

# MEDISANA®

MC 834

## BACK RELIEF MASSAGER with soothing heat



Art. 89070

Instruction Manual

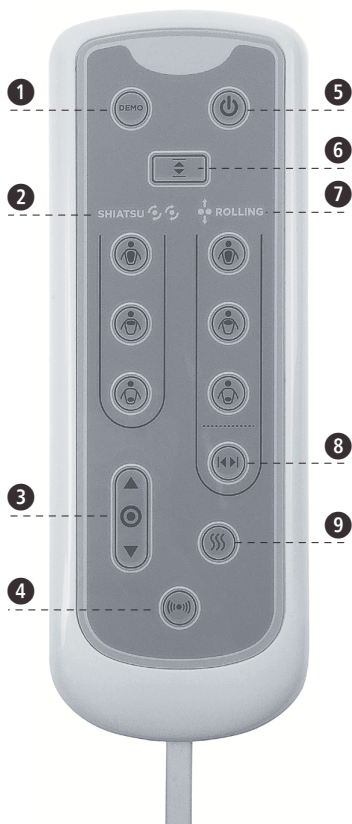
Please read carefully!

CE

## GB Manual


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## Device and controls



*The actual product materials and fabrics may vary from the pictures shown.*





## GB

- 1 **Demo button** – For a brief demonstration of the features of the device, press the Demo button. The unit will briefly go through each function. Once complete, the unit automatically turns off. The LED light will flash to indicate the active functions.
- 2 **Shiatsu programs**  – Choose from 3 preset programs where the Shiatsu massage travels up and down in a specific area of the back. To select a program, simply press the button and the LED will illuminate. To deselect, press the button again or press another button.




 = Full Back

 = Upper Back

 = Lower Back

- 3 **Spot shiatsu**  – While the unit is in shiatsu massage mode, press either button to stop and focus the massage action in one place. Once the unit is operating in Spot shiatsu mode, you may adjust the mechanism position by holding down either button until the desired position is reached.
- 4 **Vibration massage**  – Adds invigorating vibration massage to upper legs/thighs.
- 5 **Power button**  – To turn on the unit, first press the POWER button. The LED indicator will illuminate and confirm your selection. To turn off the unit, simply press the button again. The LED indicator will flash while the back massage mechanism returns to its lowest point and then it will turn off.
- 6 **Perfect fit**  – To customize the massage to your height, press the "Perfect Fit" button at the highest desired position. The massage heads will not travel higher than that position for the duration of the massage. To deselect the Perfect fit feature, press the "Perfect Fit" button a second time. The massage will return to its full motion range.

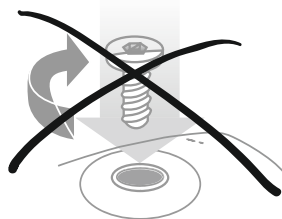
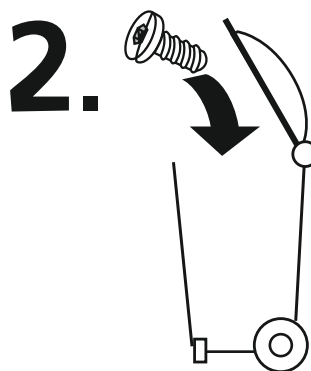
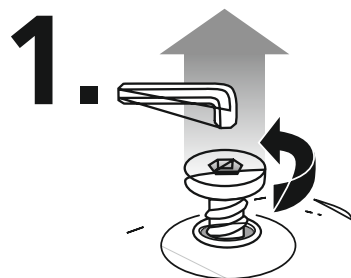
**Rolling Massage** - A rolling massage is like a massage with two hands working up and down your back.

- 7 **Rolling programs**  – Choose from 3 preset programs where the Rolling massage travels up and down in a specific area of the back. To select a program, simply press the button and the LED will illuminate. To deselect, press the button again or press another button.
- 8 **Width adjustment**  – While the unit is in Rolling massage mode for the back, press this button to adjust the distance between the massage heads. With each press, the massage heads will move to the next available position.
- 9 **Heat**  – For soothing heat during massage, simply press the heat button and the orange LED light will illuminate. To deselect, press the button again and the orange LED light will turn off. For your safety, heat cannot be turned on if massage is not selected.

## 10 Shiatsu massage mechanism

**NOTE:** The moving dual massage mechanism on the back always „parks“ or finishes in its lowest position. It will continue to this position after the power has been turned off. If the electrical supply is interrupted, when power is restored, the mechanism will "park" or move to its lowest position.

**CAUTION**  
see page 5  
**3.1 Removal of the transit screw**  
*before using the device*





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## **IMPORTANT INFORMATION! RETAIN FOR FUTURE USE!**

Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use.

Should you give this device to another person, it is vital that you also pass on these instructions for use.

### Explanation of symbols



This instruction manual belongs to this device. It contains important information about starting up and operation. Read the instruction manual thoroughly.

Non-observance of these instructions can result in serious injury or damage to the device.



**WARNING**



**MANUFACTURER**



**Keep dry**



**Protection category II**



**Household use only**

- WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:
- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
- This appliance can be used by adults aged 18 and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by the manufacturer.
- NEVER operate the appliance if it has a damaged mains lead or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the Service Centre for examination and repair. The power supply cord cannot be replaced by service personnel.
- Keep cord away from heated surfaces.
- Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER drop or insert any object into any opening.



- Ensure that the appliance has sufficient air circulation to avoid overheating.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- DO NOT crush.
- This product requires a 220-240 V AC power
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to an authorized Service Centre. All servicing of this appliance must be performed by authorised service personnel only.
- DO NOT sit or stand on the appliance. The unit should only be used when attached to a chair in the vertical position.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- WARNING: No modification of this equipment is allowed.
- Failure to follow the above may result in the risk of fire or injury.
- Burns can result from improper use.
- When the unit is working, do not touch the moving massage mechanism with any body part except your back.
- Massage is considered safe and beneficial for most people. However, as with any treatment, there are a number of contraindications. Please read the following SAFETY CAUTIONS carefully and, if in doubt, always consult a GP or other medical professional before use. This appliance should not be used as a substitute for medical attention.
- **This appliance should NOT be used by someone who:**
  - has a pacemaker fitted
  - is pregnant, or has given birth in the previous 3 months
  - has had a recent operation or acute injury
  - has diabetes
  - is currently undergoing treatment for malignancy
  - has ever had any head, neck, shoulder or back surgery
  - has ever had any pins or joint fusion of the head, neck or spine
  - has broken, inflamed, bruised or damaged skin in the application area
  - has osteoporosis
  - has fever
  - is sleeping, unconscious or under the influence of drugs or alcohol

- **If you suffer from any of the following conditions, then always consult your GP before using this appliance:**
  - inflammation, oedema (or swelling), including arthritis
  - cancer
  - osteopenia
  - any acute musculoskeletal symptom
  - any lumps or bumps in the treatment area
  - cardio-vascular conditions (e.g. thrombosis, phlebitis, hypertension, heart problems)
  - high blood pressure
  - limited sensation in the treatment area; eg. due to insensitive skin, numbness, poor blood circulation or physical disability
  - epilepsy
  - Bell's palsy, trapped or pinched nerves
  - neuritis, nerve damage or nerve inflammation
  - gynaecological infections
  - any condition already being treated by a medical practitioner
- **It is not uncommon with any massage to feel some initial tenderness or discomfort either during and/or immediately after the treatment. However, this should resolve itself quite quickly and the benefits should then be felt. After 3 days, if you are still not experiencing any relief from your pain, then consult your GP before continuing to use this product.**

**GENERAL CAUTIONS:**

- Do not use for longer than 15 minutes per application and leave at least 4 hours between consecutive applications.
  - Take care not to place the appliance on surfaces that may easily be marked or damaged. Not recommended for use on leather or wooden furniture.
  - To avoid injury, use gentle pressure only when leaning back into the Back Massager.
  - When using the heat function, take particular care if you are insensitive to heat.
  - Do not use on infants or children under the age of 18 years.
  - Ensure that all hair, jewellery & clothing is kept clear of the massage mechanism and other moving parts.
  - This device uses the mains plug for isolation from the SUPPLY MAINS, do not position the device so that it is difficult to operate the disconnection service.
- 4

- This product is not a toy, do not play with the mains lead or hand controller, there is a risk of strangulation.

## 2 Useful Information

Lower back pain is one of the most common musculoskeletal problems in modern society and is experienced by 70% to 80% of adults at some time in their lives. Massage therapy has the potential to provide short term pain relief and speed return to normal function.

Potential benefits for back pain sufferers, include:

- Increased blood flow and circulation, which brings needed nutrition to muscles and tissues. This aids in recovery of muscle soreness from physical activity or soft tissue injury (such as muscle strain).
- Decreased tension in the muscles. This muscle relaxation can improve flexibility, reduce pain caused by tight muscles and even improve sleep.
- Increased endorphin levels: the "feel good" chemicals in the brain. This mood enhancer can ease depression and anxiety, which can help reduce pain and speed recovery.

## 3 Operating

### 3.1 Removal of the transit screw

There is a screw fitted in the back of the Massager to protect the mechanism during transit. This **MUST BE REMOVED** before first use to allow the shiatsu feature to function. Failure to remove the screw may cause damage to the mechanism. Use the Allen key provided, then properly dispose of the screw.

### 3.2 Using the appliance

Place the Massager onto a suitable chair, slipping the fastening straps over the back of the chair and adjusting them as required to secure it in position. Plug into a convenient mains socket, carefully routing the mains lead so as not to cause a trip hazard.

When first using the product, we recommend trying the short DEMO program to get a sample of the different features the Massager has to offer. Thereafter, you can use the remote control to customise your massage; adding effects such as vibration and heat, or changing the massage target zone. (See „*Device and controls*“ for more details).

For best results we recommend using the Back Massager twice a day, once in the morning and once in the early evening, preferably prior to eating. Each massage treatment should last for a maximum of 15 mins after which the Massager will automatically switch off.

If the firmness of the treatment causes discomfort, then a towel or blanket can be placed between the back cushion and your back to reduce the intensity. The massager also comes with its' own removable back flap and head rest to add comfort. These can be removed and washed, following the wash instructions on the label.

If you prefer the treatment time to be less than 15 minutes because the area is particularly sensitive, you can choose to end the massage at any time by pressing the Power Button **5**.

Do not exceed 15 minutes use per treatment and 2 treatments per day, leaving at least 4 hours between treatments.

Always switch off at the mains after use.

## **4 Miscellaneous**

### **4.1 Cleaning and maintenance**



There are no serviceable parts, all servicing and maintenance (except cleaning) must be carried out by authorised service personnel only!

#### **Cleaning**

Unplug the appliance and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.

- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc to clean.

### Storage

Store the Back Relief Massager in its box or use the hanging strap as shown. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.



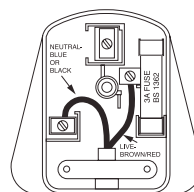
### 4.2 Disposal



This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Consult your municipal authority or your dealer for information about disposal.

### 4.3 Plug (Model D01075AA01-GB)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse. Only use a 3 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



## 4.4 Technical specifications

Name and model	: <b>MEDISANA</b> Back Relief Massager with soothing heat <b>MC 834</b>
Device classification	: Type BF
Power supply	: 220 - 240V~ 50/60 Hz 0.3A
Auto shut-off time	: 15 minutes +/- 2 minutes
Power consumption during standby	: ≤ 0.5W
Operating conditions	: 0°C to 40°C, 0-95% rel. humidity, air pressure 700-1060 hPa
Storage/Transport conditions	: -35°C to 70°C, 0-95% rel. humidity, air pressure 700-1060 hPa
Software version	: D01510AA00-IT-ZX V1.0
Max power PTC heater	: 7.2W
Max. temperature for massage lead	: 57°C
Max. temperature for seat cushion	: 42°C
IP rating	: IP21, protected against solid objects over 12.5mm. Protected against vertically falling drops of water or condensation.
Dimensions (L x W x H)	: Approx. 81 x 45 x 10 cm
Weight	: Approx. 6.1 kg
Article No.	: 89070
EAN Code	: 40 15588 89070 3



**In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.**

The current version of this instruction manual can be found under [www.medisana.com](http://www.medisana.com)

### THREE YEAR GUARANTEE

HoMedics Inc. guarantees this product from defect in material and workmanship for a period of 3 years from the date of purchase, except as noted below. This HoMedics product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Please refer to 'HoMedics Service Centre' information leaflet for details of your local service centre. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee. This guarantee does not affect your statutory rights.

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