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Therapist Massage Hammer

SKU:PD-TMSHMR



Instruction Manual

Before installing and using the product, please carefully read this User Manual.

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Warranty

Thank you for selecting our product. We sincerely appreciate your choice and are here to support you. Please thoroughly read this manual before using the product and retain it for future reference. Should you encounter any issues during use, do not hesitate to reach out to our after-sales service team, who are eager to assist you with dedication and care.

We continually strive to enhance our products; therefore, it's important to note that the manual's content may be updated periodically to reflect improvements. Your feedback is highly valued, and we welcome any suggestions you may have about our products.

For more info, please check:
porodo.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at: info@porodo.net

Website: porodo.net

Service Support: support@porodo.net

Instagram: [porodo](https://www.instagram.com/porodo)

Product Overview

The Therapist Massage Hammer incorporates a range of professional massage heads with high-frequency power and 10mm amplitude to deliver a potent yet pain-free massage experience. Its ergonomically designed extended handle ensures unrestricted access to all body areas, enabling a comprehensive full-body massage.

Ideal for:

- *Individuals who spend prolonged periods at a computer.
- *Those who often maintain the same posture.
- *People experiencing nervousness, insomnia, or restlessness.
- *Anyone suffering from neck and shoulder tension, muscle fatigue, or pain.
- *Individuals with numbness or weakness in the hands.
- *Persons with inadequate cerebral circulation leading to headaches.

Key Benefits:



10mm amplitude for deep tissue stimulation.



High-frequency, low-vibration massage for comfort.



Ergonomic design for ease of use and versatility.



Multiple intensity levels for personalized massage strength.



Design that reduces the need to hold the device manually.

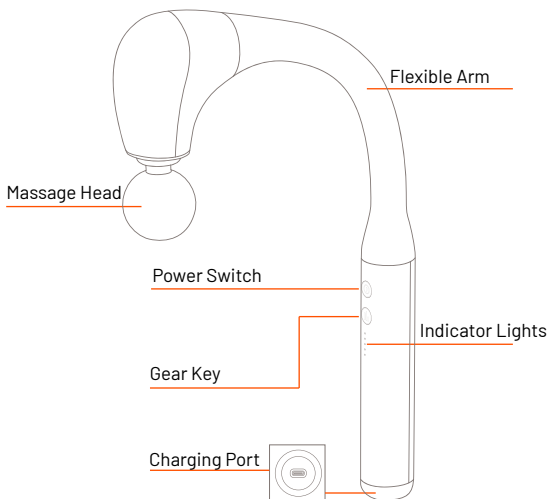


An assortment of massage heads for targeted relief.

Product Details

Before use, please ensure that the massage hammer, charging cable, and all accessories are intact. For optimal performance, fully charge the device before the initial use. If you notice any damage, do not attempt to repair or disassemble the product on your own; instead, promptly contact your seller.

Product Diagram



Type-C Charging Cable

- For charging, use a 5V/2A adapter, and ensure to use the provided cable with this product.

Application Range

Recommended Massage Heads Application

- U-Shaped Head: Ideal for the neck, spine, heels, and legs.



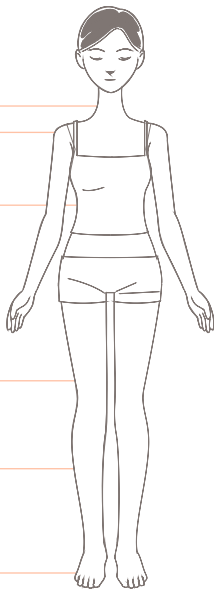
- Flat Head: Best for relaxing and massaging large muscle groups like the back and shoulders.



- Spherical Head: Suitable for arms, waist, backside, thighs, and calves.



- Bullet Head: Designed for deep tissue impact on areas such as meridians, palms, and soles.



Operating Guidelines

1. On/Off:

- Activate the device by holding the on/off button for 2 seconds. By default, the device will start on the first gear setting.
- To turn off, long-press the same button for 2 seconds while the device is on.

2. Gear Switching:

- A short press of the gear key for one second changes the gear.
- The gears follow a sequential cycle: first gear to second, up to fifth, and then back to first.

3. Low Power Indicator:

- Five LEDs will flash rapidly for 10 seconds when power is low.
- The device automatically shuts down when the battery is depleted.

4. Charging Indicator:

- During charging, indicator lights will flash progressively. The device cannot be used while charging.
- All indicator lights remain steadily on when the device is fully charged.

5. Auto Shutdown:

- The device powers down automatically after 15 minutes of continuous use.

Safety Precautions

1. Remove any jewelry or items that might obstruct the massage before using the device.
2. Do not use the device if you have recently undergone surgery.
3. Avoid using the device on damaged skin or areas with swelling, redness, inflammation, or bruising.
4. Individuals with a history of heart disease, acute illnesses, skin diseases, tumors, or physical abnormalities should refrain from using this device.
5. Those with conditions like bleeding disorders, osteoporosis, soft tissue diseases, or stroke should not use this device.
6. Use cautiously if you are pregnant, a child, an adult with reduced mobility, or an elderly person.
7. Do not operate the device while walking or driving.
8. Discontinue use immediately if you feel unwell and consult a doctor.
9. This product is not a replacement for medical treatments or devices.

Product Specifications

Name	Therapist Massage Hammer
Model	PD-TMSHMR
Size	345.5 x 211 x 59.3 mm
Weight	Approx. 490 g
Battery Capacity	1500mAh
Operating Voltage	7.4V
Rated Voltage	5V -- 2A
Power	2A / 15W
Stroke Length	10mm
Material	ABS, Silicone

Frequently Asked Questions and Solutions

*If you encounter issues with the product, consult these guidelines for resolution:

1. If the device won't turn on, it may be due to low power. Charge the device before attempting to use it again.
2. Should the device fail to charge, ensure it is properly connected or try a different power source.
3. If the device stops during use, it could be a programmed shutdown or low battery. Recharge the device promptly and restart it.

Common Issues and Remedies

1. In the event of a persistent fault or if the product is unusable, power off the device and contact the vendor for support.
2. Users should not disassemble or attempt repairs. Unauthorized tampering will void the warranty and the company will not be liable for any damage caused.
3. Failure to follow the instruction manual may result in the company declining responsibility for any resulting damage.

Daily Product Maintenance

1. Avoid cleaning the device while it's charging. Always power off before cleaning to prevent damage.
2. For routine cleaning, gently wipe with a damp cloth. Do not use abrasive tools or harsh chemicals.
3. Protect the charging port with a silicone cap to prevent water ingress. Ensure the port is dry and clear of debris before connecting to power.

Product Usage and Storage Recommendations

1. Do not operate in extreme temperatures, high humidity, near open flames, under direct sunlight, or in areas with strong electromagnetic fields.
2. Avoid using the device while moving, such as walking or driving.
3. Keep the device away from dusty or corrosive environments.
4. Apply gentle pressure during use to prevent falls or damage.
5. Sharp objects should not be used with the product.
6. Store out of reach of children.
7. After use, store the product in a secure location away from heavy objects.
8. When not in use, keep the device in a dry, ventilated area away from potential fire hazards.
9. If not used for extended periods, turn off the device and periodically recharge it every two months.

Product Recycling and Disposal Guidelines

When it's time to dispose of this product, it's crucial to do so responsibly to protect the environment. As a consumer, you're tasked with separating the product from your household waste and delivering it to a certified recycling station. There, it will be processed and recycled according to the applicable national regulations.

Hazardous Substances in Product Components

Part Name						
	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBBs)	(PBDEs)
Battery Pack	○	○	○	○	○	○
Wire Components	○	○	○	○	○	○
Plastic Components	○	○	○	○	○	○
Charging Cable	○	○	○	○	○	○

○: Denotes that the content of the hazardous substance in all homogeneous materials of the component is below the limit requirements specified in GB / T2011-26572.

✕: indicates that the content of the hazardous substance in at least one of the homogeneous materials of the component exceeds the limit requirements specified in GB / T2017-26572.



Under normal use conditions, this product has an environmental protection service lifespan of 10 years. It can be safely utilized within this decade-long period. Once the service life concludes, the product should be appropriately recycled.

Guidelines for Product Disposal

1. Components not detailed in the hazardous substances table, as well as their homogeneous materials, are non-toxic and safe for use.
2. All parts listed, containing hazardous substances, comply with China's RoHS standards for restricting hazardous substances, ensuring they are safe to use.

Recycling of Rechargeable Batteries (Lithium-Ion Battery)

	The battery in this product is a specialized rechargeable battery, which should not be utilized in other products or charged outside of the product. To ensure safety: *Do not expose the battery to extreme heat or fire. *Avoid piercing or applying excessive force that could lead to battery damage or decomposition. *Never short-circuit the battery by connecting the positive and negative terminals directly. *Store the battery away from items like necklaces and hairpins that could potentially cause a short circuit. *Refrain from charging or using the battery in high-temperature environments, as this could result in overheating or damage.
	*Keep the rechargeable battery out of reach of children to prevent any risk of swallowing or other accidents. *In case the battery leaks, do not touch the liquid. If any battery liquid comes into contact with skin or eyes, rinse thoroughly with water and seek medical attention immediately. *Dispose of the product responsibly to prevent environmental harm. If not disposed of correctly, there is a risk of fire, electric shock, or other accidents.

Notes on Product Disposal

The lithium-ion battery within this device is recyclable. Please ensure the battery is properly disposed of at a professional battery recycling organization.

*The battery must be extracted from the product prior to disposal.

*The product should be turned off before battery removal.

*Dispose of the battery securely and safely.

Steps for Battery Removal

1. Use professional tools to cut away the handle's silicone sleeve.
2. Unscrew the handle's fixing screw with a screwdriver.
3. Loosen the screw on the circuit board.
4. Sever the battery lead with scissors.
5. Finally, remove the battery from the device.