the original therapeutic massager

med
massager

owner’s manual
BODY & FOOT MASSAGERS

medmassager.com
6 Celtic Drive B1 Arden, NC 28704
thank you for purchasing the med massager!

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

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 you have placed in our fine products and reciprocate with the most comprehensive warranty program available. See page 19 to choose the one that is right for you.

Med Massager is dedicated to providing a better and healthier lifestyle through our innovative products that are sure to provide soothing relief for years to come. However, you should never substitute at-home therapy for professional medical consultation. Persistent ailments and symptoms could indicate more serious conditions and you should consult your physician before use. Please make sure you fully understand the important safety instructions on the following pages and watch the instructional DVD before using your massager for the first time.
contents

introduction................................................................................................. 4

BODY MASSAGER

  techniques to maximize your experience............................................. 6
  operating instructions........................................................................... 7
  maintenance .......................................................................................... 7
  important safety instructions ............................................................... 8
  low back pain ....................................................................................... 9
  mid & upper back pain ......................................................................... 9
  shoulder pain ....................................................................................... 10
  neck pain .............................................................................................. 10
  carpal tunnel syndrome & tendinitis ..................................................... 11
  thigh & hamstring pain ......................................................................... 11
  knee pain .............................................................................................. 12
  calf & lateral lower leg pain ................................................................. 12

FOOT MASSAGER

  techniques to maximize your experience............................................. 13
  operating instructions........................................................................... 14
  maintenance .......................................................................................... 14
  important safety instructions ............................................................... 15
  calf pain & restless leg syndrome ......................................................... 16
  tired feet & ankles................................................................................ 16
  plantar fasciitis ................................................................................... 16
  heel & bone spurs ................................................................................. 17
  relaxing your toes ............................................................................... 17
  diabetes ................................................................................................. 18
  peripheral neuropathy .......................................................................... 18
  extended warranty program ................................................................. 19
  reflexology charts ............................................................................... 22
more than just a standard massager...

The Med Massager is the industry leader. You can be confident in a massager that is used and trusted by doctors and therapists around the world. Our massagers are used by doctors and therapists as well as their patients for personal and clinical treatment.
dear med massager customer,

As a physical therapist with over thirty years of treating patients, I am a great advocate of both of the Med Massager 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.

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 Med Massager.

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 Med Massager 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.

I developed the following techniques specifically with the home consumer in mind. Please consult your pain management professional before use as they may have additional or different techniques specifically applicable to your condition.

Carl Marino

Carl Marinaro, PT
clinical specialist in chronic pain and fibromyalgia
Carl Marinaro, PT Physical Therapy
Asheville, NC 28803

To ask Carl Marino a question regarding use of the med massager, please visit our website at medmassager.com
BODY MASSAGER

techniques to maximize your med massager experience

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 Med Massager, 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 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:** When first starting to use your Med Massager unit, we recommend you begin on the lowest speed setting and then gradually try higher settings to your preference of comfort and relief.

For more advanced treatments and discussion on conditions
Go to medmassager.com and click on the “Advanced Techniques” tab. This will give you a more involved treatment regimen, as well as, a more thorough and professionally written understanding of the treatments and why they work for specific conditions.
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 the unit in.

• Check the silver model label affixed to the unit for the correct operating voltage. 110-120V for North American models & 220-240V for European, African and Australian models. Asia and South American consumers, please verify where your model is from before proceeding.

• Plug the unit into an electrical 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

• 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.

• In addition to being used on the back, neck and shoulders, the massager can be used on the thighs, knees and calves. Turn the massager upside down on carpet with the soft pad facing up (or purchase our foot conversion accessory) and massage one foot at a time or massage your hands, elbows and forearms by placing the massager upside down on your lap.

• A warm sensation and subtle itchiness are common and mean that the massager is effectively bringing healthy blood flow to the area being massaged.

• ALWAYS TIE LONG HAIR UP & 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.

• DO NOT USE the massager on any part of the skull including forehead, ears or top of head.

maintenance

• Turn the massager to the OFF position and unplug the unit.

• 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 the 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 store in a cool, dry, lint and dust free place.
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 water.

• DO NOT drop water or other liquids onto 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 the unit 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 the unit only as described in this manual. Do not use attachments unless supplied by Med Massager and intended for use the this product.

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

• DO NOT carry the unit by its 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.

• DO NOT use outdoors.

• DO NOT operate around aerosol products or when 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 Med Massager for service or repair. DO NOT open the unit to service it yourself.

• DO NOT use this unit if you have a serious disease, inflammations of the skin, hemorrhage tendencies or while pregnant, unless otherwise directed by your physician.

• 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 with your doctor if you are unsure.
low back pain

At first, use one of the lower settings and place the Med Massager along the muscles spanning the spinal column. 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 help stimulate blood circulation in the muscle tissue.

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 as high up as the neck.

**DURATION:** This treatment can be used up to 15 minutes at a time, several times a day until spasms are relieved.

mid & upper back pain

It’s very helpful to have someone help you with this area, but holding the body massager against the back of a chair also works quite well (see above technique in low back pain). This is an area that most often results from tightness and stress in of the low back and or neck muscles.

With the massager on a comfortable setting, move the unit 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.

**DURATION:** This treatment can be used up to 10 minutes at a time, several times a day until comfort is achieved.
shoulder pain

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) and on the front of the shoulder - partially into the big chest muscle (pectoral).

**DURATION:** This treatment can be done for 5 to 15 minutes at a time, several times a day until comfort is achieved.

neck pain

Neck pain can be caused by many different conditions. Please get a diagnosis from your healthcare professional to make sure you do not have a serious condition that needs be addressed immediately or something for which exercise or massage may be detrimental. These techniques are safe for those diagnosed with muscle spasms from stress, fibromyalgia or minimally involved neck arthritis.

Problems of the spinal column in the neck area show up as severe muscle spasms from the side of the neck to the top of the shoulder with the most sensitive areas (trigger points) a couple of inches away from the spinal column. There is a ridge on the back of the head called the occiput or occipital ridge, where several neck muscles attach. When the muscles attached to the occiput are tight and in spasm, you can get “occipital headaches,” more commonly known as tension headaches.

Begin using the Med Massager on a gentle low number setting and massage directly below the occiput. Continue massaging trigger points of the neck muscles and the occipital ridge.

**DURATION:** This treatment can be done for 10 to 15 minutes at a time, several times a day until comfort is achieved.
carpal tunnel syndrome & tendinitis

CTS is the irritation is the median nerve as it passes through the groove (tunnel) between the hand bones. Spanning over the tunnel is the transverse carpal ligament. When a ligament becomes inflamed due to overuse, the swelling creates pressure within the tunnel, thus putting pressure on the median nerve.

Tendinitis is the inflammation of a tendon. There is a tendon at the end of each muscle and when muscles are used over and over for an activity, the tendons can become inflamed as the muscle is constantly tugging on it. The goal of treating tendinitis is to reduce or eliminate the inflammation.

Begin using the Med Massager on a low setting for the first 1 to 2 minutes. Then, slowly bring up the speed to the most comfortable setting or where it feels best to you. Rest the massager on the area that is painful. It may be easier to turn the massager upside down and rest the affected area on the soft massage pad.

DURATION: This treatment can be done for 5 to 10 minutes at a time, several times a day until comfort is achieved.

thigh & hamstring pain

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

Additional pain relief can be achieved if you stop in the middle of the muscle and keep the massager directly over the affected area for a few minutes.

DURATION: This treatment can be done for 5 to 15 minutes at a time, several times a day until comfort is achieved.
knee pain

Generalized knee pain can be caused by many problems, but here we will discuss knee pain from simple arthritis or a mild strain. Treatment centers around lessening the pain in the joint and spasm of the surrounding muscles.

Begin using the Med Massager on a low setting for the first 1 to 2 minutes. Then, slowly bring up the speed to the most comfortable setting or where it feels best to you. If you are able, use a rhythmic motion which can be in circles or simply back & forth with mild to moderate pressure.

DURATION: This treatment can be done for 5 to 15 minutes at a time per knee, several times a day until comfort is achieved.

calf & lateral lower leg pain

This technique not only relieves cramping in the calf area (gastrocenemius), but also relieves the tired achiness that often shows up in the outer lateral muscles of the lower leg (anterior tibialis). It is also an excellent treatment for restless leg syndrome.

Begin using the Med Massager on a low setting for the first 1 to 2 minutes. Then, slowly bring up the speed to the most comfortable setting or where it feels best to you. While seated or laying down, turn the massager upside down and rest the affected area on the soft massage pad.

DURATION: This treatment can be done for 2 to 10 minutes at a time, several times a day until comfort is achieved.
techniques to maximize your med massager experience

Unlike less sophisticated massagers, the Med Massager foot massager doesn’t vibrate. It oscillates in order to give you the best massage possible.

**NOTE:** When first starting to use your Med Massager unit, we recommend you begin on the lowest speed setting and then gradually try higher settings to your preference of comfort and relief.

For more advanced treatments and discussion on conditions
Go to medmassager.com and click on the “Advanced Techniques” tab. This will give you a more involved treatment regimen, as well as, a more thorough and professionally written understanding of the treatments and why they work for specific conditions.
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 the unit in.

• Check the silver model label affixed to the unit for the correct operating voltage. 110-120V for North American models & 220-240V for European, African and Australian models. Asia and South American consumers, please verify where your model is from before proceeding.

• Plug the unit into an electrical 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 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 flooring.

• Turn the massager on, starting with the lowest speed. Place your feet (socked feet 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 food 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 to internal parts.

maintenance

• Turn the massager to the OFF position and unplug the unit.

• 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 the 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 store in a cool, dry, lint and dust free place.
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 the 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 water.

• DO NOT drop water or other liquids onto 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 the unit 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 the unit only as described in this manual. Do not use attachments unless supplied by Med Massager and intended for use with this product.

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

• DO NOT carry the unit by its 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.

• DO NOT use outdoors.

• DO NOT operate around aerosol products or when 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 Med Massager for service or repair. DO NOT open the unit to service it yourself.

• DO NOT use this unit if you have a serious disease, inflammations of the skin, hemorrhage tendencies or while pregnant, unless otherwise directed by your physician.

• 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 with your doctor if you are unsure.
calf pain & restless leg syndrome

For excellent treatment of calf pain (gastrocnemius muscle) and to achieve relief from restless leg syndrome, use your foot massager tilted on its front with calves resting on the treatment surface.

The massager stimulates the blood flow of 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 a day.

tired feet and ankles

For relief of tired feet and ankles, use your foot massager in the upright position. Place your feet on the treatment surface and set the speed to your comfort preference. You can use the foot massager with your bare feet, with socks, or even with your shoes on.

Using your foot massager with your shoes on can benefit those who have sores on their feet. This is also ideal in applications where the massager will be used in a public place and sanitation is a concern.

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

plantar fasciitis

Plantar fasciitis (pronounced fash-she-eye-tis) is the inflammation of the tendons and fascia under the foot at the arch.

This can be a very tender area, so we recommend using socks with this treatment. Using your foot massager in the upright position, move your foot slowly and rhythmically over the arch bar until the area begins to relax.

DURATION: This treatment can be used up to 15 minutes at a time, several times a day.
heel & bone spurs

Heel and bone spurs are accumulated calcium deposits on the bones in your foot. They can be very painful and will sometimes need to be addressed with surgical intervention to scrape the spur. With that being said, prior to surgery, a more conservative, therapeutic approach is often tried.

With the foot massager in the upright position, place your feet on the treatment surface. Begin on the lowest setting for the first one to two minutes. After that, begin to gradually bring up the speed to the most comfortable setting for you.

If you are fortunate enough to own both the Med Massager foot massager and body massager, you can use them in succession for this treatment, as they both have a unique therapeutic effect. If the painful area is at the Achilles tendon, follow the above technique by placing the body massager face up on the floor. Place your heel on the pad and turn to the desired speed setting. Massage the area for 5 to 10 minutes at a time. Alternately, you can use the handles on your body massager to run the massager over the general area that is hurting.

**DURATION:** This treatment can be done for 5 to 10 minutes at a time, several times a day.

relaxing the toes

With the foot massager in the upright position, curl your toes over the arch bar and set the speed to your comfort level.

This can help relieve the pain of arthritis while the rest of the foot also gets the benefit of increased circulation.

**DURATION:** This treatment can be done for 2 to 10 minutes at a time, several times a day.
diabetes and neuropathy

Diabetes is a serious disease that needs to be followed by your medical doctor. Neuropathy or numbness, tingling and/or pain in the lower extremities can complicate treatment, so care must be taken. The added effect of poor circulation can lead to diabetic leg sores, swelling and difficulty healing any open skin.

Peripheral neuropathy (the loss of normal sensation in one or more extremities) can be caused by several reasons, including diabetic neuropathy. Other known causes are a pinched nerve in the low back or neck and multiple sclerosis. Symptoms of peripheral neuropathy are numbness and lack of normal feeling (sensation) in the lower legs or arms. Along with numbness, you can experience tingling sensations, pain and ache, as well as, occasional feelings of cold, heat or burning. This condition must be addressed with your medical doctor and you may be referred to a specialist.

We do not recommend direct skin massaging of the legs below the knee for anyone with symptoms of diabetic or peripheral neuropathy, open sores or very fragile skin. You can use your Med Massager foot massager for excellent indirect treatment that will stimulate blood flow and help reduce swelling, also known as edema.

With the foot massager in the upright position, place your feet on the treatment surface. Begin on the lowest setting for the first one to two minutes. After that, begin to gradually bring up the speed to the most comfortable setting for you.

If you are fortunate enough to own both the Med Massager foot massager and body massager, one of the best treatments is to run the body massager over the top of your feet simultaneously with the foot massager.

DURATION: This treatment can be used up to 15 minutes at a time, several times a day.
Your Med Massager 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, Med Massager 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 Med Massager product experts.

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 warranty 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 warranties 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 Med Massager extended warranty. Within the applicable coverage period, we will replace your massager with a brand new unit. In order for Med Massager 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 Med Massager with specific information regarding symptoms, failures or defect that prompted the requests for warranty service. If during the warranty period you decide to sell you unit, the remainder of the extended warranty may be transferred to the new owner by notifying Med Massager in writing. Such notifications must include the complete address information for both the original owner and the new buyer.
choose the plan that best fits your needs

Regardless of which plan you choose, know that you have purchased one of the finest engineered massagers in the world today.

**BRONZE LIMITED LIFETIME WARRANTY FREE** *(Included in purchase price)*

Med Massager guarantees all products free from defects in material and workmanship. Should there be anything at all wrong with your unit, the Med Massager Warranty Service Center will, at their discretion, repair or replace your massager at absolutely no charge to you for a period of 1 year from the date of purchase.

The Bronze Limited Lifetime Warranty is assured to all new products and models including those from clearance, auction and special sales.

After one year, replacement parts will be available for all products for life. You will be asked to pay a nominal service fee of $59.96 per repair, which includes return postage.

**SILVER 3 YEAR NO COST FULL REPLACEMENT WARRANTY $29.96**

This plan extends our standard Bronze Limited Lifetime Warranty for a further 2 years - giving 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 warranty.

**GOLD LIFETIME NO COST FULL REPLACEMENT WARRANTY $39.95**

This is our premier warranty and allows you absolute worry free massaging. As with our Bronze and Silver Warranties, all provisions and exclusions apply.

If you intend to use your massager every day as a therapeutic tool at home and intend to maximize your investment, then the Gold Lifetime No Cost Full Replacement Warranty is for you. You will never have to worry about purchasing another massager ever again.

**take the first step**

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

• Fill out the included warranty card (see front of manual) and mail it back to Med Massager with payment, or

• Visit us at medmassager.com and select your plan to order securely online, or

• Call us at 877.501.6334 and we will be happy to take your information by phone

Remember, you have bought the best, so why not give your Med Massager the very best long-term warranty protection.
how to get your massager repaired

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

Before shipping your massager for warranty service, please complete the following:

1. Call 877.501.6334 to obtain a return authorization (RA) number. You will not be able to get service without this number.
2. Package the 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 en route to Med Massager Warranty Service Center.
3. Make a copy of your original sales receipt and include it in the package.
4. Include a brief explanation of the problem 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 to the address below. You may use UPS, Fed-Ex or USPS. Be sure to insure your massager to protect yourself against loss or damages.

FOR SERVICE, MAIL YOUR MASSAGER FOLLOWING THE ABOVE INSTRUCTIONS TO:

med massager
WARRANTY SERVICE CENTER
6 Celtic Drive B1, Arden, NC 28704

All Med Massager 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 Med Massager.

Med Massager 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 for commercial purposes, public, rental or communal use. Please contact the Med Massager Warranty Service Center at 877.501.6334 to inquire about factory commercial warranties.

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

Any of these warranty plans may be canceled by Med Massager without notice for, but not limited to, fraud or material misrepresentation.
Reflexology helps rejuvenate our mental, emotional and physical well being by stimulating the circulatory and nervous system, healing and releasing tension and increasing stress resilience. All points in our feet connect via nerves and meridians to particular organs and body areas.
what is reflexology?
Reflexology is a therapy based on the principle that there are small and specific areas of innervation in the hands and feet that correspond to specific muscle groups or organs of the body. In this system, the nerve endings in the extremities provide a “map” of the rest of the body; i.e., the base of the little toe representing the ear, or the ball of the foot representing the lung. Through the application of pressure on particular areas of the hands or feet, reflexology is said to promote benefits such as the relaxation of tension, improvement of circulation, and support of normalized function in the related area in the body.

how med massager can help
The med massager is very effective at stimulating the more than 7,000 nerve endings found in the feet. Based on the principals of reflexology, it is conceivable that massaging your feet regularly on our foot massager can affect all these reflex spots simultaneously. It’s no wonder that when you finish a Med Massager session feeling invigorated and ready to take on the world.

how to practice reflexology at home
Using the charts on the following card, identify the reflex spot on your foot that is linked to the area of your discomfort. Apply gentle pressure to that area. The pressure you apply to these spots will stimulate your body to create endorphins that interrupt the pain cycle and relieve stress. The pressure you apply should feel firm, but not painful. Use your fingers and thumbs to gently work the area for several minutes.
Foot reflexology
right foot

Brain
- Hypothalamus
- Pituitary
- Pineal
- Occipital
- Neck/Throat
- Thyroid
- Thymus
- Lung
- Spine

Sinuses

Eyes

Ears

Shoulder

Liver

Gallbladder

Transverse Colon

Small Intestine

Appendix

Colon
- Ascending, Transverse & Descending

Foot Reflex

Sciatic Nerve

Stomach

Pancreas

Adrenals

Kidneys

Transverse Colon

Bladder

Rectum

Lower Pelvic

Lower Pelvic

Colon

Ascending, Transverse & Descending

Diaphragm

Stomach

Pancreas

Adrenals

Kidneys

Transverse Colon

Bladder

Rectum

Lower Pelvic
hand reflexology
right hand

Eyes
Ears
Sinuses
Shoulder
Liver
Gallbladder
Colon
Appendix
Sciatic Nerve
Hip

Pituitary
Pineal
Brain
Parathyroid
Thyroid
Transverse Colon
Stomach
Pancreas
Spine
Adrenals
Kidneys
Rectum
Small Intestine

Liver
Colon
Ascending, Transverse & Descending
Transverse Colon

Appendix

Spine

Ears
Sinuses
Shoulder
Liver
Gallbladder
Colon
Appendix
Sciatic Nerve
Hip

Pituitary
Pineal
Brain
Parathyroid
Thyroid
Transverse Colon
Stomach
Pancreas
Spine
Adrenals
Kidneys
Rectum
Small Intestine

Liver
Colon
Ascending, Transverse & Descending
Transverse Colon

Appendix

Spine
for further information on our wonderful products, to order accessories or inquire about distribution opportunities, you may contact us in one of the following ways:

website medmassager.com
email sales@medmassager.com
phone 877.501.6334

Fax 508.819.3002
mail Med Massager
6 Celtic Drive, Suite B1
Arden, NC 28704

for a complete massage experience use the chiropractic body massager and the therapeutic foot massager
med massager certifications

The United States FDA is responsible for regulating firms who manufacture and/or import medical devices sold in the United States. The Med Massager is FDA certified as a therapeutic massager for physical medicine.

If a business has been accredited by the BBB, it means BBB has determined that the business meets accreditation standards. BBB Code of Business Practices represent standards for business accreditation by BBB. Businesses based in the United States and Canada that meet these standards may be accredited by BBB. The Code is built on the BBB Standards for Trust, eight principles that summarize important elements of creating and maintaining trust in business.

CSA tests products for compliance to national and international standards and issues certification marks for qualified products. Certification marks tell potential customers that a product has been evaluated by a formal process involving examination, testing & follow-up inspection and that it complies with applicable standards for safety and performance.

CE marking (also known as CE mark) is a mandatory conformance mark on many products placed on the market in the European Economic Area (EEA). With the CE marking on a product the manufacturer ensures that the product is in conformity with the essential requirements of the applicable EC directives. The letters “CE” stand for “Conformité Européenne” (“European Conformity”).

Manufactured in an ISO 9001 quality certified facility to exacting specifications.