

Close supervision is necessary when, or if, this unit is used by/on children under 10 years of age, or persons with disabilities. This unit should not be used by people with disabilities under medical supervision without first consulting their doctor. Use this unit only for its intended use or as described in this manual. Always unplug the unit after charging or prior to use. Do not continuously use for more than one hour. It is recommended to stop after 20 minutes, then restart to ensure the longest life of the unit.



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owner's manual  
medvibe max messenger

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### medvibe max messenger

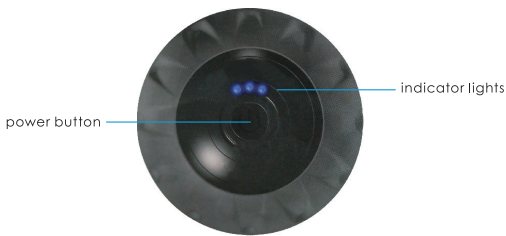
The Medvibe Max Messenger is a fast-charging, portable machine that allows users and therapists to treat muscle dysfunction with vibration and pressure.

#### to use

- Press the power button twice to turn on the messenger. Once turned on, the automatic vibration starts at the lowest setting. One intensity indicator light will be displayed.
- To increase the vibration speed, press the power button again. Two intensity indicator lights should be displayed.
- Press the power button a third time to enter into the third vibration setting and three indicator lights will be displayed.

#### shut down

- Pressing the power button for a fourth time will turn off the messenger.
- To shut down from any mode, press and hold the power button for two seconds.



The vibration function will automatically shut-off after 10 minutes. Using this messenger for longer periods of time may result in injury.

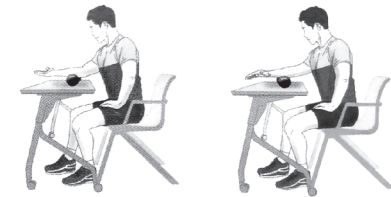
### neck release

Place the messenger under the head, apply slight pressure and move the neck slowly to the left and right. Be careful not to lift your chin.



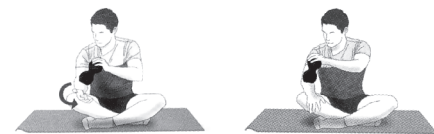
### forearm release 1

While seated, place the messenger against the inside and outside of the forearm while rolling slightly back and forth over the table.



### forearm release 2

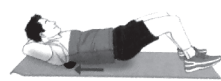
While seated on the floor, press the messenger against the inside and outside of the forearm.



\*For all techniques, hold for 30-60 seconds and breathe comfortably.

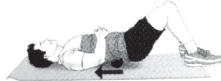
### upper back release

Place the messenger between your scapula and apply slight pressure as you move your body back and forth slightly over the messenger.



### lower back release

Place the messenger on the lower back just above the hips and apply slight pressure. Move your body back and forth from the waist to the neck to release the desired area.



### chest release

Place the messenger on the side of the chest in a prone position. Apply slight pressure and move your body back and forth slightly over the messenger.



### shoulder release

Place the messenger between the neck and the shoulder. Apply slight pressure and move back and forth or focus on one area of soreness or tightness.



### latissimus dorsi release

Lie on your side. Place the messenger just under your armpit aligned with your chest and along the mid-back, and apply slight pressure as you roll the messenger back and forth from the mid-back down to the lower back.



\*For all techniques, hold for 30-60 seconds and breathe comfortably.

### adductor release

Place the messenger on the inside of the thigh. Apply slight to moderate pressure and move your leg back and forth over the messenger.



### tibialis anterior release

Place the messenger under the upper part of the shin (front part of the lower leg). Apply slight to moderate pressure and move the messenger back and forth.



### calf release

Place the messenger under the calf, apply slight to moderate pressure, and move the messenger back and forth.



### plantar release

Place the messenger under the sole of your foot. Apply slight pressure and roll between the heels and toes.



\*For all techniques, hold for 30-60 seconds and breathe comfortably.

### quadratus lumborum release

Place the messenger at an angle near the waistline, apply slight pressure and move your body over the messenger, moving it back and forth along your side.



### abdominal release

Place the messenger on the lower part of the solar plexus while laying prone on the floor. Apply slight pressure and breathe comfortably.



### hamstring release

Place the messenger under one of the thighs. Apply slight to moderate pressure on the messenger and move your body back and forth over the messenger.



### quadriceps release

Place the messenger just above the knees while in a prone position. Apply slight to moderate pressure and move your body back and forth over the messenger.



\*For all techniques, hold for 30-60 seconds and breathe comfortably.

### psoas release

Place the messenger under the pelvic bone, apply slight pressure and breathe comfortably.



### popliteus release

Place the messenger on the back of your knee, apply slight pressure and move your leg back and forth over the messenger.



\*For all techniques, hold for 30-60 seconds and breathe comfortably.

### gluteus release

Place the messenger under the hips, apply slight pressure and move your glutes back and forth over the messenger.



### abductor release

Place the messenger on the outside of the thigh, apply slight pressure and move your leg back and forth over the messenger.

