


BENEFITS:

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

SLIDE BATTERY COVER DOWN



 **CAUTION:**
If any adverse reaction occurs
discontinue use and contact your supplier.



User Manual

Vibration Foot Massager
VPLATE 10

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) Install provided battery in the remote as shown on the last page.
- 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, turn off and unplug.



TREATING THE CALF

Place your calves on the massager to stimulate blood flow to the legs and to relax calf muscles.



TREATING THE FEET

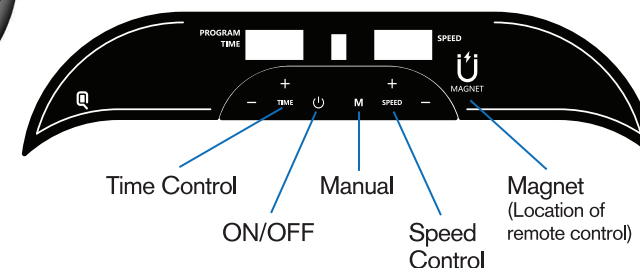
Move your feet slowly and rhythmically to the arch until this area begins to relax. Increased blood flow will relax the area.

ALTERNATE POSITIONS



OPERATION INSTRUCTIONS

1. Program: P0–P9
2. Speed level: 1-30
3. Time: 15min
4. ON/OFF
5. < & >: Change the program, speed level and time
6. ^ & v : Choose program, speed and time to change



TECHNICAL SPECIFICATIONS

STANDARD	GB4706.10-2008
VOLTAGE	110-240V 50/60HZ
INPUT POWER	48W
TIME.....	10min
RATED LOAD	100kgs
WEIGHT	5kgs
SIZE	380x305x215mm
MODEL	Vplate10

CAUTIONS + WARNINGS

1. Do not use if you have any open wounds or foot sores.
2. Do not use if you have any injuries or are prone to injury.
3. Keep away from children.
4. If you experience any adverse reactions, discontinue use immediately.
5. Use caution when using and/or after using.
6. Do not get wet.
7. Check cords for frays before use.
8. Do not use if pregnant.
9. Do not use on a recent injury.

CONTRAINDICATIONS

- » Potential wound healing problems, including those from multiple surgical procedures; do not apply heat to areas that are susceptible to developing bedsores.
- » Circulatory syndromes such as Raynaud's disease, Buerger's disease, peripheral vascular disease, vasospastic disorders, sickle cell anemia, and hypercoagulable clotting disorders.
- » Local tissue infection.

ELECTRICAL PRECAUTIONS

- Keep connections dry. Always keep the unit in a place where it will not fall into water (e.g., a tub, sink, etc.). If the electrical connections fall into water, do not touch any wet part of the product. Unplug only at dry electrical connections.
- Do not operate — or unplug immediately — if plug, or cord, is damaged. To resolve damaged parts, unplug and contact your supplier.
- » CONNECT TO A 110V AC OUTLET ONLY.
 - » DO NOT HANDLE THE ELECTRICAL CORD WITH WET HANDS.
 - » UNPLUG TO STOP THE PRODUCT WHEN NOT IN USE.
- Unplug immediately after use. Never leave unattended when plugged in.
- » USE INDOORS ONLY

Do not use in places with flammable vapors or gasses, high oxygen concentrations or other oxidizers. Risk of explosion if used in the presence of flammable anesthetic. Keep all cords away from heated surfaces.