

**truMedic<sup>®</sup>**

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# InstaShiatsu<sup>®</sup> +

Vibration Foot Massager + HEAT



**User's Manual**

## InstaShiatsu® Massage

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The truMedic® InstaShiatsu®+ Vibration Foot Massager allows you to enjoy a professional shiatsu foot massage anyway you like. The ergonomic and unique design perfectly complements your foot structure and provides a relaxing, enjoyable foot massage. In keeping with eastern massage principles, this unit has three intensity settings, ranging from mild to VERY STRONG. Please be cautious in choosing the mode best suited to your tolerance for massage and start with the lower strength settings until accustomed to the sensation.



## FCC Statement

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**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

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## READ ALL INSTRUCTIONS BEFORE USING THIS HOUSEHOLD APPLIANCE

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



### 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.



### 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.

**NOTE 1:** *The Vibration Foot Massager is not intended for use by individuals with certain medical conditions, including high blood pressure, diabetes, heart disease, cerebral arteriosclerosis, cerebral thrombosis, malignant tumors or osteoporosis. Please consult your medical professional if you have any of the above or similar conditions prior to using this device.*

**NOTE 2:** *This massager delivers a range of massage pressures from mild to very strong. Always begin using this massager on the low intensity setting in mode 1. If it begins to feel too intense, please immediately press the power button to release the pressure.*

**NOTE 3:** *This massager is not a medical device and is not intended to treat any specific illness or ailment. For proper medical care, contact your healthcare provider or a medical professional.*

#### PLEASE READ AND OBSERVE ALL INSTRUCTIONS BEFORE USE

- This massager should not be used by individuals with pacemakers or other implanted medical devices.
- Do not use the Vibration Foot Massager if you have been previously treated for an injury or sickness, currently receiving medical care or have joint dysfunction including rheumatism.
- Do not stand up in this massager.
- Do not operate this massager in wet environments, such as near swimming pools or in bathrooms. Do not allow the unit to become wet, and do not operate the unit with wet hands or feet.
- Do not operate this massager in dusty or dirty environments or outdoors.
- Keep this massager away from heat sources such as electric stoves, radiators, or space heaters.
- Do not place this massager in direct sunlight or store it in a hot environment.
- This massager has an automatic thermal protection feature. If the unit becomes overheated with use, it will shut off to prevent internal damage. Unplug the unit and wait for it to cool down before attempting to use.
- The heat function can cause the unit to become hot. Exercise caution when using the heat function, and allow the unit to completely cool between uses.
- This massager is intended for use for 15 minutes per session. Do not use this massager for more than 30 minutes consecutively.
- Do not use this massager while sleeping or under the influence of alcohol.
- Keep sharp objects away from this massager. If the cloth foot covers become damaged, stop using the unit and contact truMedic® for service.
- Do not attempt to repair this massager or use any spare parts that were not provided by truMedic®. If your unit is broken, contact truMedic® for service.
- Do not insert any foreign objects into this massager.
- Do not carry the unit by the power cord or foot inserts.
- Do not use this massager if the air openings are blocked. Keep the air openings free of lint, hair and other foreign objects.
- This massager has a circuit protection device to prevent overheating, as well as current-overload protection.

## Included in Box\*

- truMedic® InstaShiatsu®+ Vibration Foot Massager + Heat
- A/C Adapter



\*Photos and drawings are for illustrative purposes only.

## Operation

- The Vibration Foot Massager has 5 buttons for use:



Power



Massage  
Mode



Intensity



Vibration

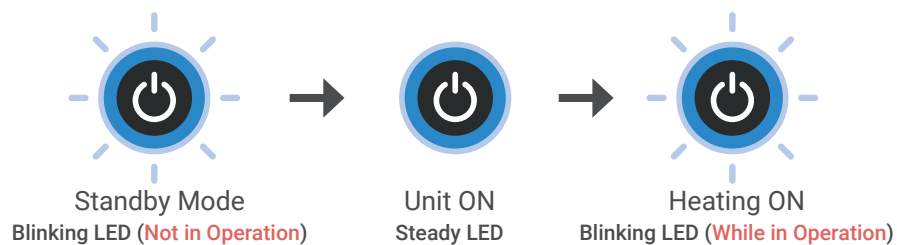


Timer



### POWER/HEAT BUTTON

- Plug the unit into a wall outlet for power. The unit will be in "Ready Mode" and the power button LED will light up and start blinking.
- Press the power button to start using the unit. Hold the power button to return to standby mode.
- To activate heat press the power button **while the unit is in operation**.



### MESSAGE MODE

Use the Mode button to select a massage mode. The foot massager features three intelligent massage modes:



1. Press the Message Mode button once to enter Mode 1, indicated with a blue light. Mode 1 is a rolling foot massage and mild air pressure.



2. Press the Message Mode button a second time to enter Mode 2, indicated with a red light. Mode 2 is a rolling foot massage with more frequent use of air pressure.



3. Press the Message Mode button a third time to enter Mode 3, indicated with alternating red and blue lights. Mode 3 uses frequent air pressure and very little usage of the rolling massagers.



### INTENSITY

Use the intensity button to adjust the intensity of the air compression function. When the foot massager is powered on, the air compression function will automatically default to low intensity, indicated with a blue light. Press the intensity button to enter medium intensity, indicated with a green light. Press the intensity button once more to enter high intensity, indicated with a red light.



Low Intensity



Medium Intensity



High Intensity



### VIBRATION BUTTON

Press the vibration button to turn the vibration function on or off. The unit will automatically start the vibration function when the Power button is pressed and is indicated by a blue light. Press the vibration button to deactivate vibration function.



ON



OFF



### TIMER

Use the timer button to set a massage limit of 10, 15 or 20 minutes. The unit will automatically shut off upon completion of the selected massage cycle.



10 Min



15 Min



20 Min

**NOTE:** The Vibration Foot Massager has an operating time of 20 minutes, and will automatically shut down after each session.



Up to 20 Minute Sessions

## Caring for your Vibration Foot Massager

- This device has an operating time of 15 minutes and will automatically shut down after each session. The time remaining in the massage is displayed on the LED screen for the entirety of each session.
- Ensure the device is powered off and unplugged from the power source before cleaning.
- Do not use corrosive or abrasive cleaners. Use a dry cloth to clean the surface of the device.
- Do not store this device in hot, damp, or humid environments. Keep your unit in the box when not in use, and store it in a cool, dry place.

## Specifications

<b>Product Name:</b>	truMedic® InstaShiatsu®+ Vibration Foot Massager + Heat
<b>Product Model:</b>	IS-4000PRO
<b>Rated Voltage:</b>	12V 4A
<b>Rated Power:</b>	48W
<b>Rated Duration for Use:</b>	20 minutes per session

## Troubleshooting

Problem	Solution
The Vibration Foot Massager does not function.	<ul style="list-style-type: none"> <li>• Ensure the unit is properly plugged into an appropriate outlet and turned on. If the unit lights up, but the massager does not function, contact truMedic® for service.</li> </ul>
The Vibration Foot Massager suddenly powers off.	<ul style="list-style-type: none"> <li>• Check to ensure the unit is plugged in and powered on.</li> <li>• Time limit has been reached. The unit will automatically power off after 20 minutes of use.</li> <li>• The unit has overheated and the temperature protection feature has shut off the unit. Wait until the unit has cooled completely before resuming use.</li> <li>• Too much force has been applied to the massaging parts inside the Vibration Foot Massager. Make sure to keep your feet relaxed when inserted into the device. Do not stand up while using the unit or cause undue force to be applied to the internal mechanisms of the unit.</li> </ul>

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



## Warranty

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.

## Other truMedic® Products



### MagicHands™ Neck & Back Massager



The truMedic® MagicHands™ truShiatsu™ Neck and Back Massager with Heat is our most advanced, high-performance massage unit yet. This massager is designed with a patent-pending mechanism that is made to recreate the touch of a professional masseuse. It delivers a powerful massage that is so lifelike, you will believe it is coming from a set of human hands!

Available Colors:

## Dream Machine™

Pillow Massager



Massage yourself into a deep sleep with truMedic's new state-of-the-art Dream Machine truShiatsu Rechargeable Pillow Massager with Heat. No wires required! The rechargeable Dream Machine Pillow Massager makes an excellent addition to any couch, chair, or bed.



## truRelief™

### IMPACT Therapy™

### Device



The truRelief™ IMPACT Therapy™ Device is specially designed to provide quick, high-performance Impact Therapy™ that leaves you feeling relaxed and rejuvenated. You can speed up your recovery process, improve your range of motion, and relieve stress with the power of its quiet, brushless motor.

Available Colors:   



# truMedic<sup>®</sup>

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