

# MYOBUDDY PRO MASSAGER®

User Manual and Technical Guide to Living Well

● RECOVERY ● MOBILITY ● CIRCULATION ●  
● FITNESS ● RELAXATION ● MASSAGE ●

## Contents

● 1 MYOBUDDY PRO MASSAGER® ● 1 white dry-brushing bonnet ● 1 blue lotion bonnet ● 1 user manual

## Features

### ● MYOBUDDY PRO MASSAGER®

- |                             |  |
|-----------------------------|--|
| ★ Variable Speed Switch     | V1 = Percussive Mode V2 = Massage Mode V3 = Friction Mode  |
| ★ User Friendly Grip        | Allows user to easily treat every area of the body.  |
| ★ 8 Foot Long Cord          | Plug in and reach around the couch, desk, massage table, and bed.  |
| ★ Multi-layered Foam Disc   | Soft but firm. Wide but not too big. Round but edgy.   |
| ★ White Dry-Brushing Bonnet | For use <b>over clothing</b> (personal use) or <b>over sheet</b> (professional use) <b>application ONLY</b> . Do not use on bare skin.<br>Handle - Use for <b>hand support only</b> . Do not apply pressure to handle while using. |
| ★ Blue Lotion Bonnet        | For use with lotion, oils, gels and topical applications.  |

## Indications and Suggested Uses

- Treat Moderate Soreness, Aches & Pains due to:
  - stress • chronic pain • muscle tension • circulatory challenges • scar tissue • circulatory challenges
  - accidents, incidents and mishaps
  - exercise • excessive sitting • postural dystonia • excessive standing
- Use in Harmony with:
  - Massage Therapy • Personal Training • Physical Therapy • Yoga Practice
  - Chiropractic Care • Exercise Routine • Fascial Therapy • Relaxation/Spa
  - Home Life • Work Life • Gym Life • Sport Life • Leisure Life

## Technical Guide

- Acute Muscle Soreness:
  - ★ Apply flat spinning disk to sore areas at low-medium speeds for several seconds or until pain decreases. More pressure on the legs, less on the neck. Breathe deeply.
- Moderate Muscle Soreness:
  - ★ Apply flat spinning disk to sore areas at medium-high speeds. Breathe deeply.
- Light Muscle Soreness:
  - ★ Apply edge of spinning disk to a sore area at medium-high speeds for several seconds or until pain decreases. More pressure on the legs, less on the neck. Breathe deeply.
- Increased Circulation:
  - ★ Apply flat aspect of device, at speed V3 to the body in long sweeping strokes from shoulders to feet and back. Take your time but keep it moving. Spend extra time on chronically tight areas. Breathe deeply.

## General Safety Guidelines:

### ⚡ **WARNING! WATER = ELECTRIC SHOCK!**

- Keep dry and away from water • Keep away from hair and jewelry • Keep away from loose fabric

### ⚡ **Contraindications / Do NOT use if these conditions are present:**

- Heart issues and pacemakers • Inflammation, infection, open wounds • Bone fractures or breaks
- Muscle or tendon tears or ruptures • Burns or skin problems • Compartment syndrome, bursitis, gout
- Thrombosis/blood clot • Artificial blood vessel implants • Bleeding disorders/hemophilia
- Tumors/cancer cells • Absolutely anything else you are unsure of!! Ask your doctor if unsure.



- Use White Bonnet over clothing/over sheet application only.
- Use handle for hand support .
- Do not apply pressure to handle while using.

### ⚡ **Caution: PAY ATTENTION!**

- This is a powerful tool When using it on high speed it can get away from you, potentially causing injury, clothing damage, hair entanglement or a broken MYOBUDDY PRO MASSAGER®.
- Always be fully mentally present and aware when operating this machine.
- Whether you are the giver or the receiver, never operate while under the influence.

### ⚡ **Caution: Check with your doctor if you are:**

- Post Surgery • Taking medication • Pregnant • Suffering from recent whiplash or musculoskeletal trauma

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## Product Integrity and Warranty Registration

- ★ A standard 1-year manufacturer warranty covers mechanical failure.
- ★ Must be registered with Myo Buddy Products. Registration available at [www.myobuddy.com](http://www.myobuddy.com).

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