

# **IQ TECHNOLOGIES**

"Easy Manual"

Here is an instruction manual with a little bit more details

### How To Use IQ Massager Medical T.E.N.S & EMS unit

Tens and EMS units are a safe and natural methods to relieve pain. The units offer a great way to alleviate pain and allow our customers to live a pain-free life.

#### What is a Tens Unit?

TENS( Transcutaneous Electrical Nerve Stimulation) uses a low voltage current to get rid of pain. TENS works by using electric pulses to stimulate the nerve strands. TENS stimulates the body to create more of its natural pain killer called Endorphins.

#### What is a EMS device?

E.M.S ( Electrical Muscle Stimulation)

E.M.S helps prevent and reduce muscle weakness. It is great to use after surgery and injury. EMS increases blood flow, muscle strength and endurance, and range of motion.

IQ Massager can help relieve pain, increase blood flow, strengthen muscles and relieve muscle tension, relieve muscle spasms and reduce acute and chronic pain.

IQ Massager can be used anywhere and anytime.

Follow the instruction below and start your treatment:

Inside the IQ Massager box you should find:

1. IQ Massager controller
2. 2 pairs of adhesive pads
3. 2 wires for dual usage.
4. Usb charger and a wall charger

Step 1: Snap the wire endings into the adhesive pads or accessories

Step 2: Insert the wire into the bottom of the remote

Step 3: Remove plastic film from adhesive pad and apply on tense or painful area. Recommend to use acupuncture chart for best results.

Step 4: Turn the device on with the power switch on the top right corner

Step 5: Press (+) to increase strength and (-) to decrease

Step 6: Press M to move to the next massage. Every time you switch a mode it restarts to 0 strength. Simply press (+) to increase or (-) to decrease

Step 7: For Dual usage plug in II wire and you can adjust strength for I and press (+) and press II and adjust the strength for the dual wire.

Step 8: Adjust the timer by pressing T. Set timer between 10-60 minutes after it will shut off automatically

Step: When you press pause, a lock sign will appear at the top. Press play for the massager to start working again.

Step 9: Enjoy

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## Pro IV

- 1.. Deep Tissue- contracts muscle and releases tension
2. Acupuncture- sharp pulsations to alleviate inflamed areas by using Add to dictionary.
- 3.Tapping- increases blood circulation and oxygenation the inflamed tissues
- 4.Scraping- Deeper tissue massage to release unhealthy elements from injured areas and stimulation blood flow to injured areas
5. Cupping - Relaxation technique that helps tissues develop new blood flow
- 6.Combination - the first 5 modes in a consecutive cycle

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7. Swedish massage - this massage starts light and builds up relieving deeper muscle tension.
8. Thai massage- technique of kneading muscles
9. Korean massage- relaxation massage
10. Shiatsu massage- relaxation massage
11. Foot massage - increase circulation blood circulation and flow between the legs and body.
12. Sport massage- helps regenerate weak muscle tissue

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- 13-15. Sports therapy message which is a combination of EMS technology
- 16-18: different methods of ems