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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。

Rev A APR 23



PHILIPS

腰背按摩器

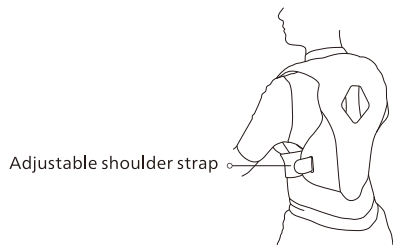
按摩背帶

PPM4561

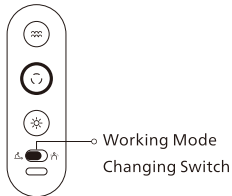


Quick Start Guide
快速入門指南

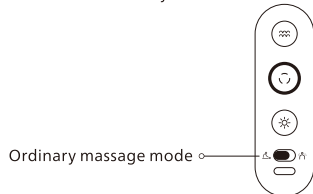
1. Wear the massager on the back and adjust it to a comfortable state.



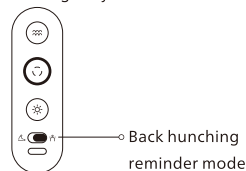
2. Slide the working mode selection switch "☐" to switch to the required working mode. "☐" on the left side is the ordinary massage mode, "☐" on the right side is the back hunching reminder mode.



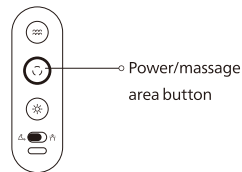
3. In the massage mode "☐", the device has the default setting of vibration level I and warm compress level I for the entire area when it is turned on. The device will automatically shut down after 10 minutes of no button operation.



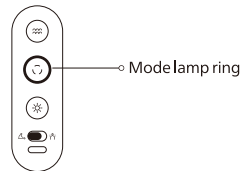
4. In the back hunching reminder mode "☐", the massager vibrates to remind when the user hunches the back. Both the vibration massage and the warm compress are turned off by default. The warm compress can be manually turned on and the heating area can be selected. The massager will not shut down regularly.




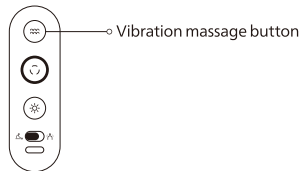
5. Press and hold the "☐" button for 1 second, then the massager is powered on and enters the corresponding working mode according to the state of the working mode selection switch. The button icon and the lamp ring lights on.




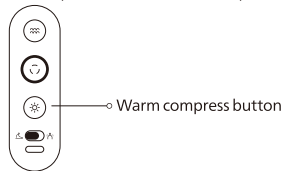
6. After power-on, the device is set by default to be fully available for shoulder blade and spine, and the lamp ring is white. Press the massage area button to select massage and warm compress areas, which is in order as follows: shoulders and neck: cyan; back center: yellow; shoulders: blue; spine: green.




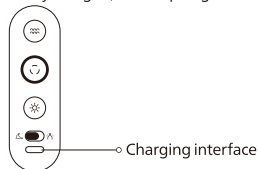
7. The default vibration massage intensity is in level 1 after power-on, and the “” button turns green; press the button to switch to intensity level 2, and the button turns yellow; press the button again to switch to intensity level 3, and the button turns orange; press the button again to turn off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



8. 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.



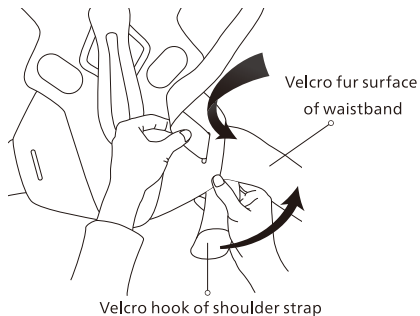
9. When the battery remaining capacity is less than 5% under the working state, the “” button working indicator will flash red to remind the user. Please connect the charging cable to charge the device. To avoid battery damage, do not start and use the device during charging. After the device is fully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



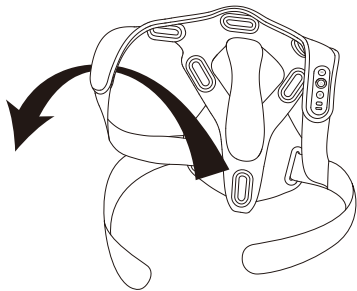
- ❗ 1. Please use the original matching charging cable. Please use the original charging cable. Do not use the charging cables that are not in line with safety specifications.
- 2. If the rechargeable battery is left unused for a long time, its service life will be shortened. It is recommended to fully charge it at least once a month.

How to Wear

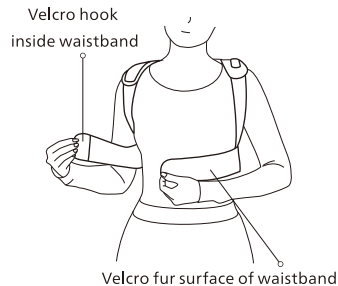
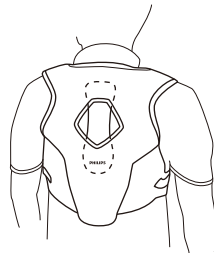
1. Put the shoulder strap through the buckle hole on the back of waistband, with the Velcro hook facing inward, and then attach it to the Velcro fur surface of the waistband for pre-positioning.



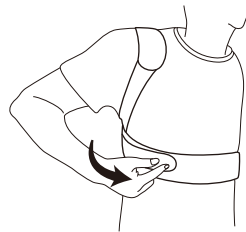
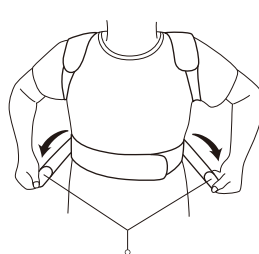
2. Put your arms under the left and right shoulder straps, and place the massage strap on your back.



3. Adjust the back support to fit with the spine, with the lower end of the support located at the junction of the thoracic and lumbar vertebrae in the center of the back. Adjust the length of belt to fit perfectly with the waist circumference and secure it with a Velcro. When fixing, use the Velcro hook on the inner side of the right belt to secure it to the Velcro fur surface on the outer side of the left belt.






4. Remove the Velcro of the left and right shoulder straps, and simultaneously stretch to both sides until you feel a moderate backward pull on your shoulders. Then, reattach and secure the Velcro of shoulder strap.

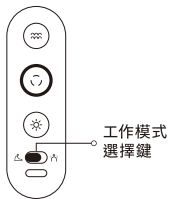


Velcro hook inside shoulder strap

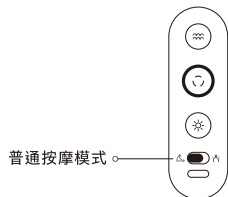
1. 將按摩器佩戴在背部，並調整至舒適狀態。




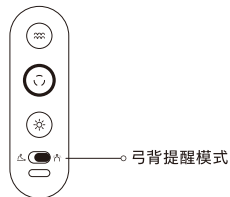
2. 撥動工作模式選擇鍵“”切換到需要的工作模式。“”位於左側為普通按摩模式，“”位於右側為弓背提醒模式。




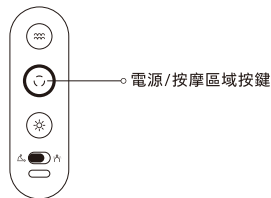
3. “”按摩模式下，開機默認全區域振動一擋，熱敷一擋，用戶無按鍵操作10分鐘後，設備自動關機。



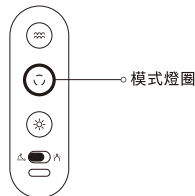
4. “”弓背提醒模式下，按摩器在用戶弓背時振動提醒，預設振動按摩關閉，熱敷關閉。可以手動開啟及選擇發熱區域。按摩器不會定時關機。




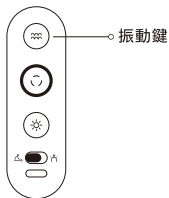
5. 長按“”鍵1秒，按摩器按摩器開機並根據工作模式選擇開關狀態進入對應工作模式。按鍵圖標及燈圈亮起。




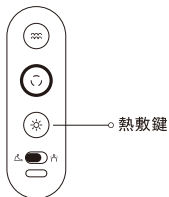
6. 開機後默認按摩雙肩肩胛、脊柱，燈圈顯示白色。短按切換按摩熱敷部位，依次為：肩頸，青色；背心，黃色；雙肩，藍色；脊柱，綠色。依次循環。




7. 開機後預設振動按摩力度一擋，“”鍵圖標亮起綠色；短按切換力度二擋，按鍵圖標變為黃色；再次短按切換力度三擋，按鍵圖標變為橙色；再次短按，關閉振動按摩，按鍵圖標變暗。



8. 開機後預設熱敷一擋，“”鍵圖標亮起綠色；短按切換熱敷二擋，按鍵圖標變為黃色；再次短按切換熱敷三擋，按鍵圖標變為橙色；再次短按，關閉熱敷，按鍵圖標變暗。



9. 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。



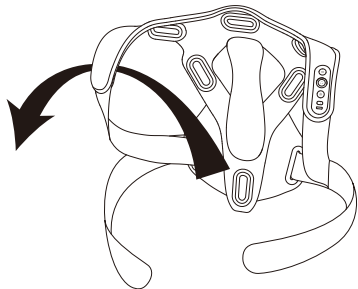
1. 請使用原廠配套充電線。請勿使用其他不符合安全規格的产品充電線。
2. 長時間不使用充電電池時，會縮短充電電池的使用壽命，建議至少每個月充滿一次電。

穿戴指南

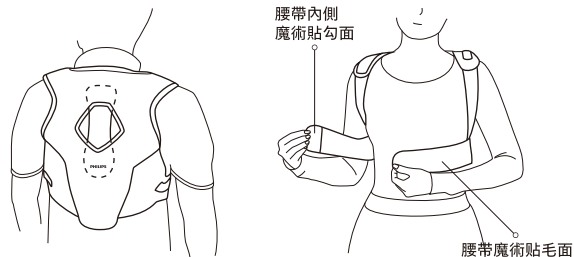
1. 將肩帶穿過腰帶後背處帶孔，魔術貼勾面朝內，貼在腰帶魔術貼毛面上預定位。



2. 手臂穿過左右肩帶下方，將按摩背帶搭在後背上。



3. 調整後背支撐骨與脊柱貼合，支撐骨下端位於後背中心胸椎與腰椎銜接處。調節腰帶長度至與腰圍剛好貼合，用魔術貼固定，固定時，用右腰帶內側的魔術貼勾面固定於左側腰帶的外側魔術貼毛面。



4. 拆下左右肩帶頭魔術貼，同步向兩側拉伸至肩部感受到適度向後側拉力，將肩帶頭魔術貼重新貼好固定。

