

SPORTSMED WORLD

— ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΙΑ ΑΘΛΗΤΙΑΤΡΙΚΩΝ ΕΠΙΣΤΗΜΩΝ ΚΑΙ ΑΣΦΑΛΟΥΣ ΑΘΛΗΣΗΣ ΑΜΚΕ —

Physio Gun Operating Manual

OCE-DMST-002



Operating manual

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1 Product brief introduction

Physio gun is a professional rehabilitation physiotherapy equipment. It produces the balance impact force through the torque motor, which makes the body release fatigue and relieve pain.

2 Product intended use

● Outdoor, portable:

Easy to carry when going out, relieve muscle stiffness and pain anytime, anywhere

● Home, massage

Massage at home to dredge meridians and accelerate blood circulation

● Gym

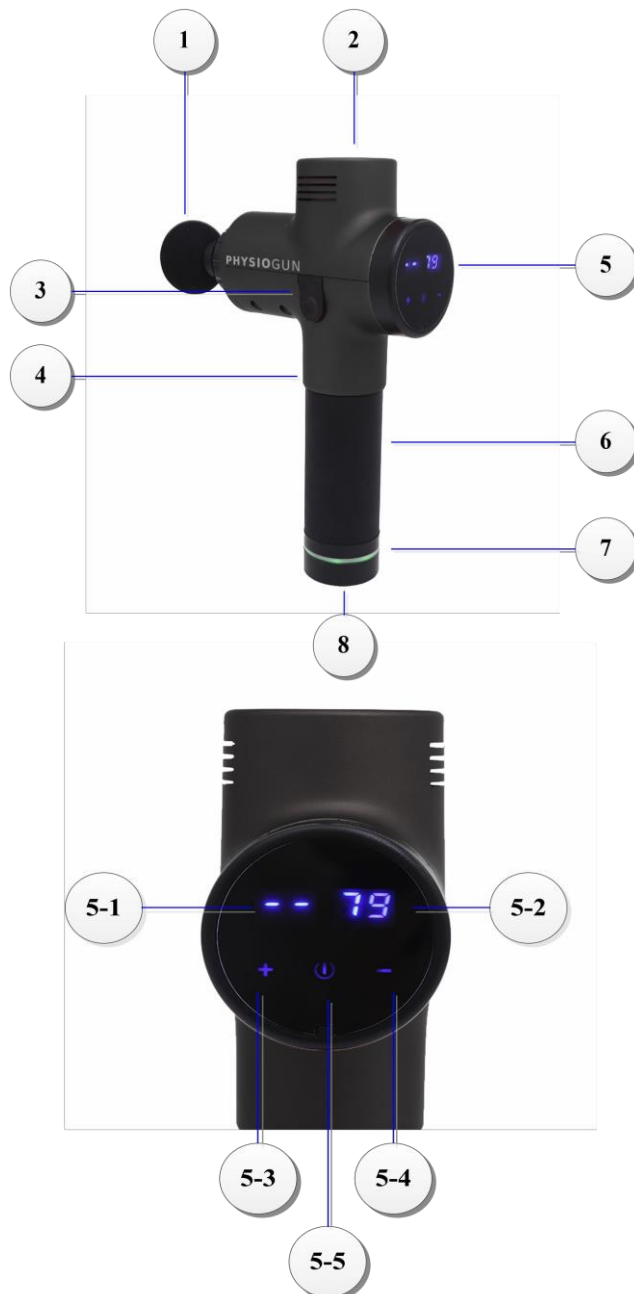
Warm up before exercise to prevent muscle strain, relax muscles and relieve soreness after exercise

● Office, relax

Relieve the rigidity of waist and neck when sitting for a long time. Inject energy into the work

3 Primary structure of the product

The product structure chart is as follows:

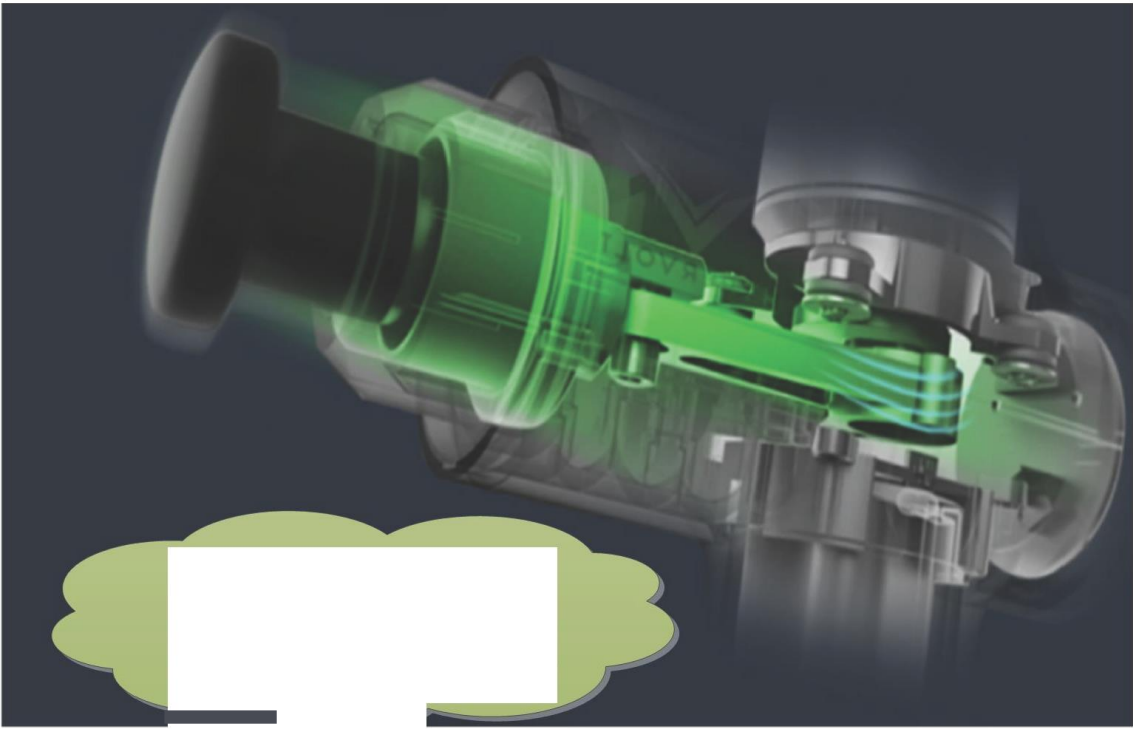
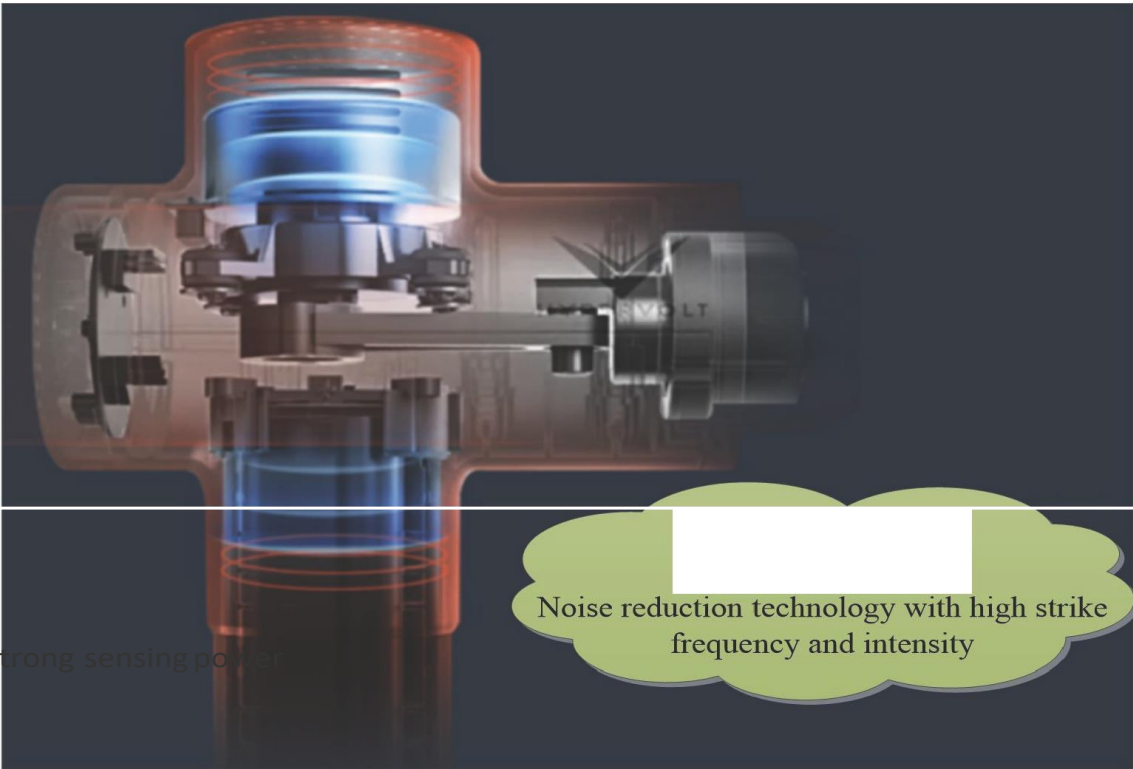


No.	Part name
1	Physiotherapy head
2	Air vent
3	Battery removal button
4	Shell
5	OLED display
6	Handheld part (Built-in battery)
7	Battery indicator (Red / Green)
8	Charging interface / Power switch

No.	Part name
5-1	Gear (20 gears in total)
5-2	Battery status
5-3	Up
5-4	Down
5-5	Start

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4 Product main features



Strike feedback

Balanced Strike, stable output

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5 Product requirements and main parametric description

5.1 Product requirements

- 1) Working power supply: 100-240VAC, frequency: 50/60Hz
- 2) Power supply interface: DC 24V=1A
- 3) Environmental requirements

Item	Temperature requirement	Humidity requirement	Atmospheric pressure
Work environment requirement	10°C-35°C	10%-75%RH	700hPa-1060hPa
Storage/ Transport environment requirement	-20°C-55°C	10%-93%RH	700hPa-1060hPa

5.2 Product main technical parametric description

- **Gear:** 1-20, 1200 r-3200 r
- **Frequency:** 30-53 Hz
- **Power supply:** Lithium battery (rechargeable, 4-6 hours)
- **Product size:** 170×240mm
- **Product weight:** 1.4Kg
- **Physiotherapy head:** 6 styles, as follows



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Round (Small)

Fork

Air Plug

● Application of physiotherapy head:

-**Round (Big):** Suitable for massaging large muscle groups such as arms, waist, hips, thighs, calves, etc.

-**Flat:** Suitable for relaxation and shaping of various muscle parts

-**Bullet:** Suitable for deep muscle tissues such as meridians, palms, soles, etc.

-**Round (Small):** Suitable for massaging small muscle groups such as arms, waist, hips, thighs, calves, etc.

-**Fork:** Suitable for massaging neck, spine and Achilles tendon

-**Air Plug:** Suitable for sensitive muscle areas or elderly muscle relaxation

6 Product installation

6.1 Installation environment

Installation environment complies with clause "5.1"

6.2 Charging

- Fully charge battery for up to six hours before first use either attached or detached from the device.
- To charge, connect the DC end of the supplied 24V adapter to the battery's charging port and plug AC side cable into wall outlet.
- LED band on battery lights pulsate to show battery level and indicate active charging
- With battery attached, LED lights on unit flash to show battery level and indicate active charging.
- Full charge is indicated when all LED lights stop flashing and remain fully illuminated.
- Battery may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery to the red LED level
- The average run-time is 2+ hours depending on speed level and pressure applied during use.

7 Operating

- Align and attach battery into base of unit- ensure it is securely locked in place
- Power device on by moving the power switch on the bottom of the battery to the ON position. Power device off by moving the power switch to the OFF position.
- With power switch in ON position, press the power button once to turn device on to level one, twice to turn device to level two and three times for level three Pressing the power button again will turn the device off. The blue LED lights will indicate the corresponding power level.
- With unit off fully insert applicator by pressing in. Remove by pulling it out
- Massage desired body part at the desired speed applying pressure as needed.
- To remove the battery, lightly press the battery release button with thumb Firmly pull downwards on the battery / handle with the other hand

8 Maintenance

- Use a slightly damp towel to clean device and a dry with a soft cloth.
- For storage or travel, remove battery and store in supplied carton box

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9 Safety precautions

9.1 Warnings& Caution

- Do not immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.
- Do not remove screws or attempt to disassemble.
- Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using
- Unplug the charger from device battery after charging or prior to use.
- For adult use only. Do not use if injured. Consult your doctor before using this product.

9.2 Safety

DANGER: TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

- For adult use only.
- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- Use the device only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head or any hard or bony area of the body.
- Use only the applicators that provide the best-desired effect.
- Bruising can occur regardless of control setting or pressure applied Check treated areas frequently and immediately stop at first sign of pain or discomfort.
- Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
- Do not place any objects into the ventilation holes of the Physio Gun
- Do not immerse in water or allow water to enter the ventilation holes of the Physio Gun
- Do not drop or misuse the Physio Gun
- Only recharge with supplied 26VDC Physio Gun charger
- Carefully examine device and battery before each use.
- Do not tamper or alter Physio Gun in any way.
- Never leave the Physio Gun operating or charging unattended.

9.3 Contraindications

- Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These contra indications do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.
- Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contra indications as shown above Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.

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10 Executive standards

The product conforms to the following standards and laws:

EN 55014-1:2017 Electromagnetic compatibility - Requirements for household appliances, electric tools and similar apparatus - Part 1: Emission

EN 55014-2:2015 Electromagnetic compatibility - Requirements for household appliances, electric tools and similar apparatus - Part 2: Immunity - Product family standard

11 Guarantee card

Warranty card

Customer name:

Product name:

Guarantee regulations:

Contact number: Address:

Product model: Date of purchase:

1. First of all thank you for choose our products, for more convenient for you, please carefully read the regulations.
2. The card is the warranty certificate, the user for safekeeping, if lost, will not be returned.
3. Within a year, if the handle go wrong, the product can be sent to the manufacturer will repair free of charge rely on this card, other parts can contact the manufacturer to purchase a replacement.
4. The host failure caused by man-made accidents, misuse, abuse or irresistible natural factors, the Company does not assume warranty obligations.
5. Unauthorized change and disassemble, the company is not under warranty.
6. Other issues shall be negotiated between the parties to resolve, the final interpretation of the Company.

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