

Cervical Massage Instrument

Direction for use

Thank you for purchasing our cervical massage instrument (hereinafter referred to as the product). Please read this manual carefully before use, and correctly master the use method of the product, so that you can use it safely and efficiently. We believe the product will make your life convenient and comfortable.

Product Parameters

Product Name:	Cervical Massage Instrument	Part Number:	AM22	Charging Interface:	Micro USB
Model:	JZLD01	Net weight:	0.16Kg	Rated power:	5W
SPQ:	1 set / box	Gross weight:	0.25Kg	Charging input	DC 5V, 1A
Package Size:	170x50x180mm	Place of Production:	CHINA	Internal battery	DC3.7V,600mAh

Intended use

It can stimulate neuromuscular tissue, relieve pain, relieve discomfort of cervical vertebra, and promote local blood circulation.

Technical parameters

The service life of the	Three years	Charging current	450 mA—550mA
The heating temperature	36°C—44°C	Standby current	≤150μA
The pulse width	0—400ms	Working time	15min±10%
The output current	≤80mA	Battery life	Three hundred cycles of charge and discharge

sequence number	Symbol	Description
1		Refer to instruction manual/ booklet
2		Type BF applied part
3		Green service life
4	IP22	IP classification: IP22 The first number 2: Protected against solid foreign objects of 12,5mm Φ and greater. The second number 2: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops

		shall have no harmful effects when the enclosure is titled at any angle up to 15° on either side of the vertical.
5		Waste electrical and electronic equipment
6		Stand-by
7		General warning sign

Normal working conditions:

Ambient temperature :10 °C to 40 °C;

Relative Humidity: 45%-85%;

Atmospheric Pressure :86 kPa -106 kPa

Transportation and storage conditions:

Ambient temperature range: -10 °C to +35 °C;

Relative humidity: < 90%;

Atmospheric pressure range: 50 kPa -106 kPa

Matters Needing Attention

DANGER

- Never use the product with other medical electronic instruments at the same time! For example, cardiac pacemaker and other implantable medical electronic devices, artificial heart and lung and other life-sustaining medical electronic devices, electrocardiograph and other medical electronic devices. Otherwise, it may lead to danger.
- Do not use the product when using other high-frequency surgical equipment. Otherwise, the electrode area of the product may cause burns or damage the product.
- Do not use the product within 1-meter distance of shortwave or microwave processing equipment. Otherwise, the output of the product may be unstable.
- It is forbidden to use in the following situations:
Malignant tumor patients, cerebrovascular patients, women in menstrual period, pregnant women, maternal, patients with abnormal blood pressure, skin sensitive patients, patients with acute diseases, driving process, working at height or engaging in any other dangerous work, etc.
- If the above information is unclear, please consult and follow the advice of professional doctors before use.
- Please do not use the product until you are not sure whether it is suitable for you.

WARNING

- The product is only suitable for cervical vertebra. Please do not touch the electrode slice with fingers or other parts of the body when the product is working. Otherwise, there may be a strong sense of electric shock or even danger.

- Patients with skin sensory failure are prohibited from using the product, because it's electrode slice has the function of heating.
- If you feel unwell during or after use the product, please stop using immediately and consult professional doctors.
- Patients who are receiving treatment or feel abnormal should consult a professional doctor before use.
- The electrode slice should not be in contact with wounds and scars. Do not use the product near the heart, head, mouth, genitals or skin diseases. And it cannot be used on the soles of both feet at the same time. In addition, do not press the viscera when using it, to avoid accidents or cause physical discomfort.
- Please do not use the electrode slice with gap or damage on the surface, otherwise accidents or failures may occur.
- It is forbidden for non-professionals to disassemble, repair, transform and replace the main engine battery without authorization, otherwise it may lead to failure or electric shock accident. If necessary, please contact the manufacturer.

 **ATTENTION**

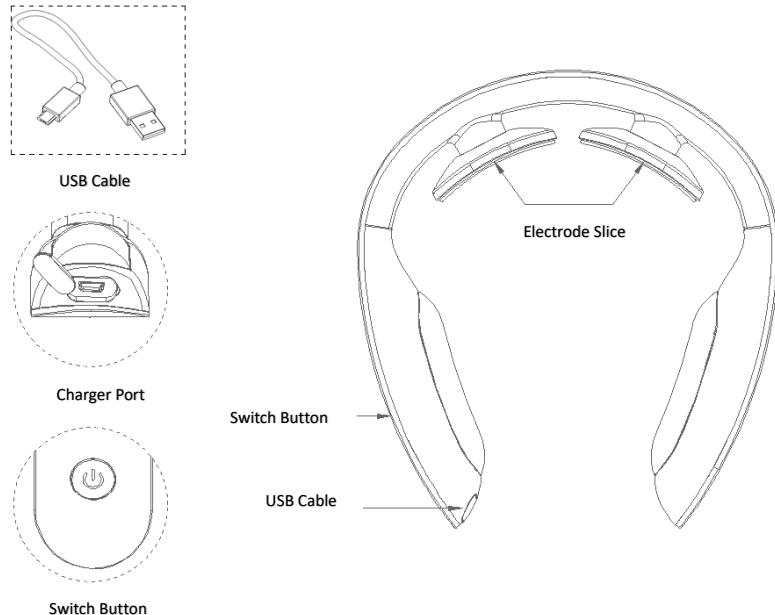
- If you feel unwell due to the abnormality of this product, please stop using it immediately and consult a doctor.
- Please do not carry electronic equipment when using, or it may interfere with the operation of electronic equipment.
- Please do not use it for children or people without the ability to express consciousness.
- Please do not use it when in bathroom, sweating, sleeping or driving.
- During massage, do not use metal objects to contact the electrode slice, or you may get strong electric shock.
- This product contains lithium battery. Please do not disassemble, refit, immerse the product in water or throw it into the fire. Otherwise the product may be damaged or even explode.
- When the battery of the remote control is replaced, do not install the negative pole. The battery model of the remote control is CR2032. Please pay attention to forbid the contact of children or incapable people to prevent serious consequences if swallowed.
- After the battery is used up, please dispose of it according to the relevant regulations of the residence. Please refer to the end for the demolition instructions (please discharge the battery before removing, so as to avoid danger during the removal).
- Please do not use or store the product in places exposed to direct sunlight, high temperature and humidity, excessive dust, near fireworks, vibration impact, and strong electromagnetic fields.

 **SUGGESTION**

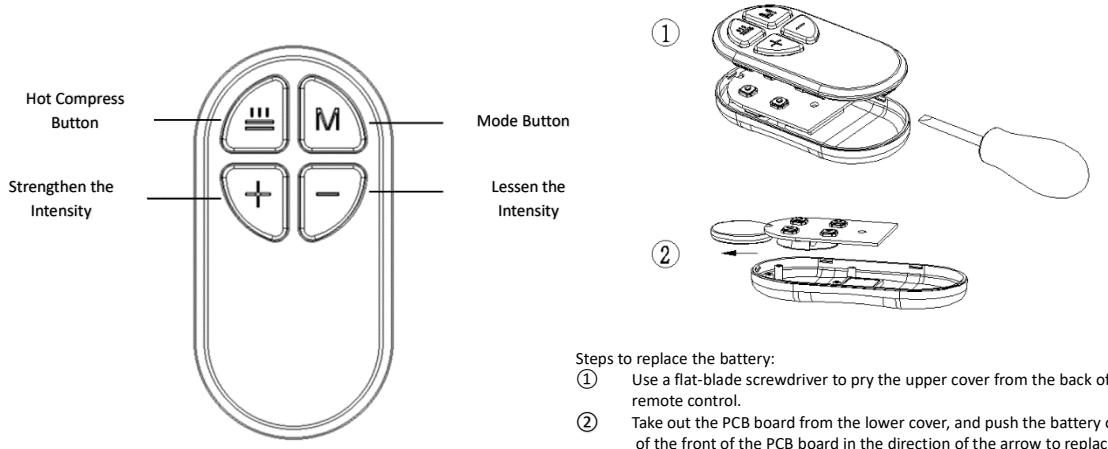
- Please make sure that the host and remote control buttons work normally before use.

- When the product is used for the first time, or the battery is depleted after the product is left for a long time, please charge according to the operation manual to ensure that it can work normally.
- Please dispose of the product according to the city's environmental protection regulations, otherwise it may cause environmental pollution.
- Advice more than 16 years of age and ability to use, clear consciousness, have an independent behavior, consult your doctor if unable to judge.
- **FCC Caution:**
 - Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
 - This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
 - FCC RF Radiation Exposure Statement:
 - 1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
 - 2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.
 - The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

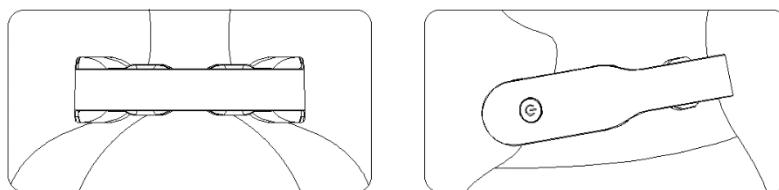
Product Diagram



the Graphic illustration of Remote-control Unit



Way of Wearing



Way of Operating

1. Before Use:

First of all, you should wet the skin of cervical vertebra with a wet towel, then put the product on the neck, and adjust the position of the product, making the electrode close to the skin of cervical vertebra.

2. Starting up:

In the shutdown state, if you press and hold the switch button for 3 seconds, the indicator light will light up, and the buzzer will sound according to the current battery level (see item 5, battery indicator), prompting to turn on. After starting up, it automatically enters the waiting state (that is, no EMS output, no heating output).

3. Shutdown:

In the power-on state, if you press and hold the switch button for 3 seconds, the indicator light will go out, and the buzzer will beep once, prompting to shut down.

4. Charging:

Connect the Micro USB charger and the indicator light shows the breathing state, indicating that it is charging. After charging is completed, the indicator light is always on. (Note: For safety reasons, the product is not allowed to be used after it is connected to the charger. When the massager is charging in the off state, pressing the switch button cannot be turned on; when the charger is connected in the on state, the use will be automatically restricted. After removing the charger, it automatically shut down.)

5. Prompt of Battery Level:

When you press and hold the switch button to turn on, or press the switch button or any button on the remote control during charging, you can judge the remaining battery power according to the following tips:

- ① The indicator light flashes once and the buzzer beeps once: it means the remaining power is less than 30%.
- ② The indicator light flashes twice and the buzzer beeps twice: it means that the remaining power is between 30% and 70%.
- ③ The indicator light flashes 3 times and the buzzer beeps 3 times: it means that the remaining power is between 70% and 100%.

When detecting that the battery power is too low, the buzzer will emit a rapid beep every 2 seconds, and it will automatically shut down after 30 seconds.

6. EMS Mode Adjustment:

There are 3 modes. Press the mode button on the remote control to cycle between the three modes. At the same time, the buzzer will emit corresponding sound (mode 1/ sound 1, mode 2/ sound 2, and mode 3/ sound 3). Long press the mode key for 3 seconds to turn off the EMS output.

Daily mode 1: Suitable for daily neck massage

Relaxation mode 2: Suitable for stiff and sore neck

Strong mode 3: Suitable for chronic cervical strain

7. EMS Strength Adjustment:

- ① It is controlled by the switch button on the main machine, and there are 6 levels of force adjustment:

After starting up, The EMS defaults to mode 1. Short pressing the switch button once can increase the output strength of EMS by 1 level (range from 1 to 6), and at the same time, the buzzer makes a short sound. After pressing the highest gear, the indicator will flash 2 times and the buzzer will make 1 sound long, indicating that the gear has reached the highest level. If you press the button again, it will start from level 1 again and increase upward.

- ② Controlled by remote control, there are 15 levels of force adjustment:

Press the " Strengthen the Intensity" button on the remote control: press once to increase the gear, and at the same time, the buzzer will make a short sound. After reaching the highest gear, press the " Strengthen the Intensity " button again, and the indicator light will flash 2 times. The buzzer will make a long sound, indicating that the gear has reached the highest level.

Press the " Lessen the Intensity" button on the remote control: press once to reduce the gear, and the buzzer makes a short sound. When it reaches the lowest gear, press the button again, and the indicator light will flash 2 times. The buzzer makes a long sound, indicating that the gear has reached the lowest. And at the same time, the EMS output closed.

8. Regulation of Hot Compress Mode

There are 3 levels in the hot compress mode: low level (about 38°C), medium level (about 40°C), and high level (about 42°C). Press the hot compress button on the remote control, and each time you press it increases by one level, and the buzzer sounds at the same time Corresponding beeps (low level / 1 beep,

medium level / 2 beeps, high level / beep 3 beeps), after reaching the highest gear, it will cycle from low to high. Press and hold the hot compress button for 3 seconds to turn off the heating output. The duration of a single use is limited to 15 minutes.

9. Memory Function:

Save memory: In the power-on state, after adjusting the EMS mode, strength and hot compress level, press and hold the “Strengthen the Intensity” button on the remote control for 3 seconds to automatically memorize the current parameters. At the same time, the buzzer will beep once for a reminder that the parameters have been memorized.

Recall the memory: In the power-on state, press and hold the “Lessen the Intensity” button on the remote control for 3 seconds to automatically recall the memory parameters. At the same time, the buzzer beeps once, and the massager starts working according to the recalled parameters.

(Note: The memory function is a single set of memory, that is, when the current parameters are memorized, the last saved parameters are automatically overwritten. After restarting the power, the product will automatically enter the waiting state, and the last saved parameters can be used only after recalling the memory)

10. Remote control pairing:

Plug in the charger to make the product in the charging state, and press any button on the main unit and the remote control at the same time, the product buzzer beeps long, indicating that the remote control is successfully paired.

Warm prompt

- The product will automatically shut down after 15 minutes of operation. It is recommended to use the same part for no more than 30 minutes a day, and use it as needed every week.
- After use, this product should be stored in a ventilated and dry place out of the reach of children.
- Please handle this product and its parts with care, and do not use violence.
- Please select to meet the requirements of the IEC60601-1 standard power adapter for charging equipment.

Cleaning and maintenance

- When the massager is dirty, wipe it with a dry soft cloth or dry towel.
- Please clean the conductive electrode frequently. You can wipe it with a soft cloth or soft towel moistened with a little water and wrung out; if it is dirty, wipe it with a soft cloth moistened with a little medical alcohol (75% concentration).
- Turn off the machine before cleaning, and prevent water or other liquids from entering the product to prevent short circuit and electric shock.

Parts List

Main unit*1, remote control*1, charging cable*1, manual*1

Common faults and solutions

situation	Possible cause/treatment
Unable to start	<ul style="list-style-type: none">● Is the internal rechargeable battery of the host low? Please charge.● Is the remote control battery low? Please replace button battery CR2032.● Is the host in the shutdown state? Please turn on.
show normally but no feeling	<ul style="list-style-type: none">● Does the electrode slice touch the skin directly? Adjust the position to make it close to the skin.● Whether there is any hair, clothing, accessories, etc. where the electrode slices are in contact with the skin? Remove items● Is the intensity level at the lowest level? Adjust and increase massage intensity
Tingling sensation	<ul style="list-style-type: none">● Are the electrode slices tightly attached to the neck skin? Need to adjust the position to make it close to the skin.● Is the massage time too long? It is recommended that the duration of a single session should be limited to less than 15 minutes and no more than twice a day.● Is the massage too strong? Reduce the intensity appropriately.● Is the skin allergic to the electrode slices? Severe allergies need desensitization treatment first.● Cold weather and dry skin? Use a wet towel after moistening the skin.● Use after staying up late? The electrolyte drops after staying up late, please use the next day.● Are there any wounds on the surface of the skin? Do not put electrode slices on the wound for massage.
Weak stimulation	<ul style="list-style-type: none">● Are the electrode slices of the massager tightly attached to the neck skin? Need to adjust the position to make it close to the skin and adjust the appropriate strength.● Are there dirt or oil stains on the electrode? Clean the electrode surface.● Is the battery low? Please charge if the battery is low.● Is the massage level too weak? Adjust and increase massage intensity.

- If the product is still in a faulty state or cannot be used, please turn off the power, otherwise high temperature or short circuit may occur, and an accident may occur. At the same time, contact customer service for after-sales consultation.
- Users should not disassemble or repair the product by themselves. If the product is damaged due to this, the company will not bear any consequences caused by this situation.

Contraindication: No found

Name and content table of harmful substances in products

Part Name	Harmful Substances					
	Lead Pb	Mercury Hg	Cadmium Cd	Hexavalent Chromium Cr(VI)	Polybrominated biphenyls PBB	Polybrominated Diphenyl Ether PBDE
Hardware	O	O	O	O	O	O
PCB board	X	O	O	O	O	O
Plastic Parts	O	O	O	O	O	O
Lithium Battery	O	O	O	O	O	O
Wireway	O	O	O	O	O	O

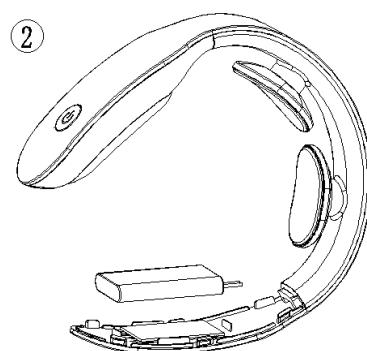
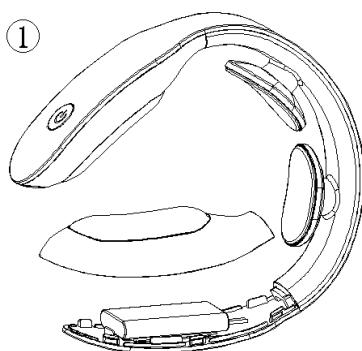
O: It means that the content of the harmful substance in all homogeneous materials of the component is below the limit specified in GB / T 26572.

X: It means that the content of the harmful substance in at least one homogeneous material of the component exceeds the limit requirement specified in GB / T 26572.

 The number in the label indicates that the "environmental protection service life" of the product under normal conditions as stated in the operation manual is 10 years. The enterprise formulates the period according to the design characteristics of the product.

Note:1. Not listed in the above table, the other parts and homogeneous materials contained in this product do not contain harmful substances.

2. All parts and homogeneous materials containing hazardous substances in the above table meet the strict requirements of China RoHS on the use of hazardous substances. Please feel free to use them.



Battery removal procedure:

- ① Pry the back cover off with a slotted screwdriver.
- ② Remove the battery from the EVA backing of the front cover, and cut the wire with a pair of scissors.

Product Warranty Card

Dear user: Thank you for using this product. To protect your rights, please read the following instructions carefully after purchasing the product, and keep this warranty card properly.

Warranty Regulations

1. A year warranty for the whole machine under normal use since the date of purchase.
2. During the warranty period, you can send the product and this card to the designated maintenance point for warranty if it has any performance failure.
3. Under one of the following circumstances, the free warranty is not available, and the maintenance can be charged.
 - a. The user causes damage due to improper use, maintenance and storage.
 - b. Damage caused by dismantling by a person who is not responsible for three guarantees repair.
 - c. Without proof of three guarantees and valid invoice.
 - d. The model of the proof of three guarantees is inconsistent with the model of the repaired product or altered.
 - e. Damage caused by force majeure.
4. Lost warranty card will not be replaced, please keep it properly.

Specification preparation date: November 4, 2020

Manufacturer: Dongguan Leader Precision Industry Co., LTD

Manufacturing address: Building D,DiaobashanArea, qinghuang Village committee, Qingxi Town,Dongguan City, Guangdong Province, China .

Contact number: 0769-89089000

Due to the continuous updating of technology, the company reserves the right to change the products, technical specifications and related documents without prior notice or prompt.