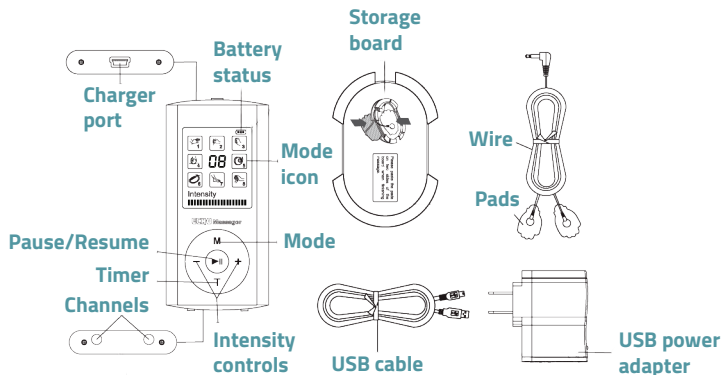


The background of the cover is a dark teal color with a subtle, repeating pattern of small, light-colored dots. On the right side, there is a vertical, glowing green and yellow abstract shape that resembles a stylized flame or a liquid column. The text is positioned on the left side of the cover.

ECHO

Messenger Pro

User manual



Item check list

Check that all the following items have been included with your massager. If anything is missing, contact your dealer.

- Control unit
- USB charging cable
- USB power adapter
- 2 electrode lead wires
- 2 sets of electrode pads
- Storage board for pads
- User Manual
- Warranty information

For your safety

Do not use this device if you have a cardiac pacemaker, are pregnant, have been diagnosed with cancer, have undiagnosed pain symptoms etc.

For chronic medical conditions and for your peace of mind we recommend you to check with your physician before using this device.

Do not use on children, sleeping people and while operating machinery.

Do not apply to frontal neck area, transcerebrally, transthoracically, over eyes and mouth.

Do not share the electrode pads, cross contamination can occur.

Discontinue use if you experience adverse reactions.

Quick Start Guide


- ✍ Remove the device from the tray.
- ✍ Plug the smaller end of the USB charging cable into the top of the device & the larger end into a power source. Charge for 8 hours.
- ✍ Disconnect from power source and plug 1 electrode lead wire into either one the 2 ports at the bottom of the device.
- ✍ Snap electrode pads onto both ends of the lead wire.
- ✍ Take the protective plastic films off the adhesive surface and stick both pads on bare skin, on the same body part of your choice, making sure electrode pads do not overlap.
- ✍ Slide the power switch located on the top of the unit into ON position (the screen should come on).
- ✍ Press the + key located on the right side of the dial as many times as needed until the sensations are strong enough. To reduce intensity, use the – key. To change settings press the M key located on the top of the dial. Make sure you increase the intensity every time you change the setting.

TIP: the ►|| key in the middle of the dial is for LOCK/UNLOCK purposes only. By pressing it, you lock the device. To operate device make sure you do not press this key.

How to use the buttons

ON/OFF power switch: slide right/left to turn the control unit ON/OFF.

M: mode selection (by pressing this key you can follow the icons animating on the screen. The mode that is active is the one with a flashing icon.

If the key symbol  is flashing your device is in LOCK/PAUSE position, please press the ►|| key once to unlock keys and resume operation.

T: timer selection (default: 20 minutes, shown in the middle of screen).

+/-: intensity adjustment (+ to increase & – to decrease. Intensity is shown in bars shown below the word “Intensity” from 0 to 20).

►||: lock/unlock (press it to PAUSE the use of the device). Press it again to UNLOCK and RESUME use. The lock function is ON when the key lock icon appears in the top left corner of the screen.

TIP: The device will only send out electrical pulses when there is a lead wire connected to the control unit, with 2 electrode pads attached to it AND only if BOTH electrode pads are on your skin.

Charging/Recharging battery

Attach the USB cable into the power port and into the USB power adapter. The power port is located on the top of your device. Plug the adapter into an electrical outlet to charge the battery. You can also charge your ECHO device by detaching the USB cord from the power adapter and connecting it to a computer's powered USB port/hub.

Care instructions

Do not use your device or its accessories in rain, or near sinks or other wet locations. If it does get wet, unplug all cables, turn off the power. Wait for the device to dry completely before sliding the switch to power again.

Your lead wires and electrode pads are made of durable and long-lasting materials. Nevertheless, they are consumable parts therefore it is entirely up to you how frequently you will be replacing them. Always wipe your skin clean before applying the pads and apply a few drops of water on the adhesive side in order to maintain their stickiness.

Replace electrode pads that do not adhere fully to your skin or are damaged.

TIP: Remember to never stick the electrode pads together as it will permanently damage them.

Use only electrode pads supplied by the manufacturer, as other electrode pads may present incompatibility and user hazard. Always power off device before moving the pads to a different spot/location or taking them off.

We also recommend

Your ECHO device is equipped with 2 lead wires and 2 sets of electrodes for a dual stimulation. Our wires are universal and interchangeable between all our accessories: electrode pads, shoes etc.

For a more targeted and specialized use, please consider:

- ✓ Echo Massager Shoes
- ✓ Multi-purpose Belt
- ✓ Other products

...available at [**www.echomassager.com**](http://www.echomassager.com)

A little bit of science

What is **TENS**? Transcutaneous Electrical Nerve Stimulation. Cutting-edge, non-invasive nerve stimulation technology used for temporary pain relief. What is **EMS**? Electrical Muscle Stimulation. Revolutionary, modern day technology designed to stimulate, improve & facilitate muscle performance.

Attach the electrode pads to the muscle of your choice. Select the mode and power within a comfortable range and let the device do the rest.

FDA has granted this device a Class II medical device classification. It offers 8 different patterns of bio-electrical waves and it operates on dual channels in order to enhance and increase coverage. Make sure to experiment with the modes and various intensities as individual tolerance & efficacy may vary. For best results, **our recommendation** is daily use, several times a day, 20 – 60 minutes at a time or as needed. Adding a little stretching before and after use will dramatically improve results.

How-to for best results

Always apply 2 or 4 electrode pads simultaneously (**1 pad will not work**). Try to focus on a specific body part at a time. For example, if you have a sore shoulder, attach the electrode pads directly to the problematic shoulder. Target the most painful spots. You can “surround” the painful area by sticking the pads either around it and directly to it on the same body part or on opposite body sides (front&back/ left&right). The latter works best for joints.

TIP: Every individual has unique muscle and nerve systems, experiment by moving pads around to find best application points.

Troubleshooting

↙ **Screen is on, but no sensation is felt in the electrode pads.**

Ensure that the lock key is off, the lead wire is fully inserted into the port, 2 electrode pads are connected to the wire and both pads are attached to bare skin on the same body part. Increase intensity gradually.

↙ **Device does not turn on or the screen is dim.**

Battery is low, needs to be charged/recharged.

↙ **One pad feels stronger than the other.**

Reposition pads by moving them around for the most comfortable sensation. However, this is entirely normal, as different areas have different sensitivity.

↙ **During use there is a burning, stinging sensation from the pads or they do not stick well to the skin.**

Try cleaning them with plain water, reposition pads to a muscular area, not directly on bone. If still no change, it may be time to replace the electrode pads. Contact local supplier/ visit us at www.echomassager.com to order replacements.

↙ **Did not provide adequate relief.**

Being a drug-free stimulation highly dependent of individual factors, it may require longer/extended use. We recommend daily use, several times per day, 20-60 minutes per session.



www.echomassager.com