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Made in China

Rev A JAN 24



PHILIPS

Leg Massager

Knee Massager

PPM5301



User Manual

Catalogue

1 Readme

Symbol Description

People Restricted or Prohibited from Use

Precautions for Use

Precautions for Maintenance

2 Product Features

3 Components

4 How to Use

Preparations Before Use

Operation

Charging Method

Description of Indicator Light

5 Maintenance

Cleaning

Disposal

6 Troubleshooting

7 Technical Parameters

8 Service Guideline for Warranty Warranty and Service Warranty Card

9 Packing List

1 Readme

Please read this manual carefully before using the product and keep it properly.

The manual is available at 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 should be observed.
-

 Indicates prohibition

 Indicates the actions that need to be subject to instructions






People Restricted or Prohibited From Use

 The following populations should be used with caution

- People with leg nerve impairment or skin sensory disorders.
- People who have had metal, silicon or plastic injected into their feet/hands due to fractures or plastic surgery.
- People with leg or knee sequelae due to traffic accidents.
- Patients with or have had leg diseases (tendon injury, arthritis deformity, fractures, varicose veins, etc.).
- People with implanted medical electronic devices who are susceptible to electromagnetic failures such as pacemakers.

- People deemed to have lost a temperature sensation.
 - People with a malignancy.
 - People with a heart disease.
 - Pregnant women or women who have just given birth.
 - People with sensory impairment caused by diabetes.
 - People with scars on their skin.
 - People need quiet and people in poor health.
 - People with osteoporosis, severe fractures, sprains, muscle pain, and acute (head) pain.
 - People with a body temperature of 38°C or above (fever).
 - People with symptoms of acute inflammation, people with strong symptoms such as fatigue, aversion to cold, unstable blood pressure, or people who feel weak.
 - Others who are treated at a medical facility.
-

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.
- ❗ Each use time is 30 minutes. Please check the condition of your knees , and then adjust the number of uses appropriately.
- ❗ It is recommended to use the level 1 intensity when you first start using this product.
- ❗ When using this product, your knees may turn red in a short time. This does not mean that there is a problem. If this phenomenon persists and does not improve, please consult your surgeon.
- ❗ If you use it while wearing stockings, the straps on the massager may scratch the stockings. Please avoid using the massager while wearing stockings.
- ❗ If you feel pain around your legs or knees, please stop using the product immediately.
- ❗ If you have any problems with your skin or legs during use, please stop using this product immediately and consult with your physician.
- ❗ It is recommended not to overuse the massage function.
- 🚫 Do not use it while sleeping.
- 🚫 Do not cover it with a quilt or blanket.
- 🚫 Do not lie or sit on the product.
- 🚫 Do not impose huge impact or load on the product.
- 🚫 Do not use the products in the bathroom or in the shower room.
- 🚫 Do not wear the product to any other activities.

Maintenance Precautions

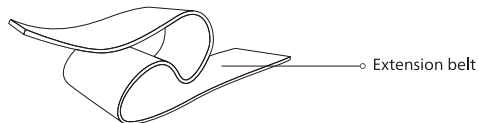
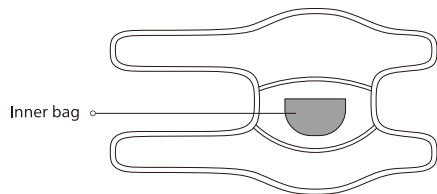
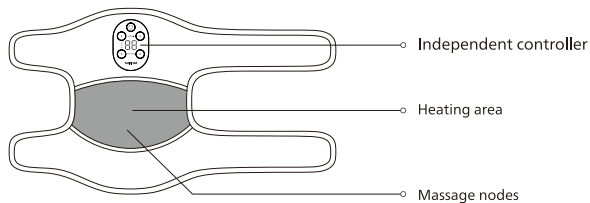
- ❗ When cleaning, be sure to unplug the adapter from the household electrical outlet..

- ❗ Please dispose of the packaging bag of this product properly and keep it away from infants and young children.
- 🚫 This product contains a lithium battery. Please do not disassemble, modify, immerse the product (controller) in water, or throw it into a fire. Otherwise, the product may be damaged.
- 🚫 Do not store the product within the reach of children and infants. Also, do not allow them to touch or operate this product. Otherwise, burns, electric shock, or personal injury may occur.
- 🚫 Do not damage or modify, or vigorously bend or pull the charging cable out. Also, do not place heavy objects on the charging cable or squeeze the charging cable.

2 Product Features

This product through the imitation of hand tapping with hot compress function, can promote blood circulation in the knee joint and relieve muscle and joint pain. Multiple levels of temperature and massage intensity are available, and it is suitable for different people for knee massage care. With the extension belt, it can also be used to massage other parts of the body.

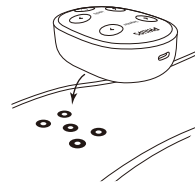
3 Components



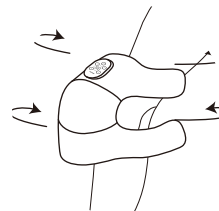
4 How to Use

Preparations before Use

1. Connect the controller and the main device through the magnetic buckles to ensure that the controller is firmly installed.

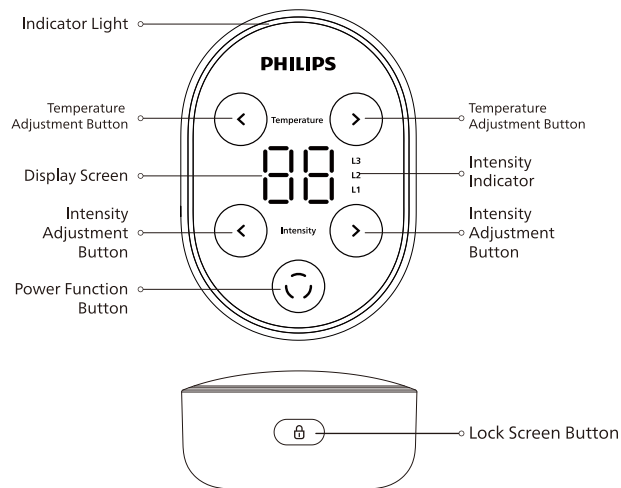


2. Put the massager on the knee and adjust the tightness through the Velcro on the strap.



! When using a massager while wearing stockings, the straps on the massager may scratch the stockings. Please avoid using the massager while wearing stockings.

Operation



Power Function Button

1. In standby state, press and hold the power function button for 2 seconds to turn on / off. The device starts heating at 50°C and vibration intensity level 1 by default.
2. Short press the power function button to turn on / off the heating function.
3. The device is preset to shut down automatically after 30 minutes of operation, accompanied by a beep sound.

Intensity Adjustment Button

1. Short press the intensity "<" and ">" buttons to adjust the vibration intensities (level 1, level 2, level 3 and turn off vibration).
2. When adjusting, the corresponding intensity indicator light is on. The display lights up L1, L2 or L3 simultaneously, and automatically switch to the temperature display after 2 seconds.

Temperature Adjustment Button

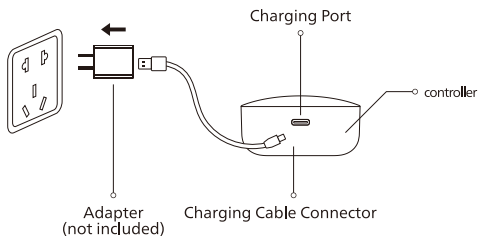
Short press the temperature "<" and ">" buttons to adjust the temperature (40°C, 45°C, 50°C, 50°C, 55°C, 60°C). The center display shows the current heating temperature.

Lock Screen Button

When the machine is working normally, press and hold the lock screen button for 2 seconds to lock / unlock the screen. Each operation is accompanied by a beep sound.

Charging Method

1. Insert the connector of the charging cable into the charging port on the side of the controller.
2. Connect the USB port of the charging cable to a 5V \equiv 1A adapter, and then plug the adapter into a 100-240V~, 50/60Hz power socket.
3. The indicator light ashes blue slowly when charging, and stays on blue when fully charged.
4. It takes about 4.5 hours to fully charge the device.



- ❗ When the remaining power is less than 10%, the indicator light will flash blue for 5 seconds as a reminder, and then the device will shut down.
- ❗ Please turn off the device before charging. It is prohibited to use the device while charging.

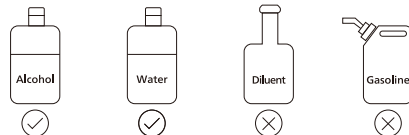
Description of Indicator Light

Indicator Light of the Controller	State	Description
Orange	Stay on	Hot compress function on
Blue	Stay on	Hot compress function off
Orange	Flash slowly	Hot compress function on, and the screen operation locked
Blue	Flash slowly	Hot compress function off, and the screen operation unlocked
Blue	Flash for 5 seconds	Power <10%
Blue (in power-off state)	Flash slowly	In charging
Blue (in power-off state)	Stay on	Fully charged

5 Maintenance

Cleaning

1. Controller care: controller displays with touch controls should be properly protected. Please use a soft cloth when cleaning.
2. Cloth area care: The cloth area cannot be washed. Please use alcohol to sterilize, wipe away sweat stains or wipe with a clean wet towel.



- ❗ When maintenance, be sure to pull out the charging cable.
- ❗ If the product has not been used for a long time, it is recommended to charge it once a month.

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.

- Be sure to remove the battery from the device before disposal.
- The device must be powered off before the battery is removed.
- The battery must be disposed of in a safe manner.

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.

Charge the device	Possible Cause	Solution
Startup failure	The product is still connected to the power outlet.	Remove the product from the socket and hold the power function button to start.
	Battery exhausted	Charge the device.
	The power function button is not pressed	Press the power function button for 2 seconds to turn the device on.
The charging indicator light is not on.	The USB charging cable is not properly plugged into the power socket.	Insert the USB charging cable into the power socket correctly.
Even if it has just been charged, it can only be used for a few minutes.	Battery life is exhausted (about 5 years).	Please consult the dealer (Do not replace the battery by yourself).
The device is not heating.	The device may not function properly when used outside the recommended ambient temperature range.	Use it within the recommended temperature range of 0-40 °C.
The product stops working during operation.	Battery exhausted	Low battery, please charge it.
	The product automatically shuts down when the 30-minute timing is over.	Restart the device if you need to use it again.

If the product has been left unused for a long time, be sure to confirm that its functions are normal before using it again		
Regular Check	Are there any following faults	In the event of the above faults, stop using the device immediately and cut off the power supply to prevent accidents. Please send it to our maintenance center.
	<ul style="list-style-type: none"> · Whether the charging cable or the connector is hot · Whether the charging cable is deeply scratched or deformed, or has a burnt smell · Whether there is abnormal sound or vibration during work · Whether the product can work properly after power on · Whether there are other abnormalities or faults 	

Note:

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

7 Main Specification

Product name	Philips Knee Massager
Product Model	PPM5301
Rated Voltage	5V ---
Power Rating	7W
Charging Voltage	5V ---
Charging Current	1A
Product Size	500×290×30mm
Net Weight of Product	310g
Battery Capacity	2500mAh

8 Service Guideline for Warranty

Warranty and Service

If you need information or have any questions, please visit www.philips.com/-support or contact consumer service center in your country/region. If there is no consumer service center in your country/region, please contact your local distributor.

Within two years from the date of purchase, you will receive free warranty service for any damage caused by manufacturing process problems, or any damage to components under normal use conditions confirmed by our maintenance service personnel.

Warranty service excludes frequently replaced consumables, auxiliary equipment, shipping cost and door-to-door service. Please show proof of purchase to service personnel when servicing.

Malaysia
Consumer Care: +60-128868274
Email: philips.message@realxmy.net

Singapore
Consumer Care: +65-89420233
Email: philips.message@realxsg.net

Philippines
Consumer Care: +63-960411314
Email: Philips.massager.ph@orrohome.com

Thailand
Consumer Care: +66-20051888
Email: Philips_massager@orrohome.co.th

Indonesia
Consumer Care: +021-39715012 / +021-39715013
Email: Philips_Massager.ID@orrohomeindonesia.com

Vietnam
Consumer Care: +84-909800829
Email: Philips.massager.VN@orrohome.vn

Warranty Card

Product Model		User Name	
Sales Agency		Phone Number	
Date of Purchase		Serial Number	
Special Technical Service Center		User Address	
Items of Maintenance	Date	Service Personnel	

9 Packing List

Massager	1x	Battery	1x
USB Cable	1x	User Manual	1x
Quick Start Guide	1x	Extension Belt	1x

目录

-
- 1 使用者必读
 - 符号描述
 - 适用人群
 - 使用注意事项
 - 保养注意事项
-

- 2 产品功能

- 3 配件名称

- 4 使用方法

- 使用前的准备事项
 - 使用操作
 - 充电方法
 - 指示灯说明
-

- 5 保养维修

- 清洁方式
 - 废弃方式
-

- 6 故障诊断

- 7 主要技术参数

- 8 产品维修服务指南
 - 保修及服务
 - 保修卡
-

- 9 装箱清单


1 使用者必读

产品使用前请仔细阅读并妥善保管本说明书。本说明书可在www.philips.com上获取。

符号描述

为避免造成人身危害或财产损失，请务必遵守以下内容。

- 用以下图示来分别说明希望遵守的内容。
-

 表示禁止

 表示需要根据指示去做

适用人群

 以下人士应谨慎使用

- 有腿部神经障碍或皮肤神经障碍者。
- 因骨折或整形手术而在脚部/手部注入金属、硅或塑胶材质者。
- 因交通事故等而存在腿部或膝盖后遗症者。
- 患有或曾患有腿部疾病（肌腱损伤、关节炎畸形、骨折、静脉曲张、等疾病者）。
- 容易受到心脏起搏器等电磁故障影响的体内植入型医疗电子仪器的人群。
- 被认定失去温度感觉的人群。
- 有恶性肿瘤的人群。
- 患有心脏病的人群。
- 孕妇或刚生育妇女。
- 糖尿病引起有知觉障碍的人群。
- 皮肤上有伤口的人群。
- 需要安静的人和身体状况不佳的人群。

- 具有骨质疏松症人士、剧烈骨折、扭伤、肌肉疼痛、急性（头）疼痛的人群。
- 体温38℃（发烧）或以上。
- 具有急性炎症症状的人群，倦怠感、恶寒、血压不稳定等症状强烈的人士或感到衰弱的人群。
- 正接受医疗机构治疗的人群。

使用注意事项

- ❗ 器具具有发热表面。对热不敏感的人使用时必须注意。
- ❗ 本电器不预期供生理、感知、心智能力、经验或知识不足之使用者(包含孩童)使用，除非在对其负有安全责任的人员之监护或指导下安全使用。
- ❗ 孩童应受监护，以确保孩童不嬉玩电器。
- ❗ 如果电源软线损坏，必须用专用软线或从其制造商或维修部买到的专用组件来更换。
- ❗ 本电器含有的电池，应由技术人员更换电池。
- ❗ 电器只能在器具上标示的安全特低电压内供电。
- ❗ 每次使用时间为30分钟，请检查自己的膝盖状况，然后适当调整使用次数。
- ❗ 建议在刚开始使用本产品阶段选用1挡力度。
- ❗ 使用本产品时，膝盖初期会有微红现象，此情况是正常的。如此症状持续并没有改善，请向外科医生咨询。
- ❗ 穿着丝袜使用时，产品上的绑带可能会勾破丝袜，请避免穿着丝袜时使用按摩器。
- ❗ 如果感到腿部或膝盖周围疼痛，请立即停止使用本产品。
- ❗ 如果在使用过程中皮肤或腿部出现敏感或其他问题，请立即停止使用本产品并向医生咨询。
- ❗ 建议不要过度使用按摩功能。
- ⊘ 禁止睡觉时使用。
- ⊘ 禁止盖上被子或毛毯使用。
- ⊘ 禁止在产品上躺着或坐着。

- ⊘ 禁止给产品带来巨大的冲击和负荷。
- ⊘ 请勿在浴室或淋浴间内使用产品。
- ⊘ 请勿佩戴机身参加任何其他活动。

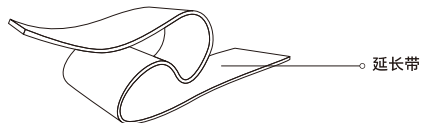
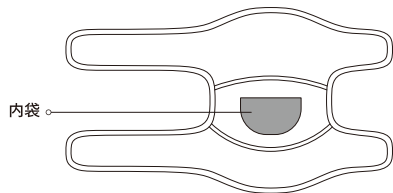
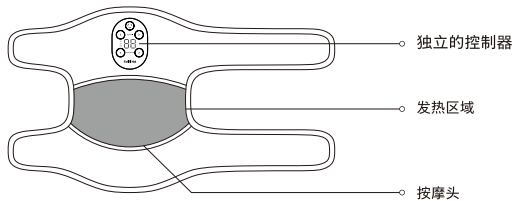
保养的注意事项

- ❗ 进行清洁时，请务必从家用电源插座上拔掉适配器的插头。
- ❗ 请妥善处理本产品的包装袋，使其远离婴幼儿。
- ⊘ 本产品内含锂电池，请勿自行拆卸、改装、水浸产品(控制器)或投掷火中，否则可能导致产品损坏。
- ⊘ 请勿存放在儿童和婴幼儿的接触范围之内。此外，请勿让他们接触或操作本产品。否则，可能会引起灼伤、触电或人身伤害。
- ⊘ 请勿损坏或改装、或用力弯曲、拉拔充电线。另外，请勿在充电线上面放置重物或挤压充电线。

2 产品功能

本产品通过仿人手拍打配合热敷功能，可促进膝关节血液循环，缓解肌肉与关节疼痛，多段温度及按摩力度可供选择，适合不同人士用于膝盖按摩保养。配合延长带使用，还能用于身体其他部位保养。

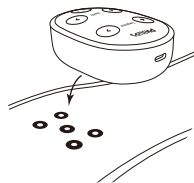
3 配件名称



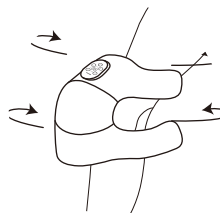
4 使用方法

使用前的准备事项

1. 将控制器背后的磁吸扣与身上的磁吸扣相吸，使控制器稳固安装于机身上；

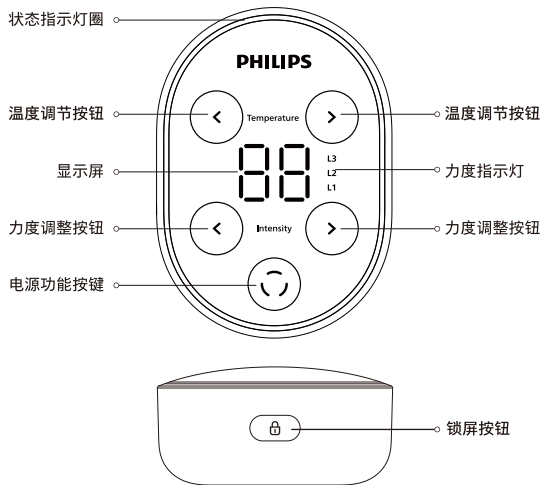


2. 将按摩器套入膝盖，通过绑带上的魔术贴可调节松紧。



❗ 穿着丝袜使用时，按摩器上的绑带可能会勾破丝袜，请避免穿着丝袜时使用按摩器。

使用操作



电源功能按键

1. 待机状态下长按电源功能按键 2 秒开机 / 关机，开机默认加热 50°C，震动力度 1 挡。
2. 短按电源功能按键可开启 / 关闭加热功能。
3. 机器默认定时 30 分钟，操作 30 分钟后自动关机，伴随蜂鸣声。

力度调整按键

1. 短按力度“<”、“>”按钮调节震动力度（1挡、2挡、3挡、关闭震动循环切换）；
2. 调节时，相应的力度指示灯亮起，显示屏同步亮起（L1、L2、L3），2秒后自动切换为温度显示。

温度调整按键

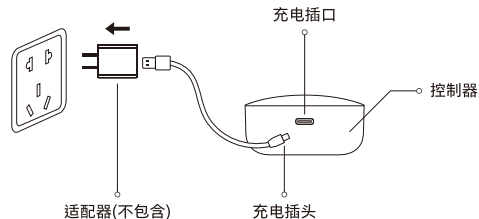
- 短按温度“<”、“>”按钮调节温度（40°C、45°C、50°C、55°C、60°C循环切换），中间显示屏显示当前温度。

锁屏按键

当机器正常工作时，长按2秒锁屏按键可以锁定/开启显示屏，每次操作伴随蜂鸣声。

充电方法

- 1、将充电插头插入控制器侧面的充电孔内；
- 2、将充电线的USB插口与5V --- 1A适配器连接，然后将适配器插入100-240V~50/60Hz的电源插座上；
- 3、充电时指示灯圈呈现蓝色缓慢闪烁状态，直至充满电常亮蓝色灯；
- 4、充满电约需4.5小时。



❗ 当电量少于10%时, 指示灯圈显示蓝色频闪5秒提示, 并关机。

❗ 请关机后再充电, 禁止充电期间使用产品。

指示灯说明

控制器灯圈	状态	描述
橙色	常亮	开启加热
蓝色	常亮	关闭加热
橙色	缓慢闪烁	开启加热, 锁屏中
蓝色	缓慢闪烁	关闭加热, 锁屏中
蓝色	频闪5秒	电量<10%
蓝色(关机状态下)	缓慢闪烁	充电中
蓝色(关机状态下)	常亮	电量已充满

5 保养维护

清洁方式

1. 控制器护理: 应妥善保护好有触控功能的控制器显示屏, 清洁时请使用软布擦拭。
2. 布料区域护理: 布料区域不能水洗。需要清洁保养时, 请用酒精杀菌除汗渍或用洁净湿毛巾擦拭。



❗ 保养的时候, 必须把充电线拔掉。

❗ 时间未使用时, 建议1个月充电一次。

废弃方式

本产品所用的锂电池是可回收再生的贵重资源, 请在使用完毕废弃之时, 将锂电池取出, 交给可进行充电式电池回收再生处理的专业机构进行处理。

- 电器报废前应取出电池。
- 取出电池前电器应切断电源。
- 应安全地丢弃电池。

6 故障诊断

本章列出了关于本产品最常见的问题。如果您无法在其中找到您所遇问题的答案，请联系服务热线或您所在地区的授权服务中心。

问题描述	可能原因	解决方式
无法启动	产品仍连接在电源插座上	请将产品从插座上移除，然后按电源按功能键启动
	电池电量耗尽	请充电
	电源功能按键未按下	确定已按下电源功能按钮2秒以开机
充电指示灯不点亮	USB充电线未正确插入电源插座	请将USB充电线正确插入电源插座
即便刚充电后只能使用几分钟	电池寿命用尽(大约5年)	请向经销商咨询(请勿自行更换电池)
机身不加热	在建议的环境温度范围之外使用时，本产品可能无法正常运行	在建议的0~40°C的使用温度范围内使用
产品在操作过程中停止工作	电池电量已耗尽	电量不足请充电
	30分钟定时结束，产品自动关机	如需继续使用，请重新开机

长时间未使用后，务必先确认功能正常，才能再次使用。

定期检查	有没有以下故障	若出现上述故障，为了防止引发事故，请立即停止使用，并切断电源。请送往您所在地区的维修中。
	<ul style="list-style-type: none">· 充电线或者插头发热· 充电线有严重的伤痕或者变形、有焦味· 工作中有异常的声音或者震动· 开启开关后，不正常工作· 有其他异常或者故障	

注意：

如果无法排除故障或产品仍无法正常操作，请与售后服务人员联系，切勿自行拆卸或尝试维修。

7 主要技术参数

产品名称	飞利浦膝盖按摩器
产品型号	PPM5301
工作电压	5V---
工作功率	7W
充电电压	5V---
充电电流	1A
产品尺寸	500×290×30mm
产品净重	约310g
电池容量	2500mAh

8 产品保修服务指南

保修及服务

如果您需要信息或有任何问题，请访问www.philips.com/support或联系您所在国家/地区的消费者服务中心。如果您所在的国家/地区没有消费者服务中心，请联系当地经销商。自购买之日起两年内，因制造过程问题造成的任何损坏，或经我们维修服务人员确认的在正常使用状况下的部件损坏，您将获得免费保修服务。保修服务不包括经常更换的耗材、辅助设备、运输费用和上门服务。维修时请向服务人员出示购买凭证。

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越南
服务热线: +84-909800829
服务邮箱: Philips.massager.VN@orrohome.vn

保修卡

产品型号		用户姓名	
销售单位		联系电话	
购买日期		出厂编号	
特别技术服务站		用户地址	
维修内容	时间	保修人员	

9 装箱清单

主机	1 ×	控制器	1 ×
充电线	1 ×	说明书	1 ×
快速入门指南	1 ×	延长带	1 ×