

## How to Use?

- Charge the Strappr before using it. Approx 60 - 90 mins. Red light will blink while being charged and will become still one done.
- Place the pad on the joint or muscle where it aches and use the wrap band to strap it around
- Plug in the USB on the power bank
- Press hard the controller power switch for 5 seconds to turn it on
- Customize the heat by as per your comfort by pressing the switch [Red stands for high heat; White stands for medium heat; Blue stands for low heat ]
- Recharge the power bank with a 5-volt adapter (used for mobile phones) after every use for the next time!



### REMEMBER

- Do not use the strappr while the power bank is being charged
- Do not use the strappr directly on the skin when high heat mode is on
- Avoid using the strappr completely in case of diabetes, dermatitis, numbness, deep vein thrombosis, multiple sclerosis, and vascular disease
- Use the product under the guidance of a doctor if your pain is chronic
- Not to be used in infants and children
- Read the user manual carefully before use