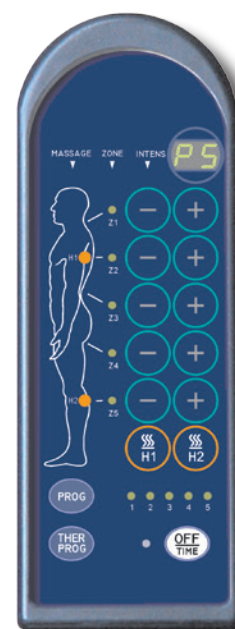


## Pro Personal Therapy System Instructions for use

- Duration of massage** Duration of massage can be selected for 15, 30, 45 or 60 minutes by pressing the on/off timer button. The new time will be shown briefly on the digital display.
- Intensity** There are in total 9 cycloidal massage units arranged in 5 zoned areas. The intensity of each zone can be altered independently by using the 'zone +' or 'zone -' buttons. These can be altered at any time to personalise a programme.
- Programmes** There are 5 pre-selected programmes with green indicator lights 1-5 that are controlled by the "Prog" button and described below.
- Therapy programmes** There are 9 therapy programmes that are controlled by the "THER. PROG" button and are shown on the digital display. Each therapy programme is a pre-selected combination of the 5 programmes listed below and are listed on the reverse of these instructions.
- Infrared H1 & H2** H1 controls the lumbar and neck panels heated areas, and H2 controls the foot/calf heated area.  
 Press once and low heat is selected (slow flashing orange light)  
 Press again and mid heat is selected (quick flashing orange light)  
 Press again and full heat is selected (steady orange light)
- Program P1** Warm up program for general relaxation and to ease aching muscles.  
 Press the prog button once green lamp 1 will light.
- Program P2** Deep muscle massage for reduction of muscle pain and tension.  
 Press the prog button twice green lamp 2 will light.
- Program P3** Stimulates lymph flow and detoxification while promoting the breakdown of metabolic waste products.  
 Press the prog button 3 times green lamp 3 will light.
- Program P4** Pulse massage, short successive waves stimulating the circulation and releasing muscle tension.  
 Press the prog button 4 times green lamp 4 will light.
- Program P5** For deep relaxation and reduction of stress and anxiety.  
 Press the prog button 5 times green lamp 5 will light.



The beneficial effects of massage are cumulative – the more often these treatments are applied the better the results and the longer the effects will last.



# Pre - Selected Therapy Programmes

The pre-selected programme times vary from 15 to 60 minutes. Generally, first-time users should start with programmes of 15 minutes. After a short period of acclimatization treatments can be lengthened.

CONDITIONS / SYMPTOMS	DISPLAY	15 MIN'S	30 MIN'S	45 MIN'S	60 MIN'S
<b>THERAPY PROGRAMME 1</b>					
tension and stiffness	1.1	2 min P1	4 min P1	6 min P1	8 min P1
general back ache	1.2	6 min P3	12 min P3	18 min P3	24 min P3
tired and aching muscles	1.3	7 min P2	14 min P2	21 min P2	28 min P2
<b>THERAPY PROGRAMME 2</b>					
sciatica	2.1	1 min P1	2 min P1	3 min P1	4 min P1
lower back pain	2.2	5 min P4	10 min P4	15 min P4	20 min P4
lumbago	2.3	5 min P2	10 min P2	15 min P2	20 min P2
muscle spasm	2.4	4 min P3	8 min P3	12 min P3	16 min P3
<b>THERAPY PROGRAMME 3</b>					
headaches and migraine	3.1	3 min P1	6 min P1	9 min P1	12 min P1
neck and shoulder tension	3.2	3 min P5	6 min P5	9 min P5	12 min P5
stress	3.3	9 min P3	18 min P3	27 min P3	36 min P3
<b>THERAPY PROGRAMME 4</b>					
arthritis and rheumatism	4.1	5 min P1	10 min P1	15 min P1	20 min P1
parkinson's and MS – fibromyalgia and ME	4.2	3 min P2	6 min P2	9 min P2	12 min P2
osteoporosis - Joint pain and muscle ache	4.3	7 min P3	14 min P3	21 min P3	28 min P3
<b>THERAPY PROGRAMME 5</b>					
sluggish lymphatic system	5.1	1 min P1	2 min P1	3 min P1	4 min P1
excess fluid	5.2	5 min P3	10 min P3	15 min P3	20 min P3
detoxification	5.3	4 min P2	8 min P2	12 min P2	16 min P2
cellulite	5.4	5 min P3	10 min P3	15 min P3	20 min P3
<b>THERAPY PROGRAMME 6</b>					
swollen legs and oedema,	6.1	2 min P1	4 min P1	6 min P1	8 min P1
fluid retention	6.2	13 min P3	26 min P3	39 min P3	52 min P3
<b>THERAPY PROGRAMME 7</b>					
sport injuries	7.1	3 min P2	6 min P2	9 min P2	12 min P2
excess lactic acid and metabolic waste	7.2	3 min P4	6 min P4	9 min P4	12 min P4
strained and aching muscles	7.3	4 min P2	8 min P2	12 min P2	16 min P2
muscle spasm and cramp	7.4	5 Min P3	10 min P3	15 min P3	20 min P3
<b>THERAPY PROGRAMME 8</b> (to be used while lying on the stomach)					
digestive and abdominal problems	8.1	8 min P2	16 min P2	24 min P2	32 min P2
colitis and irritable bowel	8.2	2 min P4	4 min P4	6 min P4	8 min P4
period pains	8.3	5 min P2	10 min P2	15 min P2	20 min P2
<b>THERAPY PROGRAMME 9</b>					
breathing and respiratory problems	9.1	1 min P1	2 min P1	3 min P1	4 min P1
stress and anxiety	9.2	7 min P3	14 min P3	21 min P3	28 min P3
insomnia and sleep disorders	9.3	7 min P5	14 min P5	21 min P5	28 min P5

Using the Pro Personal Therapy System only once a day and just lengthening the treatment period to more than 30 minutes is less effective than using it several times a day for short periods of time.