Precautions

▲ STATEMENT

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings on this product in this manual before using this product.

- This product is not intended for medical use and only provides personal massage;
- Do not allow children or involuntarily persons to use this product. Please keep this product out of reach of children;
- It is forbidden to use on non-dry, clean skin surface It can be used across the clothes and gently pressed and
- moved on the skin. Each part is about 10 seconds.

 Do not use on the top of the head or any hard or boned part of the body; use the product only on the soft tissues of the body without causing pain or discomfort;
- . It is forbidden to use bruises in the massage area and use it in case of pain or discomfort;

 • Do not stand or sit directly on this product, which may
- cause a fall accident:
- Excessive use can cause the product to overheat and shorten product life. When re-used, the product must be
- allowed to cool for a while before use.

 Do not use it in a damp environment such as a bathroom. Do not immerse the product in water or other liquids to
- oid short circuit or electric shock. Do not place the product near a stove or in direct sunlight;
- Do not use it during lightning strikes Do not insert or drop objects into any openings in the
- product: Do not cover the massage machine during use to avoid
- malfunction due to increased motor temperature. Do not allow fingers, hair or other parts of the body to be close to the axis and back of the vibrating head, as it

may be caught;

Product description

- 1. Wipe the surface of the device with a slightly damp towel and dry with a soft cloth.
- 2. When storing for long periods of time or traveling, place the product in the original box of the device and keep it dry.

▲ CAVEAT

- Do not drop or bump the charger (adapter). If the charger (adapter) case is damaged, contact an authorized service center for replacement.
 Do not touch the power cord with wet hands, or pull out the
- Do not fouch the power cord with wet hands, or pull out the charger (adapter) by pulling the power cable.
 Do not fouch the product or charger (adapter) with wet hands to avoid short circuit, malfunction or electric shock.
- When the charger is exposed to rain, liquid, or severe noisture, stop using it and contact an authorized service
- moisture, stop using it and contact an authorized service center for replacement.

 The following people: implanted cardiac pacemaker, suffering from heart disease, strained back disease, pregnant women or shortly after delivery, fractures, osteoporosis, pind disease patients, suffering from mallignant tumors, traumatic skin or eczemal fly ou are not allowed to use it, please consult your doctor before using it.

 Do not expose the battery to high temperatures or heat-generating equipment such as sunlight, heaters, microwave ovens, ovens or water heaters. Overheating of the battery may raise an explosion:
- ause an explosion
- Do not disassemble or modify the battery, insert foreign objects, or immerse in water or other liquids to avoid battery leakage, overheating, fire or explosion.

 The battery must be removed from the appliance before it is
- instanced; When removing the battery, the appliance must be powered off; The battery should be disposed of safely;

CHARGING

product name: Muscle fascial massager Product number: TY-602 Rated voltage: DC8.4V ==

Rated power: 24W

Executive standard: GB 4706.1-2005 GB 4706.10-2008

PLUG-IN

product name: Muscle fascial massager Product number: TY-602 Rated voltage: DC12V == Rated frequency: 50Hz

Rated power: 24W Executive standard: GB 4706.1-2005

GB 4706.10-2008

THANK YOU FOR PURCHASING OUR PRODUCTS

In order to use this product safely and satisfactorily, please read the instructions and safety regulations carefully before use.

WARRANTY CARD

Product number		Serial number		Date of manufacture			
Customer information	Oustomer Name:	Address:					
	mailing address:	Postal code:					
	contact number:	mobile phone:					
Mall name				Purchase price			
Maintenance records	:						

Warranty

Any damage caused by man-made damage, disassembling the machine, improper use, etc., is not covered by the warranty

CERTIFICATE

Product number: TY-602

Inspector code: Check



MUSCLE FASCIAL MASSAGER

INSTRUCTIONS FOR USE

TY-602



The deep muscle fascial massage device is a portable and rechargeable vibration device with large torque and long endurance multi-range adjustment. It can effectively alleviate the soreness caused by lactic acid accumulation after strenuous exercise, and relieve the discomfort of various muscles in sedentary and long-sleeved people

THE NUMBER OF MASSAGE HEADS IS DIFFERENT FOR SOME MODELS, WHICH IS SUBJECT TO THE SELECTED ORDER PACKAGE.

Instructions for use

1.According to different parts of the massage, choose the

- appropriate massage head to insert into the round hole in front of the fascia gun.

 2.Press the switch button to start turning.

 ◆Click, one red light is on, representing the gear position "4"

 ◆Press again, 2 red lights are on, representing the gear position "2"

 ◆Press from times, four red lights are on, representing the gear position "3"

 ◆Press four times, four red lights are on, representing the gear position "4"
- gear position "4" ◆Press five times, five red lights are on, representing the ear position "5" Pressed six times, 6 red lights are on, representing the ar position "6"
- ◆ Press seven times, at which time the motor stops rotating.

 Press the motor again to start.

Battery instructions

 The battery is exhausted and needs to be charged for about 3 hours, and it can be used for several hours. When the battery is charging, the indicator light is red and the green light is on when the battery is fully charged. It is forbidden to start for your safe charging.

METHOD OF APPLICATION

The device's deep penetration reduces pain, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders caused by joint sprains in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive muscle use. or abnormal posture, and most of the scar tissue involved in these diseases can be treated with this device. Excessive stress and prolonged physiotherapy should be avoided when using the device. Sensitive areas such as the head, face and cervical vertebrae should be avoided. If there is inflammation, swelling or pain, stop using it immediately.

The ongoing research is about the impact of vibration training on specific medical conditions. This is likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, the integration of vibration training into a physical therapy regimen is also a physiotherapy recommendation. This must be done with or with the advice of a doctor, expert or physical therapist,

INDICATION

) Pain and cramps due to muscle contusions, sprains, strains)) Helps the flow of edema in

Helps the now of country the swollen area
 Relaxed thickened connective tissue and fascia
 Reduce the accumulation of lactic acid in muscles
 Increase joint mobility
 Eliminate muscle fatigue

↑ CONTRAINDICATIONS

Aneurysm, bleeding, use of blood thinner
I Heart disease, with a pacemaker or defibrillator
Pregnancy, cancer
Within 90 days of intraarticular fixation, the device
should not be used within
3 inches of internal fixation.
Sensitive area: head, face,
centrical venebrae, spine
vertebral body
Muscle—covered position
close to the bone: the humerus,
the back of the fout, the back
of the hand, etc.

LOCAL MUSCLE RELAXATION

Diap

Diap Abdo mus Wai

Sho

UPPER LIMB OPERATING PLAN

					JOI NE FOS	IJON
					ROUND HEAD I	OOWN VERTICALLY
toral muscle	-30s	Rhomboid	-1min)	Diaphragm	10s-15sX3 times
toid	-30s	Shoulder sleeve muscle	-25s)	Temporal wrist flexor	10s-15sX3 times
ulder sleeve icle	-25s	Triceps	-25s)	Palm length musde	12s-15sX3 times
eps	-30s	Latissimus dorsi	-45s)	Ulnar wrist flexor	10s-15sX3 times
phragm	-30s	Erectangial	-35s)	Extensor muscle	5s-10sX2 times
)	Temporal extensor	
phragm	-30s	Hengzhong musde -1m	IN TO LISTIN)	Temporal extensor dicitorum	5s-10sX2 times
lominal icle	-45s	Pedicle muscles - Imi	to 1.5min)	Unar wrist extensor	5s-10sX2 times
ist muscle	-25s	Piriformis -1min t	p 1.5min)	Elbow musde	10s-15s)(2 times
adriceps	-60s	End	-25s)	Biceps	15s-20sX3 times
abductor	-60s	Biceps	-1min)	Diaphragm	15s-20s)(3 times
ellar anterior	-45s	Large muscle	-25s)	Diaphragm	15s-20sX3 times
g humerus	-30s	Semitendinosus & semimembranosus	-40s)	Triceps	15s-20sX3 times
rt humerus	-30s	Flatfish muscle	-20s)	Deltoid Toe	10s-20sX3 times
ider levator muscl	le -1min to 1	.5min of the larynx	-40s		Medium beam	10s-20sX3 times
sezius -1 min	to 1 Smir	1 Heel	_20c		After the bundle	2 10s-20sX3 times

TENNIS ELBOW

SHOULDER AND NECK OPERATION PLAN SUPINE POSITION

SUPINE POSITION

SMALL FLAT HEAD VERTICALLY DOWNWARD Toe 10sX3 times Medium bundle 10sX3 times After the bundle 10sX3 times 15s - 20sX3 times 15s - 20sX3 times 15s - 20sX3 times

SMALL FLAT HEAD VERTICALLY DOWNWAR | 15x-20042 imass | 15x-20042

Direction from the middle to the sides, from top to bottom

SUPINE POSITION CHEST, TRICEPS:

LOWER LIMB

OPERATI	ON PLAN				
SUPINE POSITION		SUPINE POSITION			
SMALL FLAT HEAD VERT	ICALLY DOWNWARD	SMALL FLAT HEAD VERTICALLY DOWNWARD			
Hamstring		Quadriceps			
Biceps	20s-30sX3 times	Rectus femoris	30s-45sX2 time		
Semitendinosus	20s-30sX3 times	Lateral femoral muscle	30s-45sX2 time		
Semimembranosus	20s-30sX3 times	Medial femoral muscle	30s-45sX2 time		
Moving direction fror	n top to bottom	Median muscle	30s-45sX2 times		
Small flat head outwa	rd 45°	Moving direction from top to bottom			
Thin muscle	10s-15sX2 times	mes Small flat head vertically downward			
ong muscle	10s-15sX2 times	Sewing muscle	30s-45s		
Short muscle	10s-15sX2 times	Tensor fascia lata	15s-20sX2 time		
Calf triceps		Patellar anterior muscle	15s-20sX2 time		
Sastrocnemius	20s-30sX3 times	Long humerus	15s-20sX2 times		
latfish muscle	20s-30sX3 times	Short humerus	15s-20sX2 times		
Moving direction fror		Moving direction from top to bottom			
small round head ver	tically downward	The ring direction from to	p to sottom		
Muscle					
Straight knee muscle	15s-30s	100-00/4/10/9-3	OF THE REAL PROPERTY.		

KNEE ARTHRITIS PLANTAR FASCIITIS

PPINE POSITION SUPINE POSITION SUPINE POSITION(ONE SIDE) SUPINE POSITION SMALL FLAT HEAD SMALL ROUND HEAD SMALL FLAT HEAD VERTICALLY DOWNWARD VERTICALLY DOWNWARD VERTICALLY DOWNWARD

Ring muscle 30s-45s Hamstring | Control | Cont Lateral femoral 30:455/2 times Calf triceps muscle 200-204 time Calf triceps Seminetaxine 20-30-00 times Media famoust 20-30-00 times 4 20-300 times 4 20-300 times Media famoust 20-300 times 4 20-300 times Media famoust 20-300 Semimembranous 20s-30s2(3 times Moving direction from top to botton

The direction of movement is from top to bottom, and the patient slowly bends slightly

SMALL ROUND HEAD VERTICALLY DOWNWARD

Patellar ligament



Flatish muscle 20s-30sX3 time

THE SMALL ROUND HEAD IS PERPENDICULAR TO THE SOLE OF THE FOOT: