

Med-Fit Foot Circulation Massager User Manual



User Manual and Treatment Guidelines

Please read this User Manual before using your Massager



Contents

Please check the contents: if you think anything is missing, please call the sales office on 0161 429 7330.



- 1 x Foot Massager
- 1 x Remote Control
- 2 x AAA Batteries

Functions and Controls



5. Removable foot sleeve (handwash only)

Timer - Adjustable 5-30 Minutes

Mode - P1 = Forward Massage and Intermittent compression

P2 = Reverse Massage and intermittent compression

P3 = Intermittent Air Compression

Heat - H1 = Low Heat Level

HF = High Heat Level

Level - L1 = Lowest Level

L2 = Low Level

L3 = Medium Level

L4 = Medium Level Plus

L5 = High Level

Introduction

The Med-Fit circulation massager is intended to be used for stimulating the foot, ankle and lower leg muscles. Using a combination of manipulation compression and heat therapy. These therapies help with muscle function, pain relief and when using intermittent air compression can reduce Edema of the foot ankle and calf. The combination of these 3 therapies also helps tired and sore muscles.

Warnings

Consult with your doctor before using this device if:

- You are in the care of a doctor.
- You have slow healing wounds on your feet or legs.
- You have a loss of feeling or sensation in your feet or ankles.
- You have suspected or diagnosed heart disease.
- You have an implant in your foot or ankle.
- Do not use it on open wounds.
- Do not use if your foot or ankle is inflamed, infected or you have a skin rash on the foot ankle or lower leg (calf).

Who should not use the Med-Fit Circulation Massager

Do not use if you are being treated for or have the symptoms of deep vein thrombosis (D.V.T). In some cases of D.V.T, there are no symptoms but these symptoms may include:

- Pain tenderness and swelling in your legs, warm skin in the area of a blood clot.
- Redness of the skin.
- Consult a doctor if you have any of these symptoms.
- If you are pregnant.
- If you suffer from Osteoporosis.
- If you have any implanted device or pacemaker.

Safety Precautions

- Use the device only for its intended purpose.
- Do not spill liquid on to the device.
- Do not expose the device to extreme heat.
- This device is for use only with persons over the age of 18.
- Keep out of reach of children.
- The massager foot sleeves can be removed for cleaning, to do this unzip and hand wash in warm water, do not attach the foot sleeves until thoroughly dry.

Step by Step Guide

1. Remove the Massager from the box and place it on the floor just in front of your seat.
2. Place your feet into the foot sleeves, at a comfortable level don't over stretch.
3. Turn on the device either from the touch screen on the top of the device or by using the remote control.
4. Select the desired mode, power level and treatment time.



Functions

Med-Fit foot circulation massager combines intermittent compression therapy - deep kneading with heat therapy application to boost circulation.

Foot massager provides roller kneading to the ball of the foot, with push kneading to the rear and heel of the foot. This combines with deep kneading and acupressure to the complete foot area.

Intermittent air compression therapy (edema reduction therapy). this feature gently applies pressure to the complete foot and ankle intermittently. The therapeutic effects of intermittent compression are used to reduce edema and inflammation of the foot and ankle joint.

Remote Control

You can adjust the various settings from the touch panel screen or use the remote control to adjust all settings and even turn them on and off.

Please note

To operate the remote control please point the remote directly at the control panel no further than 30cm away from the main unit.

Intensity Levels

There are 5 levels to choose from L1 - L5:

L1 is the lowest setting

L5 is the highest setting

We always recommend that you start with L1 and increase the level gradually to find which level suits your needs.

Adjusting the Level of Intensity

Five levels of intensity are available for a soothing foot massage (L1 - L2) or deep tissue Shiatsu roller kneading massage (L3 - L5).

Functions

Mode

Modes P1 and P2 offer Bi-Directional forward and reverse roller massage with air compression therapy for a compression foot therapy experience.

Mode P3 - Intermittent air compression therapy with 5 levels of compression for a reduction in Edema.

Infrared Heat Therapy

Two levels of Infrared heat therapy to promote blood circulation during massage and air compression treatments.

Heat Hi = Low

Heat HF = High

Timer

Timer 5 minute - 30 minute intervals

Foot Sleeve

Removable zipped washable foot sleeve, simply unzip, the sleeve and hand wash only in warm soapy water.



Removable foot sleeve (handwash only)

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