



**C O N T A C T   U S :**

Call us at: 03 9111 0453  
[backdoctormassagechairs.com.au](http://backdoctormassagechairs.com.au)  
[info@backdoctormassagechairs.com.au](mailto:info@backdoctormassagechairs.com.au)

**MUSCLE MEDIC PRODUCT MANUAL**

Thank you for purchasing your Muscle Medic massage chair.

You have purchased a chair from Australia's leading massage chair specialist!

This chair was designed to provide excellent relief from back pain, muscle fatigue and all manners of stress.

Before operating your amazing new chair, please read this instruction manual carefully so you can get the most out of your massage experience.

Please pay attention to the important safety warnings and keep this manual for future use.

## CONTENTS

---

Safety and maintenance	01
Name and function of components	03
Functions	04
Method of usage	05
Product specification	12

## Safety and Maintenance

### 1. IMPORTANT SAFETY WARNING

- Do not allow children to touch the moveable parts of this product.
- Please only use the grounding power supply included with this product.
- Please unplug the product when not in use, or before cleaning, to avoid injury or causing damage to the product.
- Please operate this product according to this instruction manual.
- Do not use accessories not recommended by the manufacturer.
- This product is not suitable for outdoor use.
- Any other usage that is not listed in this instruction manual is forbidden.
- The recommended usage time of this product is 20 minutes.
- Please do not use the product if the seat cover or leather is broken or damaged.
- Please do not use it if any ventilation holes are covered or blocked.
- Please do not drop anything into this product.
- Always start with the massage function on a lower strength setting before increasing it, in order to avoid injury.

### 2. Environment for usage

- Keep this product out of high temperature environments. Keep away from fire and long term exposure to the sun.
- Please do not use it in a dusty or caustic environment.
- Please do not use it where there is limited space or poor ventilation.

### 3. People who are not suitable to use this product

- People who are suffering from osteoporosis are not recommended to use this product.
- People who are suffering from heart disease or carrying electronic medical equipment such as a pacemaker are not recommended to use this product.
- Pregnant women or menstruating women are not recommended to use this product.
- People who have injuries or skin disease are not recommended to use this product.
- Children under the age of 14 or people with mental health issues or disabilities are not recommended to use this machine without supervision.
- People diagnosed with medical conditions are not recommended to use this product.
- People who have come in contact with water or those who are wet are forbidden to use this product.

### 4. Safety

- Check that the voltage is suitable to the specification of this product.
- Do not pull the plug with wet hands.
- Do not get this product wet or let it come into contact with water. This will avoid electric shock and damage to the product.
- Do not use wet cloth or any wet material to clean the electric parts of this product such as the switch and plug.
- Stay away from this product during power interruptions to avoid any injury if the power is suddenly restored.

- If this product stops working correctly, please stop using it immediately. Contact the retailer.
- If you feel unwell, stop using the product and consult a doctor immediately.
- This product is not intended for use by individuals, including children with reduced physical, sensory and mental capabilities. This product is also not intended for individuals who lack the knowledge or experience to use it, unless there is proper supervision or they have been thoroughly instructed on how to use it.
- Children should be supervised around and while using the product.
- If the supply cord is damaged, it should be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid hazards.

### 5. Maintenance

- Product maintenance should only be done by approved service agents. Refrain from disassembling the product yourself.
- Always unplug the power cord after product use.
- Do not use this product if the socket is loose.
- If this product is not often used, fold the wires properly and store in a cool, dry and dustless place.
- Keep this product out of high temperature environments. Keep away from fire and long term exposure to the sun.
- If the detachable cord/supply cord is damaged, only use replacements from the manufacturer, its service agent or similarly qualified individuals to avoid hazards.
- Use dry cloth to clean this product. Do not use flammable liquids such as thinner, benzene, or alcohol to clean this product.
- The mechanical components of this product are specially designed and made, it is not necessary to have it regularly serviced.
- To move this product on an uneven surface, it should be lifted. Do not pull or roll it.
- Please use this product intermittently; do not use it continuously for long periods of time.

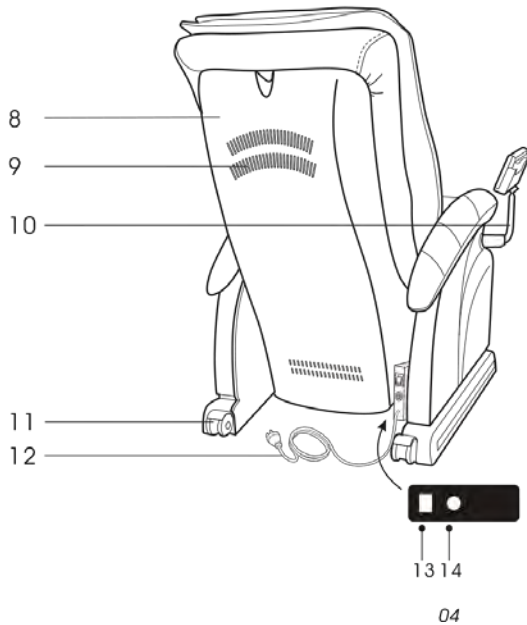
### 6. Solutions to ordinary malfunctions

- It is normal to hear the sound of the motor when the massage chair is in use.
- If the controller does not work normally, please check if the plug and socket are connected properly and make sure that the switch is turned on.
- If the set massage time is over, this product will automatically shut down. If this product is continuously used for a long period of time, the temperature protector will automatically shut down the power. When this happens, this product should be used only after 30 minutes of rest.

Name and Function of Components



- 1. Pillow pad
- 2. Controller
- 3. Armrest
- 4. Seat pad
- 5. Calf support
- 6. Massage points of acupuncture points on sole
- 7. Backrest pad

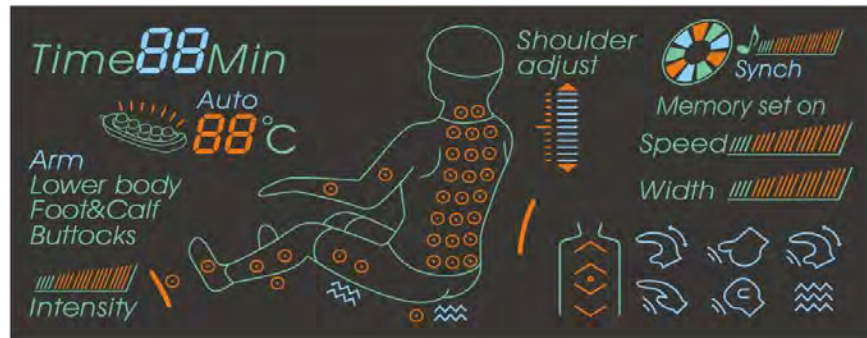


04

Functions

- Designed with a set of vertically movable, four wheel driven, muted, intelligent massage hands.
- Designed with emulation massage methods: shiatsu, kneading, flapping, knocking and simultaneous kneading and flapping.
- Shoulder automatic detection and location setting.
- Set with four types of characterised automatic massage functions: comfort, relax, ache-relief and fatigue recovery.
- Automatic massage options for upper body contain four mode options: overall, neck and shoulder, back and waist and fixed therapy.
- Manual massage for the upper body with three options: fixed, partial, and overall massage. Five levels of speed adjustments in the states of flapping, shiatsu and knocking. The width between the two kneading balls is adjustable in three levels: wide, medium and narrow. On partial and fixed points, the massage hands can move up and down to adjust the massage point accurately.
- Seat vibration function with adjustable intensity options.
- Calf rest and back rest can be reclined either together or independently.
- Restores the massage hands automatically.

Method of Usage



Method of Usage

I. Switch power supply on



II. Operation methods of the remote control

1. Start / Stop the massage of the whole unit

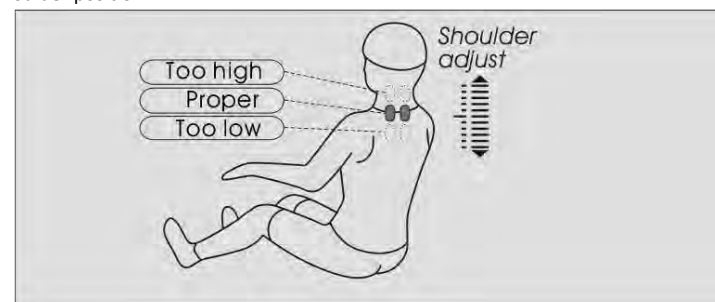
	A. Start the massage of the whole unit
	B. Stop the massage of the whole unit. When stopped, VFD shows the stopping state, and all massage functions will be stopped. In this time, a ticking sound will occur as the mechanical hands, calf support and backrest reset automatically.

2. Start massage

- A. Press power button, massage chair automatically reclines and starts massage.
- B. First, the chair will automatically detect the massage points of the upper body and shoulder position. The machine will emit a ticking sound to signal the completion of this process. At this point, a user may adjust the position of shoulder area by pressing the Up / Down buttons. The machine will enter automatic massage mode if no adjustment of shoulder position is made within 5 to 10 seconds.
- C. Adjusts the position of shoulder massage areas.





	Move the massage hands upward to a suitable position
	Move the massage hands downward to a suitable position





Suitable shoulder position:



Method of Usage



















3. Individualised automatic massage:

Name	Buttons	Massage Aim	Characteristic	State displayed
Characterised Automatic Massage	 COMFORT	For comfort	Relaxes muscles	Auto 01
	 EASE	For relaxation	Promotes blood circulation	Auto 02
	 ACHIE RELIEVING	For relieving aches	Performs deep tissue massage on the finger-pressed points to ease the aching body part	Auto 03
	 FATIGUE RECOVERY	For relieving fatigue	Recovery from fatigue and reinvigorating the body	Auto 04





Name	Buttons	Massage Aim	Characteristic	State displayed
Automatic Massage	 FULL BODY	Massage in full range	Performs massage mainly on the whole upper body	Auto F1
	 NECK & SHOULDER	Massage of neck & shoulder	Performs massage mainly on neck and shoulder	Auto F2
	 BACK & WAIST	Massage of back & waist	Performs massage mainly on back and waist	Auto F3
	 FATIGUE RECOVER	While selecting the fixed point massage site under the automatic massage mode, the lowest position of the waist will be taken as the baseline, and 8 positions above the baseline will be divided for the automatic massage. VFD auto mode will display sequentially (F4, F5, F6...F9, FA, FB). Any functions under the automatic massage mode may be selected by pressing the UP / DOWN key for the fixed point massage.		

Method of Usage

4. Manual massage:






Function	Buttons	State of Description & Display	Adjustment of Massage Ball
Massage Modes	Finger Pressing  SHIATSU		Speed, width
	Kneading  KNEAD		Speed
	Patting  FLAP		Speed, width
	Kneading & Patting  KNEAD&FLAP		Speed
	Knocking  KNOCK		Speed, width
Relaxation Of Back	 BACK STRETCH	Massage at fixed Points 	UP key: Moves massage hands up in fixed point and local massage modes to accurately locate accurately massage points; DOWN key: Moves massage hands down in fixed point and local massage modes to accurately locate accurately massage points;
		Reciprocal massage in a small (local) range 	
		Reciprocal massage in the upper body (whole range) 	
Speed	 SPEED	Speed 	There are 5 selectable ranges of speed
Width	 WIDTH	Width 	There are 3 selectable ranges of width

5. Vibration



Function	Buttons	State of Description & Display
Seat Vibration	 BUTTOCK VIBRATION	Controls vibration of the seat area 
Intensity	 INTENSITY	Strength options for seat vibration function 



Method of Usage



6. Pneumatic massage

Functions	Buttons	Description	Characteristics
Lower Body		Turn the function of pneumatic massage for the lower body on or off	Two intensity options
Buttocks		Turn the function of pneumatic massage for buttocks on or off	Two intensity options
Feet		Turn the function of pneumatic massage for feet on or off	Two intensity options
Intensity of Air Pressure		Turn the intensity of pneumatic massage on or off	Divided into two ranges: Strong and Weak
Calf Stretching		By pressing down this button, the function of leg stretch will be enabled under the mode of pneumatic massage for lower body or feet.	

7. Adjustment of calf support and backrest

Calf Lifting		Lifting the Calf Support: Hold this button down to lift up the calf support, and release it to lock the calf support in position.
		Reclining the Calf Support: Hold this button down to lower the calf support, and release it to lock the calf support in position.

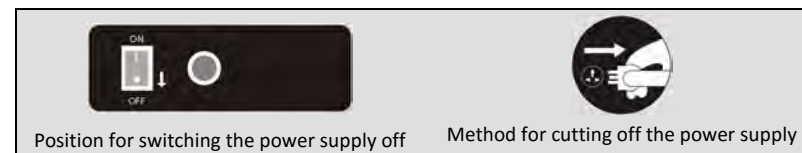
Backrest Lifting		Lifting the Backrest: Hold this button down to lift up the backrest slowly, and release it to lock the backrest in position.
		Reclining the Backrest: Hold this button down to lower the backrest slowly, and release it to lock the backrest in position.

Backrest Lifting		Rise & Sit button 1: Hold this button down to lift up the backrest slowly while the calf support is lowered slowly. Release it to lock them both in place.
		Lie button 1: Hold this button down to lift down the backrest slowly while the calf support is lowered slowly. Release it to lock them both in place.
		Rise & sit button 2: Hold this button down to lift up the backrest slowly while the calf support is lowered slowly. Press any other button (excluding Lie button 2) to lock them both in place.
		Lie button 2: Hold this button down to lift down the backrest slowly while the calf support is lowered slowly. Press any other button (excluding Rise & sit button 2) to lock them both in place.

Method of Usage

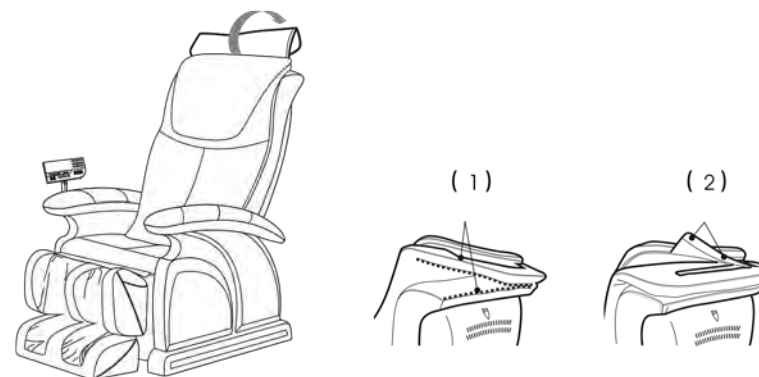
III. Switch off the power supply to finish the massage

1. Pressing the power button during the massage will stop all functions, and the backrest and footrest will return to its original position automatically. Meanwhile, you can set up the memory function. If the rated working time finishes, the massage functions will turn off but the backrest and footrest won't return to their original positions.
2. Switch off the power supply of the whole unit.



IV. The padding and back cushion assembling and operation massage

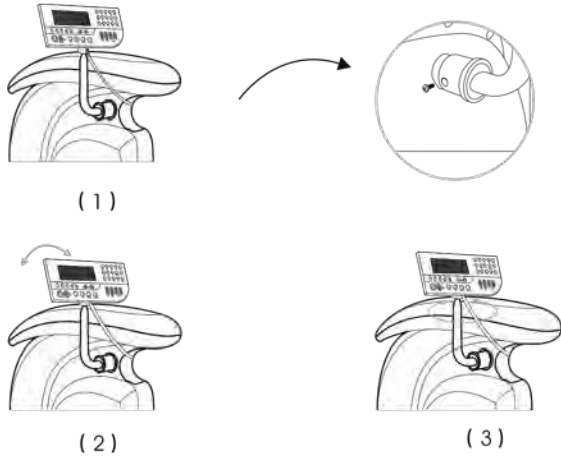
Using pillows can reduce the kneading massage intensity on the shoulder and neck. You decide whether the pillow pad is needed according to your preference (recommended). The backrest cushion and backrest are connected by zipper (1), head cushion and backrest pad are connected by thread gluing (2).



Method of Usage

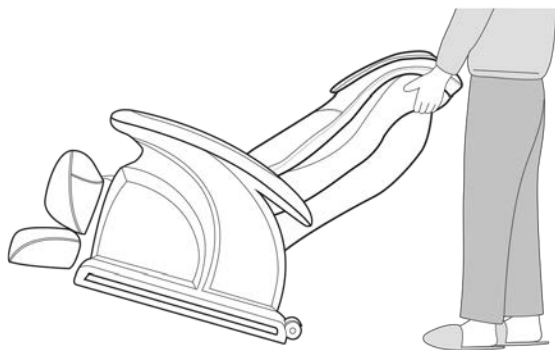
V. Installation and use of the controller and table tray

1. Install the controller shelf on the massage chair.
2. The controller can vertically rotate 180 degrees.
3. The controller can be controlled and rotated 360 degrees horizontally.



VI. How to move the chair

Make sure that all wires are not on the ground. Tilt the backrest backward to a certain degree (with the gravity centre resting on the wheels), push the chair forward or backward with your hands and finally place the chair back in its normal position in a slow and gentle manner.



Product specification

Model: Muscle Medic  
 Configure: 06  
 Rated Voltage: 110-120V – 60Hz  
 220-240V – 50Hz/60Hz  
 Rated power input: 150W  
 Rated time: 15 Min Safety  
 Structure: Class I

Material introduction: PVC, PA, steel parts and electric & electron parts

MATERIAL	PU	LEATHER	CLOTH	WOOD