

PHILIPS

Leg Massager

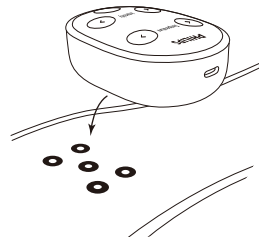
Knee Massager

PPM5301

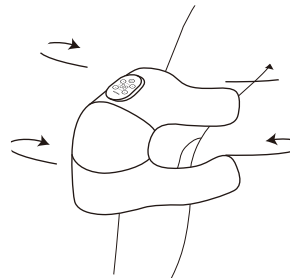


Quick Start Guide

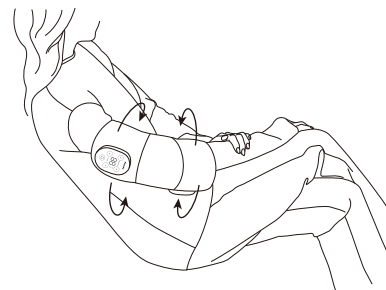
1. Connect the controller and the main device through the magnetic buckles to ensure that the controller is firmly installed.



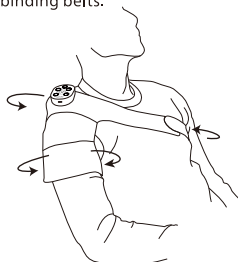
2. Use in knees: with the mesh side of the device facing your body and the heating area aligned with your knee joint, secure the device with two sets of binding belts.



3. Use in elbows: with the mesh side of the device facing your arm and the heating area aligned with your elbow joint, secure the device with two sets of binding belts.



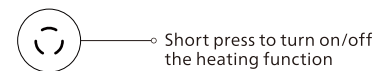
4. Use in shoulders: attach the extension belt to the longer binding belts of the device and secure it with Velcro. With the mesh side of the device facing your shoulder and the heating area aligned with your shoulder joint, secure the device with two sets of binding belts.



5. Press and hold the power function button for 2 seconds to turn on, and the device starts heating at 50°C and vibration intensity level 1.



6. Short press the power function button to turn on / off the heating function.



7. Short press the intensity "<", ">" button to adjust the vibration intensities (level 1, level 2, level 3 and turn off vibration).



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



9. Short press the button to lock/unlock the screen.



10. The massager automatically turns off and goes into standby state after 30 minutes of operation.



11. The cloth area cannot be washed. Please use alcohol to sterilize, wipe away sweat stains or wipe with a clean wet towel.



- 1. If you use it while wearing stockings, the straps on the massager may scratch the stockings. Please avoid using the massager while wearing stockings.
- 2. It is recommended to use intensity level 1 when first using the massager. There will be a slight redness in the knees at the beginning of use, which will naturally subside later. If you feel continued discomfort, please stop using it.



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There may be certain differences between the content of this manual and your product. Please refer to the actual product. We reserve the right to update the product at any time without prior notice.

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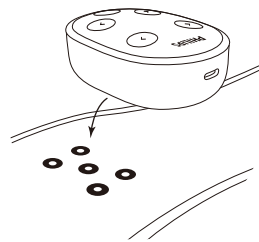
This product has been manufactured by and is sold under the responsibility of Guangdong Deerma Technology Company Limited and Guangdong Deerma Technology Company Limited is the warrantor in relation to this product.

Made in China

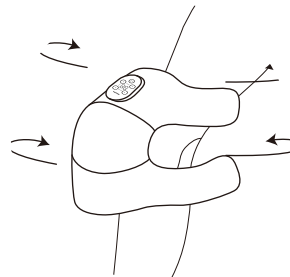
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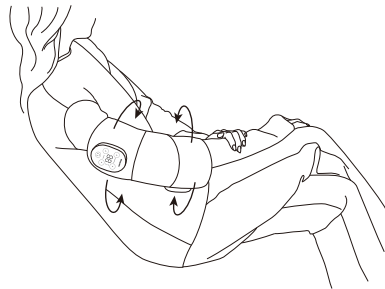
1. 将控制器背后的磁吸扣与机身上的磁吸扣相吸，使控制器稳固安装于机身上。



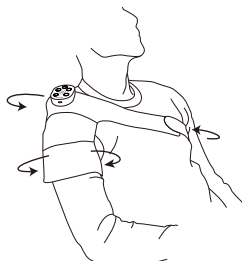
2. 膝部使用：网布面朝向身体，发热区域对准膝关节，分别用两组绑带上的魔术贴固定好



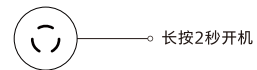
3. 肘部使用：网布面朝向手臂，发热区域对准肘关节，分别用两组绑带上的魔术贴固定好



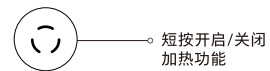
4. 肩部使用：把延长带接在较长的绑带一端，用魔术贴固定；按摩器的网布面朝向肩部，发热区域对准肩关节，最后用两组绑带上的魔术贴分别固定好即可。



5. 长按电源功能按键2秒开机，开机默认加热50°C，振动力度一档。



6. 短按电源功能按键可开启/关闭加热功能。



7. 短按力度“<”、“>”按钮调节振动力度（循环切换1挡、2挡、3挡、关闭振动）。



8. 短按温度“<”、“>”按钮调节温度（循环切换40°C、45°C、50°C、55°C、60°C），屏幕显示当前温度。



9. 开机状态下，短按按钮可以锁定/开启屏幕。



10. 按摩器运行30分钟后自动关机，进入待机状态。



11. 布料区域不可水洗，请用酒精杀菌抹除汗渍或用干净湿毛巾擦拭。



- 1. 穿着丝袜使用时，按摩器上的绑带可能会勾破您的丝袜，请避免在穿着丝袜时使用按摩器。
- 2. 建议在刚开始使用按摩器阶段请先选用1挡力度，使用初期膝盖会有微红现象，稍后会自然消退。如感到持续不适，敬请暂停使用。