CYCLO-SSAGE HEALTHCARE

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 blue 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 between two and four of the five programmes listed below and can be found on the Therapy Programme chart.

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 blue lamp 1 will light.

Program P2

Deep muscle massage for reduction of muscle pain and tension.
Press the prog button twice blue 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 blue lamp 3 will light.

Program P4

Pulse massage, short successive waves stimulating the circulation and releasing muscle tension.
Press the prog button 4 times blue lamp 4 will light.

Program P5

For deep relaxation and reduction of stress and anxiety.
Press the prog button 5 times blue lamp 5 will light.

The infrared will run for the same length of time as the massage programme which is selected. The massage or the heat can be switched off independently at any time.

Select Time : Then select Massage Programme : Then select Infrared heat.

Safety warning

Infrared Heat. Low or medium infrared heat settings should always be selected initially to ascertain if the infrared heat is suitable to be applied to the users particular skin type and possible sensitivity. Avoid selecting the high Infrared heat setting until this has been determined. Do not use infrared light near your eyes or on other sensitive parts of the body.

Contraindications. Although there are no contraindications, people with thrombosis, electronic implants, pregnant women, breast feeding and nursing mothers, and anybody suffering from a particular acute illness. If they are unsure about using this product with regard to the pre-mentioned conditions, they should as a precaution and for peace of mind consult their General Practitioner or specialist medical advisor.

Pre - Selected Therapy Programmes

The Pre-selected programme times vary from 15 to 60 minutes. If a 15 min programme is selected it will run the pre-selected programme once. If a 30 min programme is selected it will run the pre-selected programme twice: 45 minutes - three times: 60 minutes - four times:

CONDITIONS / SYMPTOMS	DISPLAY	15 MIN'S	30 MIN'S	45 MIN'S	60 MIN'S
THERAPY PROGRAMME 1	RUN-TIME	X1	X2	X3	X4
tension and stiffness	1.1	2 min P1	2 min P1	2 min P1	2 min P1
general back ache	1.2	6 min P3	6 min P3	6 min P3	6 min P3
tired and aching muscles	1.3	7 min P2	7 min P2	7 min P2	7 min P2
THERAPY PROGRAMME 2	RUN-TIME	X1	X2	X3	X4
sciatica	2.1	1 min P1	1 min P1	1 min P1	1 min P1
lower back pain	2.2	5 min P4	5 min P4	5 min P4	5 min P4
lumbago	2.3	5 min P2	5 min P2	5 min P2	5 min P2
muscle spasm	2.4	4 min P3	4 min P3	4 min P3	4 min P3
THERAPY PROGRAMME 3	RUN-TIME	X1	X2	X3	X4
headaches and migraine	3.1	3 min P1	3 min P1	3 min P1	3 min P1
neck and shoulder tension	3.2	3 min P5	3 min P5	3 min P5	3 min P5
stress	3.3	9 min P3	9 min P3	9 min P3	9 min P3
THERAPY PROGRAMME 4	RUN-TIME	X1	X2	X3	X4
arthritis and rheumatism	4.1	5 min P1	5 min P1	5 min P1	5 min P1
parkinson's and MS – fibromyalgia and ME	4.2	3 min P2	3 min P2	3 min P2	3 min P2
osteoporosis - joint pain and muscle ache	4.3	7 min P3	7 min P3	7 min P3	7 min P3
THERAPY PROGRAMME 5	RUN-TIME	X1	X2	X3	X4
sluggish lymphatic system	5.1	1 min P1	1 min P1	1 min P1	1 min P1
excess fluid	5.2	5 min P3	5 min P3	5 min P3	5 min P3
detoxification	5.3	4 min P2	4 min P2	4 min P2	4 min P2
cellulite	5.4	5 min P3	5 min P3	5 min P3	5 min P3
THERAPY PROGRAMME 6	RUN-TIME	X1	X2	X3	X4
swollen legs and oedema,	6.1	2 min P1	2 min P1	2 min P1	2 min P1
fluid retention	6.2	13 min P3	13 min P3	13 min P3	13 min P3
THERAPY PROGRAMME 7	RUN-TIME	X1	X2	X3	X4
sport injuries	7.1	3 min P2	3 min P2	3 min P2	3 min P2
excess lactic acid and metabolic waste	7.2	3 min P4	3 min P4	3 min P4	3 min P4
strained and aching muscles	7.3	4 min P2	4 min P2	4 min P2	4 min P2
muscle spasm and cramp	7.4	5 Min P3	5 Min P3	5 Min P3	5 Min P3
THERAPY PROGRAMME 8	RUN-TIME	X1	X2	X3	X4
[This programme is to be used while lying on the stomach]					
digestive and abdominal problems	8.1	8 min P2	8 min P2	8 min P2	8 min P2
colitis and irritable bowel	8.2	2 min P4	2 min P4	2 min P4	2 min P4
period pains	8.3	5 min P2	5 min P2	5 min P2	5 min P2
THERAPY PROGRAMME 9	RUN-TIME	X1	X2	X3	X4
breathing and respiratory problems	9.1	1 min P1	1 min P1	1 min P1	1 min P1
stress and anxiety	9.2	7 min P3	7 min P3	7 min P3	7 min P3
insomnia and sleep disorders	9.3	7 min P5	7 min P5	7 min P5	7 min P5

Safety warning

Cycloidal Massage. Initially use the massage programmes at the pre-set intensity. If any discomfort is experienced then adjust this area to a lower level until the body adjusts to the Cycloidal Massage movement. Avoid using the higher massage intensity settings for the first week of treatments.