

4 in 1 Therapy Massager

H128 v01: 26/08/20

Please read and retain these instructions for future reference

vivadia



Dimensions

21.5 x17 x7cm

Technical Details

Battery charger output voltage:12.6Vdc.1100mA
12.6W

Battery charger input voltage:220-240VAC;
50Hz/60Hz; 0.4A Max

WARNING:

Not suitable to those who have pacemaker, defibrillator or other medical implants. Failure to follow this warning can result in serious injury.

- PROFESSIONAL STYLES SPORTS MASSAGE AT HOME
- HELPS ALLEVIATE MUSCLE STIFFNESS AND SORENESS
- RECHARAGABLE AND CORDLESS
- ENHANCE BLOOD CIRCULATION
- IMPROVE HEALTH OF SOFT TISSUES
- 6 LEVEL VARIABLE FREQUENCY VIBRATION SPEEDS
- COMES WITH 4 DIFFERENT HEADS – U HEAD FOR VERTEBRAE/ IN SPINE AND NECK, SMALL ROUND HEAD FOR JOINTS/ BALL HEAD FOR LARGE MUSCLE GROUPS, SHOULDERS CHEST THIGHS/SMALL FLAT HEAD FOR ALL BODY PARTS WITH LESS FAT ON SURROUNDING AREAS FOR LESS PRESSURE.

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Safety Instructions

Danger: In order to reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions.

For adults only.

- It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.
- Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or boned part of the body.
- Only use the vibrating head that can produce the best results.
- Bruising may be caused whether under moderate pressure or normal pressure. Please always check the area that receives treatment.
- Stop using immediately once there is any sign of pain or discomfort.
- Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because

*Calls cost 7 pence per minute plus your telephone company's network access charge

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they might be pinched.

- Do not place any object in the vent of the device.
- Do not immerse in water or allow water to enter the vent of the device.
- Do not drop the device or use it improperly.
- Charge the device with the charger provided.
- Carefully check the device and battery before each use.
 - Do not change or modify the device in any way.
 - Never operate the charge or charge the device in an unattended way.

Indications and Contraindications

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps neuralgia and other musculoskeletal disorders 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 tissues involved in these diseases can be treated with this device. Avoid excessive stress and prolonged treatment when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop treatment if there is inflammation, swelling or increased pain. Consult your GP.

Indication	Contraindication
<ul style="list-style-type: none"> • Pain and cramps due to muscle injury, sprains, strains • Help the flow of oedema fluid in the swollen area • Relax thickened connective tissues and fascias • Reduce the accumulation of lactic acid in muscles • Increase joint mobility • Eliminate muscle fatigue 	<ul style="list-style-type: none"> • Aneurysm, bleeding, use of blood thinner. • Heart disease with a pacemaker or defibrillator • Pregnancy, cancer • Within 90 days of intro-articular fixation, the device should not be used within 3 inches of internal fixation • Sensitive area: head face, cervical vertebrae, spine • Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand

Warnings and reminders

Do not immerse in water. Keep away from liquids or heat sources. Keep the vent free from dust and particles.

Do not remove the screws or try to disassemble the device.

Do not continuously use the device for more than one hour. Please stop the device for 30 minutes and then use it again.

Unplug the charger from the battery after charging or before use.

For adult use only. If you have injuries, do not use this device. Please consult with your doctor before using this device.

Charging

Before using the device for the first time, charge it fully for three hours.

During charging, connect the DC end of the supplied 12V adaptor to the charging port of the battery, and then plug the AC side into the wall socket.

The battery can be charged at any time and at any level.

Parts



Configuration

1. Power ON/OFF button
2. Handle/Removable battery
3. Removable replacement vibration head.
To remove vibration head pull hard
4. DC charging port
5. AC wall charger

Configuration and Specification

- Power on/off button
- Handle/removable battery
- Removable replaceable vibration head
- When removing the vibration head, just exert your strength to pull it out.
- DC charging port
- AC wall charger

Recommended Usage

Operation Program of Lower Limbs

Prone position

Small flat head vertically downward

Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx3 times

The movement direction is from up to down

Small flat head outward 45°

Gracilis 10s-15sx2 times

Adductor longus 10s-15sx2 times

Adductor brevis 10s-15sx2 times

Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

The movement direction is from up to down

Small round head vertically downward

Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

Supine position

Small flat head vertically downward

Quadriceps femoris

Rectus femoris 30s-45sx2 times

Vastus lateralis 30s-45sx2 times

Vastus medialis 30s-45sx2 times

Vastus intermedius 30s-45sx2 times

The movement direction is from up to down.

Small flat head vertically downward

Sartorius 30S-45S

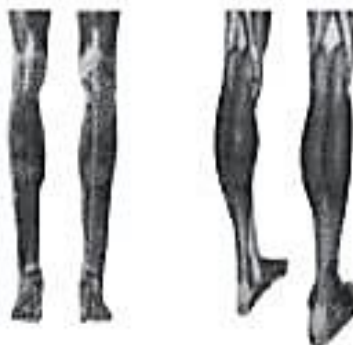
Tensor fasciae latae 15s-20sx2 times

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down



Gonarthrititis**Supine position****Small flat head vertically downward**

Quadriceps femoris

Rectus femoris 30s–45sx2 times

Vastus lateralis 30s–45sx2 times

Vastus medialis 30s–45sx2 times

Vastus intermedius 30s–45sx2 times

The movement direction is from up to down.

The patient slowly and slightly bends the knee.

Hamstring

Biceps femoris 20s–30sx3 times

Semitendinosus 20s–30sx3 times

Semimembranosus 20s–30sx3 times

From up to down

Small round head vertically downward

Iliac bone edge –iliac bone anterior 30s–1min

Rectus femoris, inguen 1min

Tensor fasciae latae 15s–20sx2 times

Patellar ligament area 20sx3 times

Prone position**Small round head vertically downward**

Popliteus 30s–45s

Knee straightening position 15s–30s

Knee bending position 15s–30s

Triceps surae

Gastrocnemius 20s–30sx3 times

Soleus 20s–30sx3 times



Use Method

Plantar fasciitis

Prone position (single side)

Small flat head vertically downward:

Hamstring

Biceps femoris 20s-30s x 3 times

Semitendinosus 20s-30s x 3 times

Semimembranosus 20s-30s x 3 times

The movement direction is from up to down

U head vertically downward

Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30s x 3 times

Soleus 20s-30s x 3 times

The front foot sole touches the ground

Supine position

Tibialis anterior 15s-20s x 2 times

Peroneus longus 15s-20s x 2 times

Peroneus brevis 15s 20s x 2 times

The movement direction is from up to down.



Operation Program of Sacroiliac Part

Prone position (single side)

Small flat head vertically downward:

Gluteus medius 30s-1min x 4 times

Gluteus maximus 30s-1min x 4 times

Piriformis 1min-1.5min

Articulatio sacroiliaca 1min-1.5min

The direction is from inside up to outside down, along the muscular direction.



PLUG WIRING (UK & IRELAND)

This appliance is supplied with a mains adaptor/charger with BS1363 plug pins.


DO NOT use if the socket outlets in your home or office are not suitable for this product's mains adaptor/charger plug pins. Attempts to insert the mains adaptor/charger into the wrong socket is likely to cause electric hazard or damage.

DO NOT use with any other mains transformer/charger than the one that is supplied with this product.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 OTHER
Type of Plastic	ABS, Nylon
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

