

IMPORTANT NOTE

The remote control is Infrared and MUST BE pointed at the device to properly work. You will hear a BEEP when connection is made.

INSTRUCTIONS FOR USE

Read the product instructions in detail before using

- 1) Connect the power supply to the device and plug into an outlet
- 2) Power on the device by pressing the "power icon"
- 3) The device begins in the manual program "HR"
 - a. Enter your desired "time" (max 15 minutes) and "speed" setting (1-30).
- 4) Or, press the "M" button to select a pre-set program (P0 – P9). If you select a pre-set, the program will modulate through a variety of speed levels to provide a "modulated" massage.
 - a. After reaching P9 the next selection will be "HR" which indicates you are back in the manual program.
 - b. HR flashes on the screen to indicate this as well.
- 5) Once your program setting is complete sit back and relax.
 - a. You can adjust the position of your feet and press your heel, arch or toes up against the bumper to deliver a deeper massage.
 - b. Or tilt the device forward to deliver vibrational energy into the calves.
6. Once the program is complete, turnoff and unplug.

BENEFITS:

1. Regain mobility and ease pain in the feet and lower extremities.
2. Drives Deep tissue massage energy
3. Relieve pain and relax the nerve
4. Increase circulation and blood flow

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