x Handheld Controller
- 1x Power Adapter/ DC12V 3A
- 1x User Manual

• **CUSTOMER SUPPORT** •

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