



# Electronic Pulse Massager

Can you feel it?™



***PL009  
Operating Manual***

## **Introduction**

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Prospera's PL009 Electronic Pulse Massager is a user friendly product. Electronic Pulse Massager delivers electric impulses to tired and sore muscles. These impulses are generated by the device and delivered through electrodes to the skin in direct proximity to the target muscles. The impulses mimic the action potential coming from the central nervous system to trigger contraction of the muscle. Some programs will improve resistance to fatigue while increasing endurance as others can improve force production. The PL009 Electronic Pulse Massager is portable, compact, controlled by a micro-computer as well as sleek and stylish in design. It may be helpful in relieving minor aches and pains in various parts of the body such as the waist, shoulders, joints, hands and feet. The PL009 is especially helpful in relieving stiff neck muscles, sore muscles from over exercising, and others. Using the PL009 responsibly and properly will provide you with relaxing pulse massage. Feel the difference the Prospera will make in your life.

Features of PL009 Electronic Pulse Massager:

1. Liquid crystal display
2. Power is 6 volts provided by 4 AAA batteries
3. Frequency is 60 hertz
4. Main unit measure is 200x55x33 (mm)
5. Net weight of the main unit is 0.15 kg
6. Accessories included: 4 pieces electrode pads, 2 wires and 4 AAA batteries
7. Adjustable speed and intensity

## Content

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## Safety Warnings

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### **DANGER**



1. Do not use this unit if you are using an implanted electronic medical device such as a pacemaker or other life maintaining device.
2. Do not use this unit if you are wearing electronic medical devices for monitoring health functions.

### **WARNING**



If you have one of the following conditions, please consult with your physician before purchasing or using this device. If you have any doubt as to your health status, please consult your physician prior to use.

Acute disease; malignant tumor; infective disease; pregnant; heart disease; high fever; abnormal blood pressure; lack of skin sensation or an abnormal skin condition; any condition requiring the active supervision of a physician

### **NOTICE**



- Do not use this device while driving.
- Do not use this device while sleeping.
- Do not use this device in high humidity areas such as a bathroom.
- Keep this device out of the hands of children.
- Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.
- Do not attempt to move the electrode heads while the device is operating.
- Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.

## Set up

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Unpack the box of the product, take the product and batteries out, place the batteries into the device at its back compartment, and connect the electrode pads into the device through the wires.



## Operating the product

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Power button turns on/off the device.

Intensity 1 and Intensity 2 control the strength of the pulse.

Auto Procedure: 6 automatic stimulation programs for waist, shoulder, joint, hand/foot, sole and repeat to stimulate the same area again.

Speed buttons increase or decrease the speed of the pulse.

Three selectable manual programs for massage, beating, and kneading.

The LCD screen displays massage style, intensity and time remaining in session.



For best performance of the PL009

(1) Batteries. The effectiveness of the device is related to power. Please choose high-quality AAA batteries.

(2) The electrode heads over time will age and have less effect. Please select our brand of electrode heads, and keep some extra ones on hand so as to be able to continue treatment.

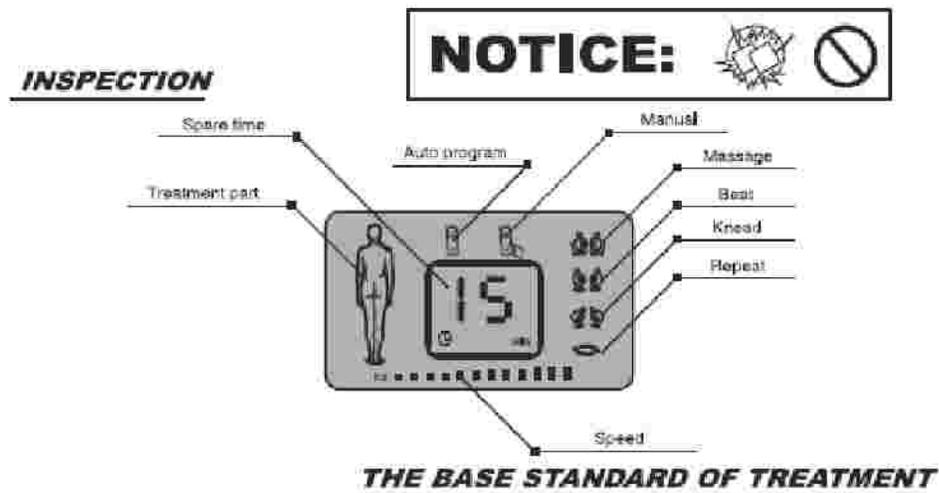
## Operating the product

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To begin

1. Make sure the power/intensity switch is off and install 4 AAA batteries into the device.
2. Connect 1 electrode wire in the left hole and another electrode wire in the right hole at the top of the pulse massager.
3. Attach the electrode pads to the treatment area, such as shoulder.
4. Turn the power/intensity switch to 1. The screen should show P. This means the device is ready to begin treatment.
5. Press one of the function keys to choose treatment.
6. Adjust the power/intensity to a comfortable level and begin treatment.

Note: Start low, and then gradually adjust to a level of comfortable treatment on a scale level from 1 to 10.



Best practices:

1. Duration is 10-15 minutes for treatment area.
2. Frequency is 1-2 treatment per day.
3. Intensity is based upon your level of comfort.
4. Speed is based on your level of comfort.
5. Begin the first session with a low intensity and a short duration while learning how to operate.
6. If you feel pain, dizziness, discomfort or nausea, call your physician.

## Trouble shooting

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If your device is not operating properly, please check it for the following problems or conditions. If the recommended action does not solve the problem, please return it to the authorized dealer for repair of the device.

MALFUNCTION	CAUSE	SOLUTION
Stimulation is weak or not existent	Are the electrode heads in close contact with the skin?	Remove, clean and place back on the skin.
	Do the electrode heads touch each other?	If so then separate.
	Are the wires connected to the electrode heads and the main device properly?	Disconnect, clean and reconnect all the parts.
	Are the batteries dead?	Replace the dead batteries.
Skin turns red	Is treatment time too long?	Treat another area.
Skin feels numb	Are electrode heads dirty?	Clean with damp cloth.
	Do the electrode heads touch the skin closely?	Remove and place again on the skin
Device does not turn on	Batteries installed correctly?	Remove and install batteries.
	Are batteries dead?	Replace the dead batteries.

## **Consumer Warranty**

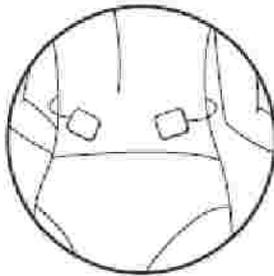
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Prospera offers a 90-day standard warranty to the massage products. Labor and parts are included during warranty period. Consumers are required to provide model number and dated proof of purchase (sales receipt) when contacting Prospera for the warranty service.

Non-warranty service is provided on a “per incident” basis. The consumer will verify that the product has failed and provide information for servicing the unit. All applicable repairs, parts, shipping, handling, local tax and “per incident” fees will be charged for non-warranty repairs and support calls.

## Positions

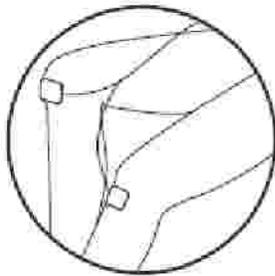
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**Waist**



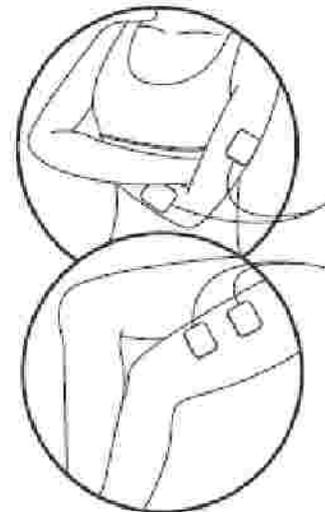
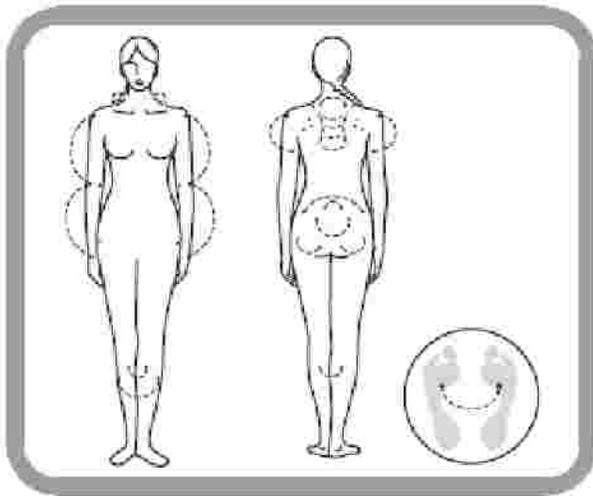
**Shoulder**



**Joints**



**Sole of Foot**



**Hand or Foot**

## Warranty card

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### Warranty Registration Form

Product Name: \_\_\_\_\_

Product Model: \_\_\_\_\_ Purchase Price: \_\_\_\_\_

Date of Purchase: \_\_\_\_\_ Retailer: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature and date: \_\_\_\_\_

Please mail to:

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