



## **GENERAL SAFETY GUIDELINES**

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

- **Keep dry and away from water**
- **Avoid tangle - Keep away from hair & jewelry**
- **Keep away from loose fabric**

**Caution:** This is a powerful massager. Consult your physician if you are pregnant, post-surgery, taking medication, breastfeeding, have cancer, or if you have a medical condition or medical issue, or are suffering from a recent car accident, whiplash or musculoskeletal trauma. Avoid massage near carotid artery and neck.

**Contraindications - DO NOT USE IF THESE CONDITIONS ARE PRESENT:**

heart disease • heart issues • 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 • are taking anti coagulants • absolutely anything you're unsure of

Read manual, follow Safety Guidelines and consult your physician before using. Discontinue use immediately upon any discomfort or pain.

For use with 110-120V.

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## Myobuddy® Massager Pro User Manual

Recovery | Relief | Mobility | Circulation | Fitness | Relaxation | Wellness

**Myobuddy® Massager Pro** combines vibration, percussion and frictional heat for a professional level massage. It helps increase the circulation through fascia and soft tissue to provide numerous benefits such as: relief from aches, pains and soreness, accelerated recovery, enhanced muscle performance and more.

Variable massage strength levels: For mild to relaxing to intense massages

12 foot long cord: Allows for ease of use around massage table, couch, bed, chairs

Multi-layered foam massage pad: Soft but firm with 3 layers. Wide surface area. Rounded edge.

1 - White massage pad cover & 1 blue massage pad cover

## INDICATIONS AND SUGGESTED USES

### Treat soreness, aches & pains & stiffness due to:

Stress • Chronic pain • muscle tension • circulatory challenges • scar tissue • accidents, incidents and mishaps • exercise • excessive sitting • postural dystonia • excessive standing

### In harmony with:

Massage therapy • body work • personal training • physical therapy • yoga • chiropractic care • exercise routine • fascial therapy • myofascial release • relaxation/spa • home • work • gym • sport • leisure

### Flat Massage Technique

Apply flat spinning disk to massage your areas of need, whether it be for the relief of aches, pains and soreness, increasing circulation, reducing stiffness or more. Massage for 30 seconds to 5 minutes. To generate more heat, raise to level 3, hold and add slight pressure. Remember to breathe deep and enjoy. See “Flat Technique” later in the guide.

### Edge Massage Technique

For a more intense massage, apply the edge of the massage pad to your areas of need, whether it be for the relief of aches, pains and soreness, increasing circulation, reducing stiffness or more. Massage for 30 seconds to 5 minutes. For even more intensity add a little pressure and hold in place for up to 20 seconds, or continuously slide the edge of the massage pad. Remember to breathe deep and enjoy. See “Edge Technique” later in the guide.



### Message Pad Covers (bonnets)

Message pad covers (also called bonnets) are used to cover the foam message pad on your Myobuddy Massager. All bonnets are fully washable and reusable. Use them in the washer and dryer as needed. They are also very durable and long lasting. Not recommended for use directly on skin for people who may have sensitive skin.

**White bonnet:** For use over clothing (personal use) or over a sheet (professional use).

**Blue bonnet:** You may use the blue bonnet with or without lotion, oils, gels, aroma therapy, and topical applications. Apply directly to the bonnet in small amounts. You may even apply salts to help exfoliate skin.



**PUTTING ON THE BONNETS:**



Try stretching your bonnet out first.



Then wrap it all the way around the massage pad, for a secure fit.



Make sure it fits tightly around the whole pad.



**AIR BUBBLE:**



To stop air bubbles from fanning out the bonnet...



...maintain contact with massage pad.



### TURNING IT ON:

3 different levels: Low, Medium and High. Press the button once to start on low, twice for medium, three times for high. Hitting the button a fourth time will turn it off.



**LOW:** Low setting is a very mild and should be used only for light contact – do not apply much pressure when using it on low. Low is often used for tender spots, treating scar tissue, or just a light way to stimulate blood flow and loosen up. You may hold the massage pad flat on your body with very light contact, or use the edge of the massage pad for gentle percussive bounce.

**MEDIUM:** Medium setting provides a relaxing and soothing amount of vibration and percussion with some frictional heat (frictional heat will be more apparent on high). This setting is used for relaxing massages, increasing blood flow, easing soreness, aches and pains and much more. Try holding the massage pad flat against your body for a soothing massage. Then after a good warm up, turn the massage pad on an angle – so you're using the edge of the massage pad to provide a deeper penetrating massage.

**HIGH:** High is the most intense of all settings. Using the flat side of the massage pad on this level will generate a strong vibrational and percussive massage with soothing frictional heat. To increase frictional heat, add a little downward pressure towards the massage pad. Then, hold in one place to feel more heat. Move slowly to the areas of your liking with slight pressure to spread the warmth around. Then, after a good warm up, turn the massage pad on an angle – so you're using the edge of the massage pad to provide a deeper penetrating massage.

**OFF:** Hit the button a fourth time to return the massager to the off position. When not in use - remove the plug from the outlet for general safe keeping.

**GRIP:**

Gripping around the base is the most popular way to handle our massager. It provides excellent control and ease of use. This allows you to massage with just one hand. However, some use their other hand to grip the handle for greater control. If you find gripping around the base of massager difficult, try using two hands.

**FLAT TECHNIQUE:**

Using the massage pad flat on your body will provide a vibrational and percussive massage. Doing this on medium and high will generate soothing frictional heat. To increase frictional heat, turn to the highest level, add a little downward pressure towards the massage pad. Then, hold in one place to feel more heat. Move it slowly to the areas of your liking with slight pressure to spread the heat around.

**EDGE TECHNIQUE:**

For a deeper tissue massage that loosens up fascia and muscle more intensely, turn the massage pad on an angle – and use the edge of the pad. Doing this on high provides our most intense massage. You may benefit from using the flat technique to warm up your muscles right before starting the edge technique.

**LENGTH OF TIME PER MASSAGE**

The length of time for optimal massage may vary from situation to situation and person to person. In general, you can feel the benefits of a good massage in just 30 seconds and you can probably reach the entire body in about 5 minutes. However, some may wish to treat areas for as long as 3 to 5 minutes. You can use daily and multiple times a day. Discontinue use at the first sign of any pain.



Avoid tangle – keep away from hair and jewelry.



## SOME FAQ'S

### **How does Myobuddy® Massage help with workout recovery?**

Post workout massage will keep the fascia from tightening, and push lactic acid and waste, all while oxygenating muscle cells and increasing circulation.

### **How does Myobuddy® Massage help with mobility?**

The percussive massage of the Myobuddy Massager Pro helps release tension and stiffness.

### **What are the benefits of daily Myobuddy® Massage?**

Massaging your body every day can help with aches and pains, muscle soreness, mood, detoxification, muscle performance, stress relief and more.

### **Is it safe to use Myobuddy® Massage on all areas of my body?**

Most bodily areas respond very positively to Myobuddy massage. But be very careful, lightly treating the back and sides of the neck. Do not treat the front of the neck/throat. Do not use on veriscosities, tissue inflammation or healing injuries such as stitches and healing bones. Stay away from tumors, undiagnosed lumps and cysts. Do not use the Myobuddy Massager on your face or head. If you are uncertain about anything, consult your physician prior to use. For complete safety information read the entire safety guide.

### **Can I use lotions and massage oils with Myobuddy® Massager?**

Absolutely! In fact, the Myobuddy Massager takes a little lotion or oil (1.5 tsp) and spreads it very well. Use nutritive oils such as organic coconut oil, cacao butter or jajoba oil. This is especially good after dry-brushing, as dry brushing is exfoliating. We also recommend using aroma therapy oils on the blue pad.

### **Is it safe to use the Myobuddy® Massager on clothing and fabric?**

Yes, the microfiber plush bonnets have some slip, allowing them to glide over most cloth without harm or bunching. Just be sure to keep the spinning disk away from loose, stringy cloth and jewelry. For complete safety information read the entire safety guide.

### **Does the Myobuddy® Massager cause itching?**

No worries! Itching is common feeling with sudden increase in circulation. When the muscle cells and blood vessels dilate, stimulation of the nervous system may create an itching affect.



### **PRODUCT INTEGRITY AND WARRANTY**

The buyer is automatically registered for a 1 year warranty when you make your purchase at Myobuddy.com or at our official Myobuddy® Massager storefront on Amazon. A standard 1-year manufacturer warranty covers mechanical failure. It does not cover failure due to using with improper electric voltage. This unit requires 110-120V. If you purchased from an authorized Myobuddy® reseller – your reseller should have provided you with a warranty form. After filling out the form send it directly to us by email at [info@myobuddy.com](mailto:info@myobuddy.com). Note: if you purchased from a non-authorized reseller, Myobuddy® will not honor any warranty claims.

### **VIDEO INSTRUCTIONS**

We have video demonstrations videos of our massager on all different parts of the body. Visit our website to view the instructional videos: [www.myobuddy.com](http://www.myobuddy.com)

### **CONTACT**

For questions email us at: [info@myobuddy.com](mailto:info@myobuddy.com)

To call customer service dial: 844-696-2833

Visit our website at: [www.myobuddy.com](http://www.myobuddy.com)

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