



Relief for Real Life™

www.gokanjo.com

Instagram icon [go_kanjo](https://www.instagram.com/go_kanjo)

Questions? Concerns?

Please contact us at support@gokanjo.com

www.gokanjo.com



WARNING: Follow all instructions carefully and use only as directed. Always consult with your health care professional before treating any serious injury or if pain persists beyond treatment with the Kanjo Vibrating Acupressure Foot Pain Relief Ball.

WARNING: Risks are associated with any exercise program. Please consult with your health care professional before performing this or any physical activity.

WARNING: Do not throw, drop or slam the Vibration Ball.

WARNING: Do not stand on the Foot Pain Relief Ball. Use only while seated.

WARNING: DO NOT IMMERSE IN WATER. IF THIS HAPPENS, DISCONTINUE USE.

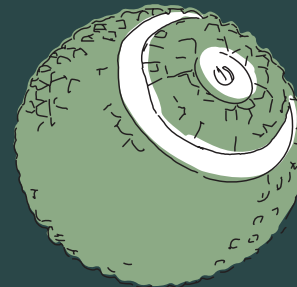
CAUTION: Not for use by children.

Please visit www.gokanjo.com/warranties for information on our Limited Express Product Warranty.

CHARGING INSTRUCTIONS:

1. Plug the included charging cable into the DC port on the Ball. (The DC port may not be obviously noticeable; push the cable in through the silicone.)
2. Plug the charging cable into a USB port such as a cellphone charger or a portable charger.
3. The power and standby indicator lights will flash red and blue while charging.
4. The power indicator light will be red when the battery is fully charged.
5. Charging takes 2-4 hours, depending on how much power was left in the battery.
6. The Ball cannot be turned on while charging.

KANJO



Vibrating Acupressure
FOOT PAIN RELIEF BALL

Kanjo Vibrating Acupressure FOOT PAIN RELIEF BALL

Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

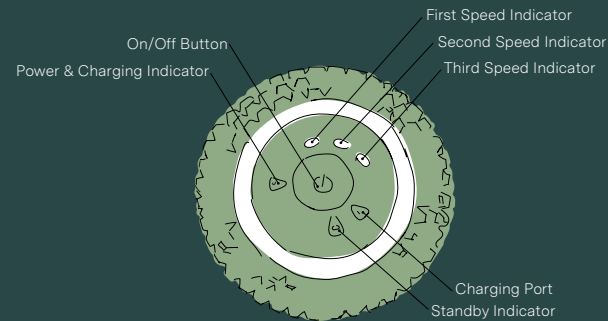
Kanjo Acupressure products have stimulators that target acupressure points to reduce pain throughout the body, much like ancient Eastern methodologies used in acupuncture, but non-invasive and easy to use at home and on the go.

You are on your way to experiencing the benefits of your **Kanjo Vibrating Foot Pain Relief Ball**, including relief from general foot, plantar fasciitis, and arch pain caused by running, walking, and working on your feet.

A few instructions:

1. Press the on/off button once to turn on the power.
2. To choose Low, Medium, High or Variable Speed Vibration:
 - a. Press the on/off button again for Low. (2 presses total)
 - b. Press again for Medium. (3 presses total)
 - c. Press again for High. (4 presses total)
 - d. Press once again for Variable vibration. (5 presses total)
3. A sixth press of the on/off button turns the power off.
4. While seated, roll bare foot back and forth over the vibrating Ball. Acupressure nubs come in contact with the feet to relieve pain.

How to set up the ball:



How to use the ball:



5. Use with socks for a more gentle experience or to acclimate to the Ball.

6. The Vibration Ball will shut off automatically after continuous vibration for more than 10 minutes.

How do I clean this?

Wipe with water and/or a mild detergent.

A few notes:

The Kanjo Vibrating Acupressure Foot Pain Relief Ball's effects are best facilitated by rolling bare feet on the ball. For some, this may be overwhelming, and socks can be worn to reduce sensitivity to the ball's spikes. If it's your first time using the Kanjo Vibrating Acupressure Foot Pain Relief Ball, we recommend a 15 minute session to start, followed by longer sessions as you become accustomed to it.