Myofascial Physiotherapy Device

User Manual
CC-9113

U-head for vertebrae

Small Round Head/for joints

Ball Head/ for large muscle group

Small Flat Head/ for all parts of the body

Instructions

1. Power on/ off button (long press to turn off)
2. Press the key gear to change
3. Detachable and replaceable vibrator. When disassembling the vibrator, just pull it out with force.
4. Please select 5V charging equipment for charging
5. For the first time, please charge for 3 hours. Please connect the data cable to the 5V adapter for charging.
6. Button type: when charging, 6 lights will flash, when full, 6 lights will be on, and when working, the lights will indicate the gear position.
7. Touch type: when charging, the nixie tube displays the electric quantity, while working, it displays the gear.

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 bod, 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 boned part of the body.
- Only use the vibrating head that can produce best results.
- Bruise may be caused whether under moderate pressure. Please always check the area that receives physiotherapy.
- Stop using it 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 they might be pinched.
- Do not place any object in the vent of the device.
- Do not immerse it in water or allow water to enter the vent of the device.
- Do not drop the device or use it improperly.
- Charge the device charger with only 8.4 VDC.
- Carefully check the device and battery before each use.
- Do not change or modify the device in any way.
- Never operate or charge the device in an unattended way.

Warranty Permission

The warranty period of this product is 12 months, and the permissions are not transferable.
It is available during the warranty period from the date the user buys the machine. Primary documents can enjoy warranty service (the appearance and wear caused by mechanical operation are not covered by the warranty).
Disclaimer: (the following are no warranty coverage)

1. Accidental damage, improper use or transportation;
2. Didn't follow the product instructions;
3. The product is repaired through improper channels;
4. Cannot provide formal proof of purchase;

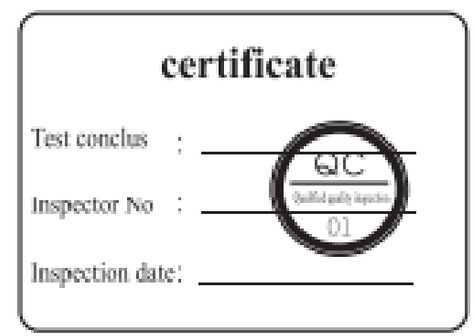
Product Warranty Card

PRODUCT MODEL		**SERIAL NO.**		**DATE**	
Customer information	**Customer's name**		**Postcode**		
	Detailed Address				
	Contact Number				
Trade name				**Repair record**	
Maintenance records					

This content of this specifications of this product are the subject to change without prior notice.

We reserve the right to change the specifications and materials contained therein without prior notice, caused by trust in the material cited.

The company will not be liable for damage (including resolutions damage), including but not limited to printing errors and other errors related to this publication.



Indications and Contradictions

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 physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

The ongoing research is about the impact of vibration training on specific medical conditions.

This is very likely to reduce the types of contradictions mentioned above, and practical experience has shown that in many cases , it is also a physiotherapy recommendation to combine vibration training into physiotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

Indications	Contradictions
>Pain and cramps due to muscle injury, sprains, strains >Help the flow of edema 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	>Aneurysm, bleeding, use of blood thinner >Heart disease, with a pacemaker or defibrillator >Pregnancy, cancer >Withing 90 days of intra-articular fixation, the device should not be used withing 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

Use method

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.

The patient slowly and slightly bends the knee.

Small flat head vertically downward

Sartorius 30s-45s

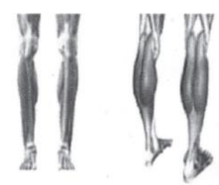
Tensor fasciae latae 15s-20sx2 times

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down.



Use Method

Gonarthritis

Supine position
Small 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 is slowly and slightly bending the knee.

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

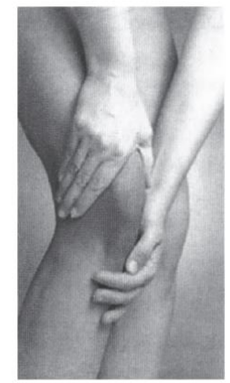
Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s 30sx3 times

Soleus 30s-45sx2 times



Plantar fasciitis

Prone position (single side)
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.

U head vertically downward

Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times
The front foot sole touches the ground.

Small round head vertical to planta pedis:

Plantar fascia

Operation Program of Sacroiliac Part

Prone position (single side)
Small flat head vertically downward:

Glutues medius 30s-1minx4 times

Glutues maximus 30s-1minx4 times

Piriformis 1min-1.5 min

Articulatio sacroiliaca 1min-1.5 min

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

Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

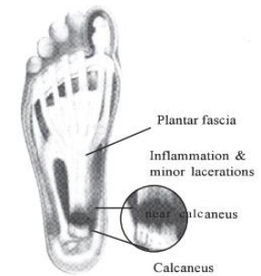
Semimembranosus 20s-30sx3 times

From up to down

Supine position

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement directions is from up to down.