I'm not robot	
	reCAPTCHA

Continue

## Icy hot smart relief manual

On this page is a description of the icy hot® Smart Relief™ therapy back refill pads. New functions! Even chronic pain signals are blocked. 2 electrode pads. 1 battery replacement. For use with smartRelief™ control (sold separately). Other applications to top up the description that will only be used with this device. Just tie the recharge pad to the power supply. Powerful, portable pain. It even relieves chronic pain. It even relieves chronic pain, it is often difficult to find relief. Now you can get the same TENS technology used by your doctor for a fraction of the cost and without a prescription! With constant pain or sore muscles. To relieve chronic pain associated with arthritis. Convenient: includes an easily replaceable standard 3V (CR 2032) watch batteries. Modest and portable: use when doing normal activities. Personalized relief: Intensity adjusted (63 levels). Contact the user's guide for additional warnings and important instructions on how to use it. For more information: Visit smartrelief.com. Powerful portable pain. Convenient. Safe and effective. The wire is free. Reusable. Modest and portable. Personalized relief (63 levels). Chattem®. Sanofi.com. www.icyhot.com. ©2013 Chattem, Inc. Warnings Do not use during pregnancy. If you are currently in the care of a doctor, consult your doctor before using this device. Chattem, Inc. P.O. Box 2219, Chattanooga, TN 37409-0219 www.icyhot.com 00041167080467 Click here to download the traditional Chinese acupuncture chart. Click here to download the Smart Relief Ultimate guide. Click here to download the traditional Chinese acupuncture chart. the Smart Relief Ultimate II guide. click here to download the smart Relief Ultimate 1020 guide. The INTRODUCTION Smart Relief Ultimate content table is an advanced neurostimulator that can be used to temporarily relieve muscle pain, anytime, anywhere. This is the same technology used by medical professionals as physiotherapists and chiropractors. It offers TENS and EMS programs to relieve pain and improve muscle performance in many parts of the body such as: Neck Shoulders Back Waist FootS? Transcutaneous electrical stimulation of the nerve (TENS) is a type of therapy to help ease the pain. It works by sending electrical impulses into nerve endings that block pain signals sent to the brain. WHAT IS EMS? Electrical muscle stimulation (EMS) works by causing muscle performance. WARNINGS 1. Consult your doctor before using this product, especially if you medical care. 2. Stop using if the pain gets worse. 3 Do not use this device if you are pregnant. Do not use this device on the front of your neck. This can lead to severe muscle spasms that lead to respiratory obstruction, difficulty breathing or adverse effects on heart rate or blood pressure6. Do not use this product on your chest. Electrical impulses can cause heart rhythm disturbances and can be harmful7. Do not use this product on the face or around the mouth8. Do not use this product in or around the groin area. Not laying the pads directly above the spine10. Do not use this product over open wounds, ulcers, rashes, or over swollen, irritated, infected skin, or over cancerous lesions. Do not use while driving a vehicle, operating equipment or during any activity in which electrical impulses may put you or others at risk of injury or death.12 Do not use this device while sleeping.14 Do not use this device inside electromagnetic fields.15 Do not use this block or wire if they are cracked or damaged in any way or shape. Do not use this device unless you know the cause of your pain.16 Keep this device safe for children. PRE-INSTALLATION 1. The long-term effects of TENS and EMS therapy are not known. The statements contained in this manual and packaging of the products have not been evaluated by the FDA.2 This product is not a substitute for painkillers or painkillers prescribed by your doctor.3 Use caution when using this device in areas of the body with a limited sensation.4 Replace massage pads if the glue gel dries or if the pads do not stick to your skin5. Massage pads should only be used by one person. Wash your skin thoroughly to remove dirt, oils, lotions, or any other impurities before applying massage pads. Massage pads should only be applied to normal, pristine, clean, healthy skin. Dry, damaged or worn massage pads can cause discomfort, irritation or minor skin burns8. We recommend that you only use accessories sold by the company specifically for your device. Using this device near shortwave or microwave equipment can lead to unstable power. Keep your Smart Relief Ultimate clean by wiping the microfibre cloth. Do not use water11. Not Device. This voids the warranty and can lead to injury. The size of the massage pads can affect the safety and effectiveness of your therapy. Clean and/or replace massage pads as a directional. ADVERSE REACTIONS 1. If you experience adverse reactions, stop using this device and consult with People with sensitive skin are more prone to skin irritation when using this product. 3 You may experience pain or painful muscles when applied to one area of the body for long periods of time. PRODUCT FEATURES - Offers TENS and Electric Benefits of Muscle Stimulation with 10 unique treatments: Swedish acupuncture lomi Lomi kneading reflexology Cupping Gua Sha Assorted Trigger Point Pulsing - 20 levels of intensity for soft and strong massage Double Outlet channels (A and B) allow you to use up to 4 pads lightweight Long-term rechargeable lithium battery Product Name Smart Relief Ultimate Voltage 3.7V Battery capacity 8000mAh, 29.6Wh Battery Type lithium-polymer battery Weight 129.0g Operating and storage temperature 50 F - 104 (10 C - 40 C) 30% - 80% relative humidity PRODUCT 1. On/OFF2 button. Duration (timer)3. Therapy indicator4. Icon therapy5. Channel A6 intensity indicator. B7 channel intensity indicator. Control buttons8. (-) button to reduce the intensity of therapy9. Center SELECT10 button. Port A channel A11. USB12 port. Battery level13. Therapy number 14. (D) button to increase the intensity of therapy16. Therapy (T) button for cycling through various treatments17. Channel B port PRE-PROGRAMMED THERAPIES OPERATING INSTRUCTIONS STEP 1 - SNAP ELECTRODE WIRES for MASSAGE PADS STEP 3 - PLACE PADS ON SKIN Referes to the guide to placing pads for suggestions. STEP 4 - CONNECT ELECTRODE WIRE to CHANNEL A Repeat 1 - 4 for CHANNEL B STEP 5 - TURN Unit on Step 6 - PRESS (M) IN CYCLE SEES STEP 7 - PRESS CENTER BUTTON, TO SELECT THERAPY STEP 8 - PRESS - OR - ADJUST INTENSITY STEP 9 - PRESS CENTER BUTTON TO switch BETWEEN CHANNEL, CHANNEL B, and DUAL CHANNEL CONTROL STEP 10 - PRESS A (D) BUTTON to ADJUST DURATION THERAPY STEP 11 - Sit back and relax on the guide to recommended therapy during therapy. PAD PLACEMENT RECOMMENDATIONS LOWER/MID/UPPER BACK (Warning: Avoid placing pads directly on the spine.) 1. Carefully place massage pads throughout the target area such as low/medium and/or upper back. 2. Apply to multiple areas at the same time with four pads, or use 6 pads upright when the pain extends over a considerable distance of the back. LEGS (Warning: Avoid placing pads close to the groin area.) 1. Carefully place the massage pads on both sides or through the target area, such as the ankle, along the entire length of the shin, around Knees, which are additional double connector. Place the pads upright when the pain extends over a considerable distance to your feet or on both sides when applied to a smaller area. NECK (Warning: We recommend using small pads for effective results. 1. Carefully place two massage pads all over the target area of the neck. 2. Place the pads vertically when the pain extends to a considerable distance between the neck and shoulder. Avoid placing the pads too close to the head or near the oesophagus or trachea. SHOULDERS (Warning: Avoid placing the pads too close to the head or near the oesophagus or trachea. SHOULDERS (Warning: Avoid placing the pads too close to the head or near the oesophagus or trachea. SHOULDERS (Warning: Avoid placing the pads too close to the head or near the oesophagus or trachea. position for the rotator cuff disease. ARMS AND HANDS (Warning: For hands and wrists, we recommend using small size pads or smart massage pads on both sides or along the entire length of the forearm, around the elbow, or through the biceps and/or triceps.2. Apply to multiple areas at the same time with four pads, or use 6 pads with an additional double connector.3. Place the pads vertically when the pain extends over a considerable distance of the hands or on either side when applied to a smaller area. RECOMMENDED THERAPIES LEGSFor common foot problems associated with pain and muscle pain due to stress from exercise or normal activities: 1. We recommend therapy is foot pain KNEADING, and set DURATION to 20 or 30 MINUTES.3. If you want to relieve or improve muscle group, use EMS therapy REFLEXOLOGY or GUA SHA. Set THE DURATION for at least 10 minutes and increase intotenSIA to as high as you can tolerate. SUGGESTED ACCESSORY: For large muscle groups, we suggest using Smart Relief Massage Brace (sold separately). For the lower leg or leg pain, Smart Relief Massage shoes and massage socks are a great alternative (both sold separately). BACK AND WAIST For common back problems associated with pain and muscle pain due to stress from exercise or normal activities on the upper back, lower back or waist area: 1. We recommend therapies such as SWEDISH and set duration for at least 10 MINUTES.2. Another great therapy is back pain REFLEXOLOGY and set DURATION to 20 or 30 MINUTES.3. If you want to relieve or improve muscle grouping, use REFLEXOLOGY or GUA SHA therapy. Set DURATION by at least 10 minutes and increase the INTENSIA to as high as you can tolerate. SUGGESTED ACCESSORY: Smart Relief training belt has been specifically designed for lower back and abdominal muscles. For large muscle groups, we also offer Smart massage aid braces (both sold separately or in packs). NECK For neck problems associated with neck pain and pain due to stress from exercise or normal activity: 1. We recommend therapy such as LOMI LOMI and install DURATION to 20 or 30 MINUTES, 2. Another great therapy is ASSORTED and set THE DURATION to 20 or 30 minutes. SUGGESTED ACCESSORY: For neck pain, we suggest you use small massage pads that are ideal for small muscle groups. SHOULDERS For common shoulder problems associated with pain and muscle pain due to exercise or normal activity: 1. We recommend therapy such as KNEADING and set DURATION to 10 MINUTES.2. Another great therapy is shoulder pain chopping and set DURATION to 20 or 30 MINUTES.3. If you want to facilitate or improve the group, we recommend therapies such as TRIGGER POINT or REFLEXOLOGY. Set THE DURATION for at least 10 minutes and increase intotenSIA to as high as you can tolerate. SUGGESTED ACCESSORY: Smart Relief Massage Brace (sold separately) is a versatile accessory that can be used to relieve shoulder pain as well as other parts of the body. This is a special design that will be used on medium and large muscle groups. ARMS For common hand problems associated with pain and muscle pain: 1. We recommend therapy such as IGLOUKATION and set DURATION to 10 MINUTES.2. Another great pain therapy in the hand is SWEDISH and set THE DURATION to 20 or 30 MINUTES.3. If you want to relieve or improve muscle group, use EMS therapy REFLEXOLOGY or GUA SHA. Set THE DURATION for at least 10 minutes and increase intotenSIA to as high as you can tolerate. SUGGESTED ACCESSORY: Smart Relief Massage Brace (sold separately) is a versatile accessory that can be used to relieve shoulder pain as well as other parts of the body. This is a special design that will be used on medium and large muscle groups. CLEANING AND STORING 1. Turn on off.2. Insert the electrode wires from the block.3. Include massage pads from electrode wires.4. Gently rub a few drops of water onto the glue gel with your fingertips until all impurities are rubbed. You can also wash the pads under slow cold water for a few seconds, gently rubbing the glue gel with your fingertips.6 DO NOT use sponge, cloth, detergents, chemicals or soap.7 We recommend washing pads every 5 applications. Don't re-wash the pads8. Place the massage pads on the pad holder, sticking them to the sides of the holder and allow to dry completely.9. DO NOT wipe with a napkin or cloth.10 Please note that they are held in areas subject to direct sunlight, high or low temperatures, high near fire or electricity 11. If you carefully follow these care instructions, your pads should last for several uses. Replacement pads can be purchased here. In here. AND STORAGE BLOCK 1. Turn off.2 block. Insert the electrode wires from the block.3. Gently wipe the device with microfibre cloth. DO NOT use water or chemicals on this device. STORE units in a safe and convenient place away from the reach of children.6. Please note that in areas subject to direct sunlight, high or low temperatures, high humidity, near fire or electricity7. DO NOT wrap the wires around the device because it can damage the wires. AVAILABLE ACCESSORIES (sold separately or in packs) WORKOUT BELT (Click here to buy) Smart Relief Workout Belt can provide relief for common problems associated with pain and muscle pain on the back and waist area. 1. Attach the Jumbo massage pads to the connectors located on the inside of the training belt.2. Pull out the wire on the front of the belt and connect to the device3. Carefully wrap your Smart Relief Workout belt around your torso with the inside of your waist in front of your lower back or abs, depending on your therapy preferences. Fix the Velcro ends together.4. Turn on the device and click (M) to start choosing therapy. For lower back pain, we recommend therapies such as SWEDISH and set the duration of treatment is at least 20 to 30 MINUTES.6. If you want to relieve or improve muscle group, use ASSORTED or GUA SHA. Install DURATION for at least 10 minutes and increase MASSAGE SHOES (Click here to buy) Smart Relief Massage shoes can provide relief for common pain and soreness in the lower extremities. 1. Connect the electrode wires to Smart Relief Massage Shoes. 2 connectors. Connect the wires to the device and turn on ON.3. Click (M) to go through the cycle and select therapy.4. For foot pain and pain, we recommended DURATION treatment for at least 20 to 30 minutes. Another great therapy ISGLOUKAAL IGLOUKA IGLOUM and the recommended DURATION therapy is 20 to 30 minutes. TROUBLESHOOTING GUIDE LIMITED TIME WARRANTY Your new Smart Relief device comes with a 2-year manufacturer warranty, Please register your device and activate your 2-year warranty here. Protect your investment! You must register the device within 30 days of purchase. You will need the serial number of your device and a receipt to complete the registration of the warranty guarantees the product to be free of defects in the material and manufacture within 2 years of the purchase of accessories. The warranty applies only to the device, not to pads or accessories. The product guarantee does not cover damage caused by abuse, accident or attachment unauthorized accessory, product change, or any other conditions caused by an improper or erroneous error Device. The warranty is only valid if the product is purchased by both the United States, Canada or the United Kingdom. All warranty exchanges are subject to a \$12.99 shipping and processing fee and require proof of purchase. Please contact us at (888)-315-2735 to handle any warranty claims or if you have any questions about our warranty policy. Extend the manufacturer's 2-year warranty by purchasing the Smart Lifetime Relief guarantee package! Click here to buy. Once purchased, click here to register the device and lifetime warranty number. Room.