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Rev A APR 23



**PHILIPS**

腰背按摩器

按摩背帶

PPM4561



User Manual  
使用說明書

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# 1 Readme

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Please read this manual carefully and keep it properly before using the product.  
Manual can be downloaded by [www.philips.com](http://www.philips.com)

## Symbol description

To avoid personal injury or property damage, be sure to observe the contents below.

- The following symbols are used to illustrate what you should observe.
- 



Indicates prohibition



Indicates the actions that need to be subject to instructions

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## People Suitable to Use

- ⚠ The product should be used with caution by the following groups
  - Do not use the product and other medical electronic instruments at the same time, such as cardiac pacemaker, artificial heart and lung and other life-sustaining medical electronic instruments, as well as electrocardiograph and other medical electronic instruments, otherwise it is likely to cause danger;
  - If the high-frequency surgical equipment and this product are used on the user at the same time, burns may be caused at the electrode position of the massager, or the massager is likely to be damaged;

- If this product is used in the vicinity (1m) of the short-wave or micro-wave therapeutic equipment, the output of this product may become unstable;
  - Pregnant women and women during menstruation, patients having sensitive skin and suffering from heart disease, abnormal blood pressure, malignant tumors, cerebrovascular disease, and acute diseases, or other people under medical treatment should consult a doctor before using this product.
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## Precautions for Use

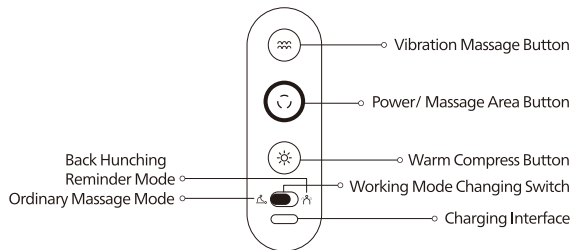
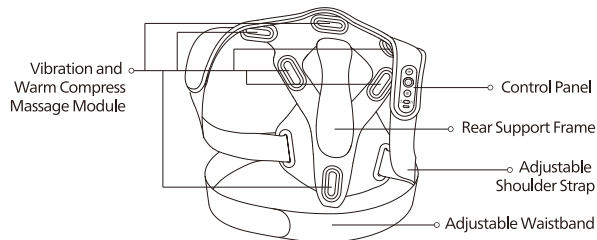
- ⚠ The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- ⚠ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- ⚠ Children should be supervised to ensure that they do not play with the appliance.
- ⚠ If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
- ⚠ This appliance contains batteries that are only replaceable by skilled persons.
- ⚠ Must be only supplied at safety extra low voltage corresponding to the marking on the appliance.
- ⊘ Do not move the massager during use. If you want to change the position to be massaged, please shut it down first, otherwise there will be a strong stimulation.
- ⊘ Do not use the product in places with high temperature, inflammable electromagnetic radiation and humidity.

- ⚠ Stop using the device if you feel uncomfortable due to the use of the product.
- ⚠ Do not disassemble, repair or modify this massager without authorization, otherwise it is likely to result in failure or electric shock accidents.

## 2 Product Features

This product integrates vibration massage, constant temperature warm compress, and three-dimensional elastic booster. The vertical burden of the shoulder and neck muscle can be eased through its 3D tailored shoulder-and-neck boosting structure. Its vibration massage and warm compress function can effectively relax muscles and relieve the pressure on shoulders and neck. In the back hunching reminder mode, the built-in sensor will vibrate to remind the user when the user is continuous hunching back may cause the fatigue of the shoulder and neck muscle, so as to avoid injury due to fatigue accumulation. Its physical booster combined with the intelligent reminder and the effective relaxation massage can help the users to lessen their shoulder and neck fatigue and the resulting bad posture.

## 3 Components




## 4 How to Use




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
### Preparations before Use


1. Check whether the device and accessories are complete.
2. Wear the massager on the back and adjust it to a comfortable state.


### Operation


 Select the working mode

Slide the working mode selection switch " to switch to the required working mode. " on the left side is the ordinary massage mode, " on the right side is the back hunching reminder mode.


In the ordinary massage mode "", the device has the default setting of vibration level 1 and warm compress level 1 for the entire area when it is turned on. The device will automatically shut down after 10 minutes of no button operation.


In the back hunching reminder mode "", the massager vibrates to remind when the user hunches the back. Both the vibration massage and the warm compress are turned off by default. The warm compress can be manually turned on and the heating area can be selected. The massager will not shut down regularly.

 Power/massage area button


1. Press and hold the " button for 1 second, then the massager is powered on and enters the corresponding working mode according to the state of the working mode selection switch. The button icon and the lamp ring lights on.

2. Press the button to select the massage area, which is in order as follows: full back, shoulders and neck, back center, shoulders, and spine.


 Vibration adjusting button

The default vibration massage intensity is in level 1 after power-on, and the " button turns green; press the button to switch to intensity level 2, and the button turns yellow; press the button again to switch to intensity level 3, and the button turns orange; press the button again to turn off the vibration massage, and the button lamp dims.



 Warm compress adjusting button

The default warm compress is in level 1 after power-on, and " button turns green; press the button to switch to warm compress level 2, and the button turns yellow; press the button again to switch to warm compress level 3, and the button turns orange; press the button again to turn off the warm compress, and the button lamp dims.

 Low battery reminder and charging

When the battery remaining capacity is less than 5% under the working state, the " button working indicator will flash red to remind the user. Please connect the charging cable to charge the device. To avoid battery damage, do not start and use the device during charging. After the device is fully charged, the lamp ring will turn green and remain on.

## Charging

1. During the use of the massager, when the working indicator lamp of the “” button ashes red, it indicates that the built-in lithium battery is low, and you need to charge it with the USB power cord.

2. Plug the output end of Type-C USB cable into the USB interface of the device, and then plug the input end into the mobile phone charger or mobile power supply. The maximum charging power supported by the device is 5V $\overline{=}$ 2A.

3. When charging, the status indicator lamp ring will display the current battery remaining capacity in different colors:

Red lamp ashes <5%,

Yellow lamp ashes 6%-50%,

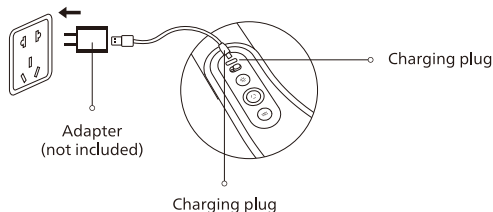
Green lamp ashes 51-99%.

When the battery is fully charged, the charging indicator turns green and remains on. It takes about 4 hours to fully charge the device.

Warm Tips:

1. The product can be used for about 4 days (twice a day) after being fully charged.

2. If the rechargeable battery is left unused for a long time, the service life of the rechargeable battery will be shortened. It is recommended to fully charge the battery at least once a month.




## 5 Maintenance

### Cleaning

Wipe the device with a dry soft cloth or a dry towel when it is dirty.

### Storage

- Keep out of reach of children.
- Do not put it in the places with direct sunlight, high temperature and humidity.
- Keep it in a dry and ventilated place.

 During maintenance, be sure to unplug the power cord, but do not unplug the cord with wet hands.

### Disposal

The lithium-ion battery used in this product is a valuable resource that can be recycled. Take out the lithium-ion battery when it is used up and discarded, and then hand it over to a professional institution that can recycle the rechargeable batteries for disposal.

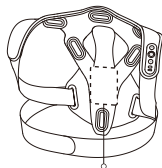
Precautions for battery:

1. Do not replace the battery by yourself during normal use.
  2. Waste battery pack should be safely recycled and should not be discarded at will;
- Be sure to remove the battery from the device before disposal;
  - The product must be powered off before the battery is removed;
  - The battery must be disposed of in a safe manner;

## Steps before disposal

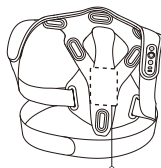


1. Cut the fabric at the dotted line with scissors.



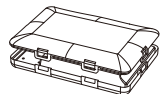
Battery holder

2. Cut the fabric, and you can find a battery holder.



Wires

3. Shear off all the external wires of the battery holder with scissors.



4. Unscrew the two screws on the battery holder with a dedicated screwdriver, loosen the four buckles on the side, then you can find the battery. Shear off the red and black electric wires connecting the battery. In this way, the battery can be removed for disposal.

## 6 Troubleshooting

This chapter lists the most common problems to the product. If the problems you encounter are not included in the following tables, please call our service hotline or contact the authorized service center in your region.

Fault Description	Possible Cause	Troubleshooting
Startup Failure	Low battery of the rechargeable battery inside the main unit?	In case of low battery, please charge it in time.
	Is the charging normal?	Check whether the USB cable is plugged in place. After it is connected correctly, the massager's charging indicator will flash.
Normal display, but the user feels nothing at the time of massage	Is the massage intensity adjusted?	The default state after power-on is intensity level 1. If you need to adjust the intensity, please turn it up appropriately.
	Is the warm compress area of the massager tight to the back?	Adjust the length of elastic band and the back strap to adjust the wearing position, so that the tailbone fits with the thoracic spine, and the massage module is tightly attached to the massage area.

Fault Description	Possible Cause	Troubleshooting
Normal display, but the user feels nothing at the time of warm compress	Is the warm compress area heating?	After power-on, wait half a minute, then touch the silicone sheet with your hand. If you feel the heat, it is normal; if not, please contact the after-sales service.
	Is the warm compress temperature too low?	The default warm compress is in level 1 after power-on, please try to turn up the warm compress temperature moderately.
Warm compress button lamp is on, but the user feels nothing at the time of massage and warm compress	Lower battery of the rechargeable battery?	Charge the device in case of low battery.

Note:

If the fault cannot be eliminated or the product still cannot be operated satisfactorily, contact the after-sales service personnel, and do not disassemble or attempt to repair it by yourself.

## 7 Technical Parameters

Product Name	Philips Massage Back Brace
Product Model	PPM4561
Power Supply	Rechargeable lithium battery
Working Voltage	3.7V ---
Working Power	15W
Charging Voltage	5V ---
Charging Current	2A
Product Size	468x377x30mm
Net Weight	Approx. 590g
Battery Capacity	5000mAh
Interface Type	USB Type-C
Charging Time	Approx. 4 hours
Date of Manufacture	See the product certificate



## 8 Service Guideline for Warranty

### Warranty and Service

The product is a household appliance with exquisite design and high-quality component. Within two years from the date of purchase, you will receive free warranty service for any damage caused by the manufacturing process or components under normal operation confirmed by our maintenance service.

The warranty service does not include consumable components, transportation fee and door-to-door service. Please show the proof of purchase to the service personnel during maintenance.

You cannot receive free warranty service under the following conditions:

1. Damage by improper operation, such as improper components connection, improper installation, deprived of manual use, mis-operation.
2. Negligence and damage because of transportation or other accident.
3. Maintenance and modification without approval.
4. Other damage caused by force majeure (such as natural disaster, abnormal voltage, etc.).
5. Damage caused by general use outside home (e.g. industrial and commercial use).
6. Aging, wearing and tearing caused by normal operation of the product without affecting normal operation of the product.

This statement serves as a publicity for free maintenance within the specified time limit and conditions, and does not limit the legal rights of consumers.

Please contact our local maintenance service center for any information or difficulties or you can consult through the hotline.

HongKong

Hotline: 852-3188-4987

Service Email: Philips.Massage.hk@centuryedi.com

Taiwan

Hotline: 0800-661-600

Service Email: Philips.massager@xander.com.tw

### Warranty Card

Product Model		Customer Name	
Seller		Contact Number	
Date of Purchase		Serial Number	
Service Center		Customer Address	
Maintenance Content		Date	service personnel

## 9 Packing List

Massager	1x	Type-C charging Cable	1x
User Manual	1x	Quick Start Guide	1x
Product Certificate	1x		

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## 1 用戶必讀


產品使用前請仔細閱讀並妥善保管本說明書。  
本說明書可在[www.philips.com](http://www.philips.com)上獲取。

### 符號描述


為避免造成人身危害或財產損失，請務必遵守以下內容。

- 用以下圖示來分別說明希望遵守的內容。

 表示禁止

 表示需要根據指示去做

### 適用人士

 以下人士應謹慎使用

- 切勿與其它醫療電子儀器同時使用，如心臟起搏器、人工心肺等維持生命用醫療電子器械、心電圖儀等醫療電子器械，否則會導致危險；
- 如果使用者身上同時使用高頻手術設備和本按摩器時，在按摩器電極位置可能引起燒傷，也可能損壞按摩器；
- 如果在短波或微波治療設備附近（1米）使用本產品時，產品的輸出可能不穩定；
- 孕婦及婦女月經期、皮膚敏感者、心臟病、血壓異常、惡性腫瘤、腦血管患者、急性病患者或其他正在接受醫生治療者，須先諮詢醫生後方可使用本產品。

### 使用注意事項

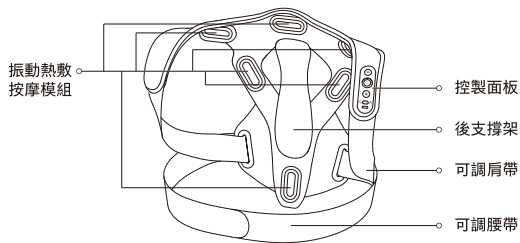
 電器表面會發熱。對熱不敏感的人士使用時必須小心。

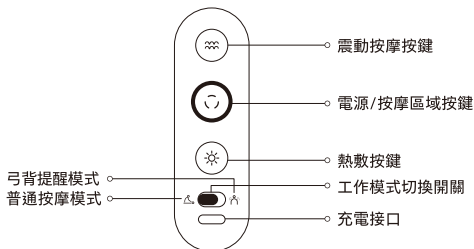
- ❗ 本電器不適用於身體、感官或智力能力下降或缺乏經驗和知識的人員(包括兒童)使用，除非由負責他們安全的人員對他們的使用進行監督或指導。
- ❗ 應監督兒童，確保他們不玩弄電器。
- ❗ 如果電源軟線損壞，必須用專用軟線或從其製造商或維修部買到的專用組件來更換。
- ❗ 本電器含有的電池，應由技術人員更換電池。
- ❗ 電器只能在器具上標示的安全特低電壓內供電。
- ❗ 在使用過程中不可將按摩器移動，在改變按摩部位時，應先關機後再使用，否則會有強烈刺激；
- ⊘ 不能在高熱、易燃、電磁輻射、潮濕的場所使用本產品；
- ❗ 如果因使用本產品而感到身體不適時，請立即停止使用；
- ❗ 請勿擅自拆卸、修理和改造按摩器，會引起故障或觸電事故。

## 2 產品功能

本產品集振動按摩、恆溫熱敷、立體彈力助力於一體。通過立體剪裁的肩背助力結構，減輕肩頸肌肉直立負擔。通過振動按摩和溫感熱敷，有效放鬆肌肉，舒緩肩頸壓力。在弓背提醒模式下，產品的內置傳感器在用戶持續弓背可能導致肩頸肌肉疲勞時振動提醒，避免疲勞累積造成損傷。物理助力配合智能提醒加上有效的放鬆按摩，能夠幫助用戶改善肩頸疲勞狀態，以及由此引發的姿勢不良。

## 3 部件名稱








## 4 使用方法


### 一、使用前的準備事項


1. 請檢查機器及配件完整。
2. 將按摩器佩戴在背部，並調整至舒適狀態。


### 二、使用操作


 選擇工作模式

撥動工作模式選擇開關“”切換到需要的工作模式。“”位於左側為普通按摩模式，“”位於右側為弓背提醒模式。

“”普通按摩模式下，開機預設全區域振動一檔，熱敷一檔，用戶無按鍵操作10分鐘後，設備自動關機。


“”弓背提醒模式下，按摩器在用戶弓背時振動提醒，預設振動按摩關閉，熱敷關閉。可以手動開啟及選擇發熱區域，按摩器不會定時關機。


 電源/按摩區域按鍵


1. 長按“”鍵1秒，按摩器開機並根據工作模式選擇開關狀態進入對應工作模式。按鍵圖標及燈圈亮起。

2. 短按開關鍵選擇按摩區域。依次為全背，肩頸，背中央，雙肩，脊柱。


 振動調節鍵

開機後預設振動按摩力度一檔，“”鍵圖標亮起綠色；短按切換力度二檔，按鍵圖標變為黃色；再次短按切換力度三檔，按鍵圖標變為橙色；再次短按，關閉振動按摩，按鍵圖標變暗。

 熱敷調節鍵

開機後預設熱敷一檔，“”鍵圖標亮起綠色；短按切換熱敷二檔，按鍵圖標變為黃色；再次短按切換熱敷三檔，按鍵圖標變為橙色；再次短按，關閉熱敷，按鍵圖標變暗。

 低電量提醒及充電

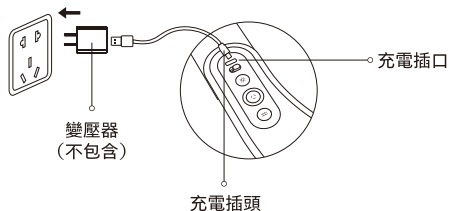
工作狀態下，當電量低於5%時，“”鍵工作指示燈將紅色閃爍提醒。請連接充電線為機器充電。為避免損傷電池，充電過程中，設備不能開機使用。充滿電後，燈圈將變為綠常亮。

### 三、充電方法

1. 在使用按摩器過程中，當“☺”鍵工作指示燈紅色閃爍時，表示內置鋰電池電量不足，可使用USB電源充電。
2. 將Type-c USB連接線的輸出端插頭插到設備USB接口，再將輸入端插到手機充電器或移動電源。設備支持的最大充電功率為5V=2A。
3. 充電時狀態指示燈圈通過不同顏色顯示當前電量：  
紅色燈閃爍：<5%；黃色燈閃爍：6%-50%；綠色燈閃爍：51%-99%  
當電池充滿電之後，充電指示綠燈常亮，充滿電大概需要4小時。

溫馨提示：

1. 充滿電後約可使用4天（每天使用2次）。
2. 長時間不使用充電電池時，會縮短充電電池的使用壽命，建議至少每個月充滿一次電。



### 5 保養維護

#### 清潔方式

當按摩器污穢時，可用乾軟布或乾毛巾進行擦拭。

#### 保管存放

- 請放在兒童觸摸不到的地方。
- 請勿放在陽光直射、高溫、潮濕的地方。
- 請放在乾燥、通風的地方保管。

**!** 保養的時候，一定要把電源線拔掉，但是不要用濕手去拔除電源。

#### 廢棄方式

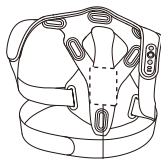
本產品所用的鋰離子電池是可回收再生的貴重資源，請在使用完畢廢棄之時，將鋰離子電池取出，交給可進行充電式電池回收再生處理的專業機構進行處理。

電池注意事項：

1. 正常使用期間請勿自行更換電池。
2. 廢舊電池包應做安全回收處理，請勿隨意丟棄；
  - 在廢棄器具前，必須將電池從產品中取出；
  - 在取出電池時，產品必須要斷電；
  - 電池應安全地處置。

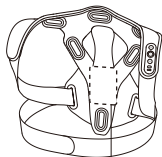


1.用剪刀按虛線標註處剪開布料。



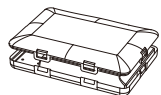
電池盒

2.剪開布料便可看見電池盒。



電線

3.用剪刀剪去所有的電池盒外部電線。



4.專用螺絲刀拆開電池盒上的兩顆螺絲，並把側面四個扣位鬆開，便可看見電池，然後把連接電池紅黑電線剪斷，這時可以分離電池進行報廢處理電池。

## 6 故障診斷

本章列出了關於本產品最常見的問題。如果您無法在其中找到您所遇問題的答案，請聯系服務熱線或您所在地區的授權服務中心。

故障描述	可能引起的原因	基本排除方法
無法開機	主機內部充電電池是否電量不足?	若內部充電電池電量不足，請及時充電。
	充電是否正常?	檢查USB充電線是否插緊，正確連接後，按摩器充電指示燈會閃亮。
顯示正常，按摩無感覺	是否有調節按摩力度?	按摩器開機後預設狀態是1擋強度，若需要調節力度，請適當加大力度。
顯示正常，感覺不到熱度	按摩器熱敷區域與背部是否貼緊?	調整鬆緊帶長度和背帶調節穿戴位置，使背部與胸椎貼合，按摩模組貼緊按摩區域。
	熱敷區域是否發熱?	開機後靜待半分鐘用手觸摸矽膠片，若有發熱感，則正常，若無發熱感，請聯系售後處理。
	熱敷溫度是否過低?	按摩器開機後預設狀態1擋熱敷，請嘗試適當加大熱敷溫度。
熱敷按鍵燈光，顯示開啟按摩及感覺不到熱度	充電電池是否電量不足?	若電量不足請對產品進行充電。

注意：

如果無法排除故障或產品仍無法理想操作，與售後服務人員聯系，切勿自行拆卸或嘗試維修。

## 7 主要技術參數

產品名稱	飛利浦按摩背帶
產品型號	PPM4561
供電方式	可充電鋰電池
工作電壓	3.7V
工作功率	15W
充電電壓	5V
充電電流	2A
產品尺寸	468x377x30mm
產品淨重	約590g
電池容量	5000mAh
充電時間	約4小時
生產日期	見產品合格證

## 8 產品保修服務指南

### 保修及服務

此產品是一件設計精良，用高品質元件製造之家用電器，在正常使用及保養下應能發揮其優越性能。在購買日期後起計兩年內，凡經本公司特約維修站人員確認為正常使用情況下，因製作工藝或原配件造成之損壞，您都將獲得免費保修服務。此免費服務不包括需時常更換的消耗品，運輸費及維修人員上門服務費，維修時請提供有效購買憑證。

以下情況將不能獲得免費服務

1. 使用不當引起的人為損壞，例如接入不適當配件、不適當之安裝、不依說明書使用、錯誤使用或疏忽而造成損壞等。
2. 因運輸及其他意外而造成之損壞。
3. 非經本公司認可之維修和改裝。
4. 其他因不可抗力（如自然災禍，電壓異常等）造成的損壞。
5. 一般家庭以外使用（如工業、商業用等）而造成的損壞。
6. 正常使用引起的產品老化，磨損等，但不影響產品使用。

該說明作為在規定期限及條件之內進行免費維修的宣傳，並不限製消費者的法定權力。

若您需諮詢相關資訊，或遇困難事項時，請聯絡本公司當地維修服務中心，或向服務熱線諮詢。

香港：

服務熱線：852-3188-4987

服務郵箱：Philips.Massage.hk@centuryfield.com

臺灣：

服務熱線：0800-661-600

服務郵箱：Philips.massager@xander.com.tw

## 保修卡

產品型號		用戶姓名	
銷售單位		聯繫電話	
購買日期		出廠編號	
技術服務站		用戶地址	
維修內容		時間	保修人員

## 9 裝箱清單

主機	1×	Type-C充電線	1×
說明書	1×	快速入門指南	1×
合格證	1×		