# **Operating Specification Hammer Massager**



Please read the manual carefully before use

### Massaging Principle

Hammer Massager is used for relieving back pain, even in areas of the back that are typically hard to reach, such as the middle of the back or between the shoulder blades. This massager has long & thin handle to utilize it in a convenient way. Because majority of the vibrations stem from the head of the hammer. This makes it easy for the user to localize the vibrations on the part of their backs that hurt.

Hold the massager on the sore muscle for about five minutes, and then letting it rest for another five minutes.

For those experiencing back pain in more than one spot, switch between spots after every five minutes. Repeat as needed until the muscle pain or tension eases. It can be used for shoulder pain by placing the head of the massager on top the of the shoulder. Start moving the massager in the downward direction. Light pressure needs to be applied as shoulder muscles are quite tough. It help the vibrations penetrate the muscles and relax them. Repeat this process for 10 to 15 minutes, and then rest for atleast 20 minutes. This allows the muscles to relax and it also helps ensure that the massager does not get too hot.

### I. Uses and benefits

- 1. Ease tense muscles of back and waist.
  2. Relax stiff muscles and tault nerve, especially after exercise.
  3. Relieve hip, shoulder and neck pain.

- 1. To eliminate fatigue and relax muscln.
- 2. To eliminate spasm shouders caused due to stiff neck.
- To eliminate ache or tiredness or rheumatism.
   The sphercial massage head can massage all the parts of body.

### III. Caution

- 1. Do pull out the plug after using or before cleaning it.
  2. Don't use it at moist place.
  3. Do not let children and disabled use this product.

- 4. Do not use if product is damaged.

## IV. Uses







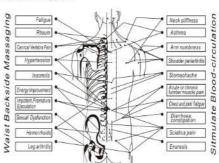




# PHISIO

- 1.Insert the plug into the power socket.
- 2. Press the ON/OFF button, red light flashes.
- 4.After use, turn off the switch and pull the plug.

### VI. Chart of body point



There are around 650 points in our body from neck to waist. And every point is connected with some organ or body condition. Massaging can promote blood circulation, promote metabolism and build up the ability agaist disease.

## VII. Technological Parameter Voltage: AC 240V

Frequency: 50Hz Power 25W

### VIII. Jugement of Fault

Fault	Reason	Fault Remedy
Motor not working	Plug not fixed up	Fix up the plug well.
	Switch is out of position	Check the Switch

Marketed & Imported in India by:
Nectar Biopharma Pvt. Ltd.
E-303/304.3rd Floor Crystal Plaza, New Link Road, Andheri West
Mumbai-400053
For any other query contact: shiatsw@drphys.io