MED FOOT MASSAGER
BODY MASSAGER

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MED massager.com
THE ORIGINAL THERAPEUTIC MASSAGER
Dear MedMassager Customer,

I developed these “Techniques” specifically with the home consumer in mind. Your pain management professional may have additional or different techniques specifically applicable to your condition.

As a physical therapist with over thirty years of treating patients, I am a great advocate of both of the MedMassager units and have no hesitation in recommending them to my patients. Because of the high quality smoothness of their massaging and variable speeds, they are appropriate for many people to use when units of lesser quality would be too rough and irritating, rather than relaxing. Both the hand-held body unit and the foot massager unit are excellent for fibromyalgia or other chronic pain sufferers who have stubborn myofascial muscle spasms. I highly recommend these units for everyday aches and pains of working muscles and feet as well as conditions of chronic pain and muscle spasm. Don’t take your foot or muscle pain lightly! Many of my patients started out with pains that developed into chronic conditions which could have been at least partly prevented if they would have reduced the muscle spasms early on with units like the MedMassagers.

I keep my standards of practice at a superior level in order to obtain excellent results with my patients and maintain my professional reputation. The MedMassager units are such high quality that they complement my practice by providing highly effective treatments. I have no hesitation in recommending them to anyone interested in achieving results that ordinary massagers are unable to accomplish.

Carl Marino, PT
Clinical specialist in chronic pain and fibromyalgia

To ask Carl Marino a question regarding use of the MedMassager, please visit our website at www.MedMassager.com
IMPORTANT SAFETY INSTRUCTIONS

THIS MASSAGER IS NOT WATERPROOF

• To reduce the risk of electric shock, always unplug the unit from the electrical outlet immediately after using and before cleaning.

• Do not reach for the unit if it has fallen into water. Unplug it immediately

• Do not use whilst bathing or showering.

• Do not place or store the unit where it can fall or be pulled into the sink.

• Do not drop water or other liquids into the unit

GENERAL SAFETY WARNINGS

• To reduce the risk of burns, fire, electric shock or injury to persons, the unit should never be left unattended when plugged in. Unplug from the outlet when not in use.

• Do not operate under a blanket or pillow. Excessive heating can occur and may cause fire, electric shock or injury.

• Close supervision is necessary when the unit is used by children or people with disabilities.

• Use this unit only as described in this manual. Do not use attachments unless supplied by MedMassager and intended for use with this product.

• Never operate this unit if it has a damaged cord or plug.

• Do not carry this unit by it’s cord or use the cord as a handle.

• Keep the cord away from heated surfaces.

• Never operate this unit on a soft surface where the air openings may become blocked. This will result in overheating and may cause burns, fire or electrical shock.

• Keep the air openings free of hair, lint or other debris.

• Never drop or insert any object into any opening.

• Do not use outdoors.

• Do not operate where aerosol products are being used or where oxygen is being administered.

• To disconnect, turn all controls to the off position, then remove the plug from the outlet.

• If the unit is damaged or not working properly, contact MedMassager for service or repair. DO NOT open unit to service yourself.

• DO not use this unit if you have serious diseases, inflammation of the skin, hemorrhage tendencies or while pregnant, unless otherwise directed by your doctor.

• Use common sense when operating this unit. It is an electrical device and if used improperly may cause injury or even death.

• As with any health issue, always consult your doctor if you are unsure.
OPERATING INSTRUCTIONS

THIS MASSAGER IS NOT A TOY. ADULT SUPERVISION IS NECESSARY.

• Before each use, check the power supply cord and be sure that every part is in good condition. All parts must be firmly assembled.
• Make sure that the speed switch is in the OFF position before plugging in.
• Check the silver model label affixed to the massager for the correct operating voltage. 110-120V for North America models. 220-240V for Europe, Africa and Australia. Asia and South America - please verify your model.
• Plug the unit into an electric outlet of the same voltage as your model.
• Turn the unit to the desired speed and use as suggested below.
• When finished, turn the switch back to the OFF position and unplug the unit.

USING THE BODY MASSAGER

• It is advisable to start on a lower speed and increase until you find the most comfortable setting.
• When massaging over the abdomen, it is advisable to move the massager in a clockwise direction. To achieve optimal results, add slight pressure.
• Use the edges of the soft pad to target acupuncture pressure points.
• Do not use the massager on any part of the skull including forehead, ears or top of the head.
• Always tie long hair up and do not allow it to get in between the pad and motor housing. This will cause the motor to grab the hair and will be very painful.
• In addition to being used on the back, neck and shoulders, the massager can also be used on the thighs, knees and calf area. You can even turn the massager up side down on the carpet with the soft pad facing up (or purchase our foot conversion accessory) and massage one foot at a time.
• You can also massage hands, elbows and forearms if you place the massager up side down on your lap.
• A warm sensation and subtle itchiness is common and means that the massager is effectively bringing healthy blood flow to the area massaged. This is a similar sensation to sitting in a hot tub.

USING THE FOOT MASSAGER

• Place the Foot Massager on a hard, firm surface. Carpeting is recommended or the use of a rug may be necessary when using the massager on wooden or ceramic floors.
• Turn the massager onto a lower speed. Place your feet (bare foot, with socks or with shoes on) onto the foot pad. You can then adjust the speed to a comfortable setting.
• You can use the “Arch Bar” on the top of the foot pad for added stimulation to the toes, arch and heel.
• Rocking the massager forward allows you to stimulate the calf area and shins more effectively.
• Do not stand on the massager. Irreparable damage will be inflicted upon the internal parts.

MAINTENANCE

• Turn massager to the OFF position and remove the plug from the outlet.
• To clean the pad, use a moistened towel with natural detergent or a baby wipe. Harsh detergents, abrasives, gasoline and solvents will damage the surface of the unit and are not recommended.
• Do not attempt to clean or lubricate any internal parts.
• The power cord should always be untangled and free of any knots to avoid electrocution or fire.
• For storage, coil the cord around the unit and place in a cool, dry, lint and dust free area.
Dear Physician,

Thank you for purchasing the MedMassager. This product has been built with the highest quality craftsmanship and to exacting standards. Produced in an ISO 9001 Certified facility, this massager exceeds CSA Standards. The massager that you are holding in your hands may arguably be the finest therapeutic massager in the world today. We appreciate the faith that you have placed in our fine products and reciprocate with the most comprehensive warranty program available. You may choose the program that best suits your needs.

Whether you are using this massager in your practice as a therapeutic tool or sell it to a patient for at home therapy, this massager will provide soothing relief for years to come. MedMassager is dedicated to providing better and healthier life through our innovative products. Please always remind patients, however that they should never substitute at home therapy for professional medical consultation. Persistent ailments and symptoms could indicate more serious conditions and patients should consult their personal physician before use. Please read and make sure that you fully understand the important safety instructions on the following pages before using your massager for the first time.

On behalf of the men and women around the world who make MedMassager great, we thank you for your faith in our company and our incredible products.

For further information on our wonderful products, order accessories for your massager or enquire about distribution opportunities, you may contact us in one of the following ways:

- Website: WWW.MEDMASSAGER.COM
- Email: SALES@MEDMASSAGER.COM
- Phone: 877-501-6334
- Fax: 508-819-3002
- Mail: MedMassager
  6 Celtic Drive, Suite A3
  Arden, NC 28704
  United States of America
EXTENDED WARRANTY PROGRAM
EXTENDED WARRANTY PROGRAM

Add extra peace of mind to your MedMassager ownership experience.

Your MedMassager is a significant investment in both your health and your future. It is, by far the most effective massage equipment available for both clinical and home use and is designed for years of carefree performance. Our customers demand the best in customer service as well as performance engineered equipment. That’s why they deserve the best in factory backed extended warranty coverage.

The protection you need - at a price you can afford: Whether you massage for relaxation or for pain management, MedMassager Extended Warranties offer a choice of fixed-price coverage options - so you can select the plan that best fits your needs and your budget. No matter what coverage plan you choose, you’re assured of super-fast service and “no hassle” warranty support from MedMassager product experts.

So, what’s not covered?

Our focus when designing and building your massager is to ensure safe, reliable performance from your massage equipment. However accidents do happen and to that end, we cannot warranty failures due to abuse, misuse, accident, natural disasters, unauthorized alteration, repairs or modifications. The warrantee also does not cover any accessories purchased for your massager.

Our commitment to you:

Just like the Bronze standard warranty, the extended Silver and Gold warranty plans assure you of comprehensive protection against unexpected product failures. So, you’ll never have to worry about being without your beloved massager when you’ve got a MedMassager.com extended warranty. Within the applicable coverage period, we will replace your massager with a brand new unit. In order for MedMassager.com to provide proper warranty support, you may be required to provide proof of purchase documents, as well as any warranty purchase documentation. You may also be asked to provide MedMassager.com with specific information regarding symptoms, failure or defect that prompted the request for warranty service. If, during the warranty period, you decide to sell your unit, the remainder of the extended warranty may be transferred to the new owner by notifying MedMassager.com in writing. Such notifications must include complete address information for both the original owner and the new buyer.

Take the first step

If you are ready for the peace of mind that MedMassager extended Silver and Gold warranty coverage can give you, it’s easy to get started. Simply select the plan that suits you below within 30 days of product purchase.

You can then:
- Fill out the included Warranty Order Card and mail back to MedMassager.com with payment, or
- Visit us at www.MedMassager.com, select your plan and order securely online, or
- Call us at 877-501-6334 and we will be happy to take your information by phone.

After all, you have bought the best, so why not give your MedMassager the very best in long-term warranty protection?
Bronze Limited Lifetime Warranty: $0.00  
(included in purchase price)  
MedMassager.com guarantees all products free from defects in material and workmanship. Should there be anything at all wrong with your unit, the MedMassager Factory Service Center will at their discretion repair or replace your massager at absolutely no charge to you for a period of 1 year.  
The Bronze warranty is assured to all new products and models including those from clearance, auction or special sales.  
After one year, replacement parts will be available for all products for life. You will, however be asked to pay a nominal service fee of $59.96 per repair and includes return postage.

Silver 3 year no cost full replacement Plan:  
$29.95  
This plan extends our standard 1 year full no cost replacement warranty for a further 2 years. This gives you 3 full years from the date of purchase of worry free massaging. This warranty is transferable and covers each massager separately. The same provisions and exclusions apply as the standard 1 year plan.

Gold Lifetime no cost full replacement Plan: $39.95  
This is our premier warranty and allows you absolute worry free massaging. As with our Bronze and Silver Warranty Plans, all provisions and exclusions apply.  
If you intend using your massager every day at home as a therapeutic tool and intend maximizing your investment, then the Gold Lifetime full replacement plan is for you. You will never have to worry about purchasing another massager ever again.  
Regardless of which plan you choose, know that you have purchased one of the finest engineered massagers in the world today.

All MedMassager.com Factory warranties are subject to the following conditions: Coverage on all Extended Warranty plans begins on the original product purchase date. Warranty must be registered within 30 days of product purchase. These factory warranties do not cover damage caused by misuse or abuse, accident, the attachment of any unauthorized accessory, abnormal wear and any other conditions that are beyond the control of MedMassager.com.  
MedMassager.com shall not be responsible for any type of incidental, consequential or special damages. This includes but is not limited to those implied warranties of fitness and merchantability, which is limited in the total duration of one year from the original purchase date. You will be responsible for all shipping costs to and from the repair facility.  
These plans are not valid on products used for commercial purposes, public, rental or communal use. Please contact the MedMassager Service Center and inquire about our Factory Commercial Warranties.
How do I get my massager repaired?

To obtain warranty service on your MedMassager, mail the unit in an approved shipping box including the dated sales receipt. Upon receipt, MedMassager.com will either repair or replace the massager and return it to you postage-paid. This Warranty is solely through MedMassager.com Service Center. Service of this product by anyone other than MedMassager.com Warranty Service Center voids the warranty.

Before shipping your massager for Warranty Service, please complete the following checklist:

1) Call 877-501-6334 to obtain a RA (Return Authorization) number. You will not be able to get service without this number.

2) Package your massager securely. Do not ship your massager back in the printed retail box alone. You MUST use an outer shipping box. You are responsible for any damages incurred on route to the MedMassager.com Service Center.

3) Make a copy of your original sales receipt and include in the package.

4) Include a brief explanation of the problem that you are having with your massager.

5) Clearly write your RA number below the shipping label. Packages without a clearly marked RA number will be refused.

6) Ship your massager. You may use UPS, Fed-Ex or USPS. Be sure to insure your massager to protect yourself against loss or damages.

Mail to:

MedMassager
Warranty Service Center
6 Celtic Drive, Suite B1
Arden, NC 28704
877-501-6334

These warranties provide you with specific legal rights. You may have additional rights that may vary from state to state. Because of individual state regulation, some of the above limitations and exclusions may not apply.

Any of these Warranty Plans may be cancelled by MedMassager.com without notice for, but not limited to, fraud or material misrepresentation.
TIPS TO MAXIMIZE YOUR MASSAGERS
Techniques to maximize your MedMassager experience

Written by Carl Marino, Physical Therapist

NOTE: When first starting to use your MedMassager unit, whether the body massager or the foot massager, we recommend you begin at the lowest speed setting and then slowly try the higher settings to your preference of comfort and relief.

Precaution: Although you can use the body massager over any joint or muscle group, there are standard precautions that must be addressed with any medical device

1. Chronic and persistent pain can be the sign of an underlying condition. If you do not find even temporary relief with the MedMassager, then you should consult a physician.
2. Do not use the body massager over a pregnant or potentially pregnant abdomen
3. Do not massage over a pacemaker or any other implanted device such as a pain pump
4. Do not use on the top area of the head or temples
5. Do not use over an infected area
6. Do not use over a diagnosed deep vein thrombosis (internal blood clot)

Note:
- Your BODY massage unit may be used over all joints of the spinal column and extremities. We recommend treatment time to be from 5-15 minutes and may be done several times per day.
- The BODY massager may be used with massage oils if desired, but that is personal preference.
- A hot shower or bath preceding using the massager can stimulate the IMPROVED CIRCULATION created by the MedMassager.

For more advanced treatments and discussion on conditions, go to www.MedMassager.com, and click on the section “Comprehensive treatment methods”. This will give you a more advanced treatment regimen as well as a more thorough and professionally written understanding of the treatments and why they work for specific conditions.
Using your MEDI Body Massager

**Low Back Pain**

A. At first, use one of the lower speeds and place the MedMassager along the muscles spanning the spinal column. You can slowly move the unit from area to area or rhythmically move the unit up and down. If you have cramping or a specific tender area, keep it at that spot for several minutes on a setting that is soothing. This will also stimulate blood circulation in the muscle tissue.

B. You can also sit in a high–backed chair or sofa with the body massager between you and the back at any level you need up as high as the neck.

*Duration:* This can be done several times a day for 5-15 minutes at a time or until spasms are relieved.

**Neck Pain**

A. Problems in the spinal column in the neck area typically show up as severe muscle spasms from the side of the neck to the tip of the shoulder with the most sensitive areas (trigger points) a couple inches away from the spinal column. However, on the back of the head there is a ridge called the occiput (or occipital ridge) where several of the neck muscles attach. This is an area that therapists concentrate on as it can be very tender. When massaging the occipital area, use a gentle low number setting and massage directly below the occipital. When the muscles attached to the occiput are tight and in spasm, you can get “occipital headaches” (or more commonly tension headaches) which are felt over the top of the head. The best technique involves the trigger points of the neck muscles as well as occipital treatment.

*Duration:* This can be done several times a day for 10-15 minutes until comfort is achieved.
Mid and upper back Pain

A. It’s very helpful to have someone help with massaging this area, but holding it against the back of a chair also works quite well (see low back techniques). This is an area that most often results from tightness and stress of the low back and/or neck muscles.

B. The massager is set at a comfortable level and can be moved up and down the spine in a gentle circular motion concentrating on specific tender areas or trigger points. It is especially helpful to massage around the edges of the shoulder blades (scapula).

**Duration:** This can be done several times a day for 5-10 minutes at a time or until comfort is achieved

Thigh and Hamstring pain

A. The big front thigh muscles (quadriceps) can be relieved of muscle pain by rhythmically moving the MedMassager from the top of the leg down to the knee and back.

B. It can be very pain relieving if you stop in the middle of the quadriceps muscle where you will find a trigger point and keep it directly over it for a few minutes. Likewise, on the back of the thigh are the hamstring muscles which can be treated virtually the same as the quadriceps muscles in the front.

**Duration:** This can be done several times a day for 5-15 minutes at a time or until comfort is achieved
Shoulder pain

A. Pain specific to the shoulder itself should be massaged around the muscle cap of the shoulder (deltoids), down the back of the shoulder (rotator cuff) as well as the front of the shoulder and even partially into the big chest muscle (pectoral).

Calf and lateral lower leg pain

A. This technique shown not only relieves cramping in the calf area (gastrocnemius), but also relieves the tired, achiness that often shows up in the outer lateral muscles of the lower leg. (Anterior tibialis)

B. This is also an excellent treatment for restless leg syndrome

Duration: This can be done several times a day for 2-10 minutes each
Using your MED Foot Massager

NOTE: Unlike less sophisticated massagers, the foot massager doesn’t vibrate, but rather oscillates giving you the best massage possible.

*Calf pain and restless leg syndrome relief*

A. Another excellent treatment for calf pain (gastrocnemius muscle) and to achieve relief from restless leg syndrome is to use our foot massager tilted on its front with your calves resting on the treatment surface.

B. It stimulates the blood flow to the legs, thus relaxing the calf muscles while the arch bar relaxes the Achilles tendons.

*Duration:* This treatment can be used up to 15 minutes at a time, several times per day.

*Relaxation technique for tired feet and ankles*

A. The setting is purely subjective on your part as there are 12 speeds.

B. You can use the foot massager with your bare feet, with socks or even with shoes.

C. Many people like the feel of it with their shoes on. This is very helpful for people who have sores on their feet, and feel more comfortable massaging their feet with shoes on. Also ideal in applications where the massager will be used in a public place and sanitation is a concern.

*Duration:* This can be used for any length of time up to 15 minutes and can be used several times a day.
**Plantar fasciitis (pronounced-.fash-she-eye-tis)**

This is inflammation of the tendons and fascia under the foot at the arch. **This can be a very tender area so we recommend wearing socks.** Move your foot over the arch bar slowly and rhythmically until the area begins to relax. The increase blood flow will allow the area to relax.

**Duration:** This can take up to 15 minutes

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**Relaxing the toes**

You can curl your toes around the arch bar for several minutes at a time which can relieve the pain of arthritis while the rest of your foot also gets the benefit of increased circulation.

**Duration:** This can be done several times a day for 2-10 minutes each

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**PLEASE NOTE:**

For more advanced treatments and discussion on conditions, go to [www.MedMassager.com](http://www.MedMassager.com), and click on the section “Comprehensive treatment methods”. This will give you a more advanced treatment regimen as well as a more thorough and professionally written understanding of the treatments and why they work for specific conditions.
Warranty Registration Card

Name: ____________________________________________

Address: ________________________________________

City: ___________________ State: _______ Zip: ________

E-mail: ___________________ Phone: ____________________

Date Purchased: _______ Store: _______ $________

Serial Number: ___________________ Model: ____________________

Pick the warranty program that best suits you

□ Bronze 1 Year $0.00 □ Credit Card Number: ________________

□ Silver 3 Year $29.95 □ Expiration Date: _______ CID: _______

□ Gold Lifetime $39.95 □ Cardholder’s Name: ______________________

Check enclosed: _______ Holder’s Signature: ________________

For your privacy protection, you may enclose this card in an envelope.
ARDEMN, NC 28704 (USA)
6 CELTIC DRIVE SUITE B1
MedMassager
FOOT REFLEXOLOGY

Reflexology helps rejuvenate our mental, emotional and physical well-being by stimulating the circulatory and nervous system, healing, releasing tension and increasing stress resilience.

All points in our feet connect via nerves and meridians to particular organs and body areas.