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水護盾是飛利浦淨飲水解決方案、熱水解決方案、衛浴解決方案、水杯及個人按摩器唯一品牌官方授權運營主體。

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5. 充電時指示燈圈呈現藍色緩慢閃爍狀態，直至充滿電常亮藍色燈。



6. 當電量少於10%時，指示燈圈顯示橙色燈光閃爍5秒提示並關機。



7. 機器默認定時15分鐘，運行15分鐘後自動關機，進入待機狀態。語音提示“關閉按摩”。



- ❗ 1. 因每個人對溫度的敏感度不同，45°C及以上建議隔著衣服使用，謹防燙傷；
- 2. 初次使用時，建議使用低擋溫度，待身體適應後再逐步加強。
- 3. 布料區域不可水洗，請用酒精殺菌除汗漬或用潔淨濕毛巾擦拭。

PHILIPS

腿部按摩器

膝蓋按摩器

PPM5521

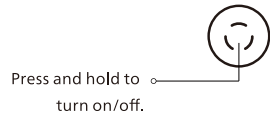


Quick Start Guide  
快速入門指南

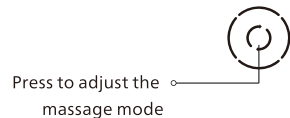
1. Wear the massager on the knees, push the binding strap through the fixing buckle, fold it back and pull it to a comfortable state, and then fasten it to the fabric of the massager with the Velcro on the front of the binding strap.



2. Press and hold the power function button for 2 seconds to turn on/off the massager. After startup, the massager will enter the wakeup mode by default, enabling the warm compress at 40°C with a voice prompt "Massage On".

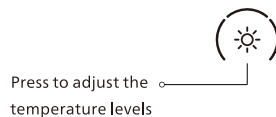


3. Press the mode button to switch the massage mode (Wakeup Mode - Relaxing Mode - Energizing Mode - Powerful Mode - Turn off air pressure) circularly.



1

4. Press the temperature button to switch the temperature (40°C, 45°C, 50°C, heating off) circularly, and the display screen in the middle will display the current selected temperature.



5. When charging, the indicator lamp ring flashes blue slowly until the massager is fully charged, then the blue lamp remains on.



6. When the battery remaining capacity is less than 10%, the indicator lamp ring flashes orange for 5 seconds to prompt, and then the massager shuts off.



2

7. The default timing of the product is 15 minutes. It is set to shut off automatically after 15 minutes of operation and enter the standby state with the voice prompt: "Turn off massage".



- ! 1. As each person has different sensitivity to temperature, it is recommended to use the massager with clothes on for fear of scalding if choosing 45°C and above.
2. For the initial, it is recommended to select a low-level temperature and then turn the temperature up gradually when the body gets used to it.
3. The fabric area should not be washed. Sterilize the fabric and remove sweat stains with alcohol or wipe it with a clean wet towel.

3

1. 將按摩器佩戴在膝蓋處，把綁帶穿過固定扣折返拉近，調整至舒適的狀態，用綁帶正面的魔术貼與按摩器布料貼合固定。



2. 長按2秒操作按鍵開機/關機，開機默認進入喚醒模式，熱敷40°C，語音提示“按摩開啓”。



3. 短按模式按鍵調節按摩模式（喚醒模式-舒緩模式-活力模式-強力模式-關閉氣壓）循環切換。



4. 短按溫度按鍵調節溫度（40°C、45°C、50°C、關閉加熱）循環切換，中間顯示屏顯示當前選擇溫度。



4