



**INSTASHIATSU** <sup>+</sup> <sup>®</sup> Your Personal Masseur

Model: TMH-4000

# Handheld Percussion Massager Instructions



**INCLUDED IN BOX**

- A. truMedic® InstaShiatsu+® Handheld Percussion Massager
- B. Soft Mesh Cover
- C. Rolling Massage Head
- D. Stimulating Massage Head
- E. Soothing Massage Head



\*Photos and drawings are for illustrative purposes only.



## WARNING

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*PLEASE READ AND OBSERVE ALL SAFETY WARNINGS BEFORE USE AND KEEP THIS INSTRUCTION GUIDE HANDY.*

- Unplug the truMedic® InstaShiatsu+® Handheld Percussion Massager immediately after use or before cleaning. Take care to completely turn off the unit before unplugging.
- Never leave the truMedic® InstaShiatsu+® Handheld Percussion Massager plugged in and unattended.
- Do not use the truMedic® InstaShiatsu+® Handheld Percussion Massager in humid or wet areas such as the bathroom, shower, tub, steam room, pool or jacuzzi. Do not use the unit near high flow oxygen or aerosol.
- The truMedic® InstaShiatsu+® Handheld Percussion Massager is not intended for outdoor use or where moisture is present.
- Only use this massager for its express purpose, as outlined in this booklet. Additional parts should only be used at the recommendation of truMedic®.
- If your truMedic® InstaShiatsu+® Handheld Percussion Massager is damaged or malfunctioning, contact truMedic® for service immediately. Only use the power cord supplied with this unit and keep away from heat. Do not tamper with unit.
- If the truMedic® InstaShiatsu+® Handheld Percussion Massager becomes hot, unplug and let it cool down before resuming use.
- Refrain from using under the cover of blankets or pillows which could lead to overheating or injury.
- Don't block the vents of the truMedic® InstaShiatsu+® Handheld Percussion Massager or place on any soft surfaces. Take care to keep any openings free of dust, lint, or hair.
- Do not drop the truMedic® InstaShiatsu+® Handheld Percussion Massager or carry by its power cord.

# CAUTION

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*CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.*

- The truMedic® InstaShiatsu+® Handheld Percussion Massager is not a medical product and should not be used for any medical purpose.
- Children under the age of 8 or individuals lacking the mental or sensory capabilities to operate this product shouldn't do so without adult supervision.
- Consult your physician before using the truMedic® InstaShiatsu+® Handheld Percussion Massager if you are pregnant, are susceptible to skin allergies or infections, or are using a pacemaker or other implanted device.
- Do not over-use or over-treat one area of the body. The truMedic® InstaShiatsu+® Handheld Percussion Massager is intense and is designed to be used for a maximum of 15 minutes per area.
- Do not use on the head or other sensitive areas of the body.
- This product SHOULD NOT be used on: infants, unconscious persons, those with extremely sensitive skin, or those with blood circulation problems.
- This massager is not intended for use on inflamed or irritated skin of any nature.
- If you're suffering from any condition that prevents you from operating the controls, or if you have sensory issues affecting the lower half of your body, you shouldn't use this product.
- If you experience pain or discomfort while using this massager, discontinue use.
- Take care to keep clothing, hair, and jewelry away from the truMedic® InstaShiatsu+® Handheld Percussion Massager at all times while in use.

## Features

The truMedic® InstaShiatsu® Handheld Percussion Massager delivers an intense percussion massage that relieves tired and aching muscles. Choose from three different massage heads to receive a custom massage experience, just for you. With an easy to grip handle and unique design to reach difficult areas like your back, the truMedic® InstaShiatsu® Handheld Percussion Massager is ready to melt your stress away.



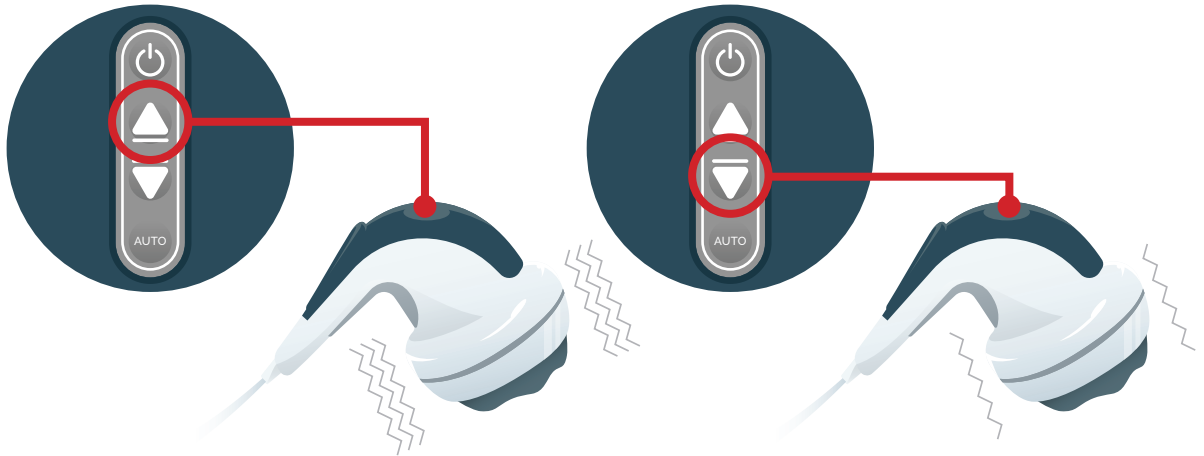


## Operation

- Plug your truMedic® InstaShiatsu+® Handheld Percussion Massager into a compatible outlet and press the power button to turn the massager on. You should hear a beep to indicate the massager is working.

### Even Machines Can Use a Break!

*The truMedic® InstaShiatsu+® Handheld Percussion Massager will automatically shut off after **15 minutes** of use and must be given **30 minutes** to cool down before reuse.*



- Adjust the intensity of your massage by pressing the up arrow (to raise the intensity), or down arrow (to lower the intensity). Just want to focus on the massage? Easy! Press the "Auto" button and the massager will adjust the intensity automatically
- Move the massager head to the area of the body you want to treat. Hold over the area and move the massager slowly in circular motions. Never use in the same area for an extended period of time.
- To turn off your massager, push and hold the power button until you hear a beep.



Rolling Massage Head



Soothing Massage Head



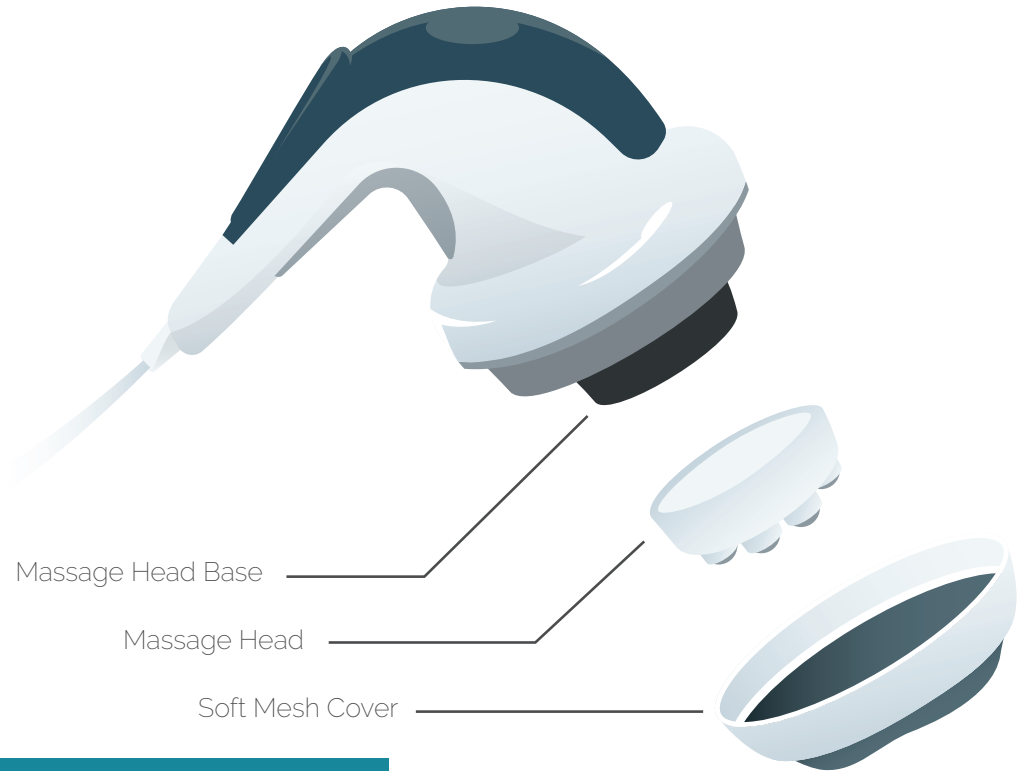
Stimulating Massage Head



## Changing the Massage Head

Your truMedic® InstaShiatsu+® Handheld Percussion Massager comes with three unique massage heads, each with a different texture.

- Remove the soft mesh cover by twisting the cap, following the directions marked on the rim of the cover
- Grip the edge of the massage head underneath and lift exposing the gray massage head base underneath
- Place the massage head of your choice on the base while firmly pressing down
- Reattach the soft mesh cover by twisting in the opposite direction as before.



Trust Us, It feels better this way.

*Never use the massager without the soft mesh cover!*

## Caring for your truMedic® InstaShiatsu+® Handheld Percussion Massager

- Unplug your truMedic® InstaShiatsu+® Handheld Percussion Massager and spot clean as necessary with a damp cloth. Do not submerge or saturate the massager at any time.
- Vacuum any dust, lint, or hair from mesh or massage head areas.
- Do not use any cleaners or abrasive substances on your truMedic® InstaShiatsu+® Handheld Percussion Massager and store in a cool dry place.



## Troubleshooting

**Problem:** The truMedic® InstaShiatsu+® Handheld Percussion Massager is not powering on

**Solution:** Please check the outlet that the unit is plugged into. If the unit has been used recently it may require a cool down period of 30 minutes before being used again.

**Problem:** The truMedic® InstaShiatsu+® Handheld Percussion Massager has suddenly stopped working

**Solution:** If the unit has been used for over 15 minutes the automatic shut off feature has been activated to reduce the chance of overheating or injury.

**Problem:** I am unable to remove the massage head attached to the truMedic® InstaShiatsu+® Handheld Percussion Massager

**Solution:** Removing the massage heads from the underlying massage base requires a moderate amount of force. This is to ensure that the massage head stays in place while the unit is operating. Gently grip the edges and slowly pull the head away from the unit while rotating your grip around the head.

*Have Questions? Call our toll-free hotline at  
**(888) 264-1766** or visit **support.trumedic.com***

# Warranty

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truMedic® warrants this product against defects in materials and/or workmanship for a period of 6 Months from the date of purchase by the original purchaser. In the event of a valid claim within the Warranty Period, truMedic® will repair the defect or replace the unit at no charge, using new or refurbished replacement parts at its discretion. Proof of purchase is required prior to receiving service under this warranty.

Warranty service is available by calling truMedic® service at 888.264.1766 or via email at [service@truMedic.com](mailto:service@truMedic.com). Repairs/replacements must be authorized by truMedic® before service will be provided. You are responsible for delivery and the cost of delivery of the product to and from a truMedic® service center for replacement or repair as, per our instructions.

This warranty does not cover damage caused by failure to follow instructions, or damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes or damage caused by unauthorized repairs.

truMedic® SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, truMedic® DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF truMedic® CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.



## FREE WARRANTY UPGRADE

GO TO <http://www.RegistertruMedic.com>

**YOU MUST REGISTER YOUR PRODUCT WITHIN 10 DAYS TO QUALIFY FOR A FREE UPGRADE TO YOUR WARRANTY FROM 6 MONTHS TO ONE FULL YEAR AT NO COST!**

When you register, you become a VIP member and get these exclusive benefits:

- ✓ **FREE** Extended Warranty from 6 months to one full year at **NO CHARGE!**
- ✓ Discount on new product releases

**HAVE QUESTIONS? Give us a call on our toll-free hotline 888-264-1766**

*Thank you! We Look forward to welcoming you into the VIP User's Group today!*

*Team truMedic®*

## FCC Statement:

**CAUTION:** Modifications not approved by the party responsible for compliance could void user's authority to operate the equipment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## IMPORTANT SAFETY INSTRUCTIONS

### ***Read all instructions before using this household appliance***

When using an electrical appliance, basic precautions should always be followed, including the following:

## DANGER

### ***To reduce the risk of electric shock:***

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.



## WARNING

### ***To reduce the risk of burns, fire, electric shock, or injury to persons:***

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.

- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.

***SAVE THESE INSTRUCTIONS***





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