

**Thank you for choosing the OSITO REFLEXOTHERAPY DEVICE. Please read this manual carefully and learn how to handle the device in the correct manner before using it. Pay special attention to the safety instructions and keep this manual for future reference**

## INTRODUCTION

- The central feature of this infrared device is the reflexotherapy system.
- The reflexotherapy method is based on the emission of a series of small electrical impulses which help activate the circulation. There are no adverse effects and it is perfectly safe.
- This device has been designed with infrared radiation based on modern science and traditional Chinese medicine. It features high frequency, magnetism and heat treatment.
- It possesses 25 different programmes for the various parts of the

## SAFETY PRECAUTIONS

The product should be used in the correct manner, as explained in this manual, in order to prevent physical and material damage.

## USE

- Never use the device in places which are damp or extremely dusty, as this may result in mechanical failure.
- Never place the device in sources of heat or in the sunlight.
- Never use the device when asleep or when going to sleep.

## UNSUITABLE USERS

You should consult your doctor prior to using the Reflexotherapy Device if:

- You re pregnant.
- You have a fever.
- The doctor has recommended you rest or you are not feeling well.
- You are convalescing on the doctor's orders.
- You suffer from a chronic illness or cancer.
- You have cerebral lesions (clots, lacerations, traumatism, etc.)
- You are recovering from an operation to the upper part of your body, buttocks, thighs or calves.
- You suffer from a cardiac disease, heart-related problems or use an electronic medical device.
- If you use a pacemaker.
- You are injured or have a skin disease.
- You have broken or malformed bones.
- This device is not suitable for children, the disabled or invalids.
- The use of the same is not recommended for people with psychic problems.

## WHILE IN USE

- Place the Reflexotherapy Device on a flat surface.
- Do not use the device together with other therapeutic equipment or electrical medical apparatus and similar.
- Do not sit on the device, as you might break or damage the equipment.
- Please do not ingest liquids when using the device to avoid spilling the same on the equipment.
- Do not use the device on any wet part of the body, as this may result in mechanical failure or even an electric shock.
- Your body should be relaxed during treatment.

• **Do not use the device immediately after meals; wait for at least 1 hour.**

• **Daily use should be limited to a maximum of 25 minutes.**

### THE USE OF THE ELECTRODES

• The use of the electrodes is only allowed on the arms, legs, abdomen and back. The rest of the body should be treated with reflexotherapy.

• Do not pick up two electrodes at once.

• Put the protector back in the gel after each use in order to ensure the electrode works well.

• Keep the electrode gel clean, away from high temperatures and sunlight.

• If the electrode gel isn't sticky enough due to dirt, clean it with a damp cloth or purchase new ones by contacting the technical assistance service.

• Do not use chemical products to clean the electrodes.

### THE DEVICE SHOULD NOT BE USED IN THE FOLLOWING CONDITIONS:

• If it has fallen into water: the device should not be placed in or come into contact with water or other liquids.

• If you feel strange or extremely uncomfortable when using the device, turn it off immediately and call your doctor.

• During an electrical storm.

• If you have a damaged or mal-functioning plug or cable.

### WHEN THE DEVICE IS NOT IN USE

• Ensure the device is turned off after use.

• Unplug the device from the mains immediately after use and prior to cleaning.

• Store the device in a clean and dry location.

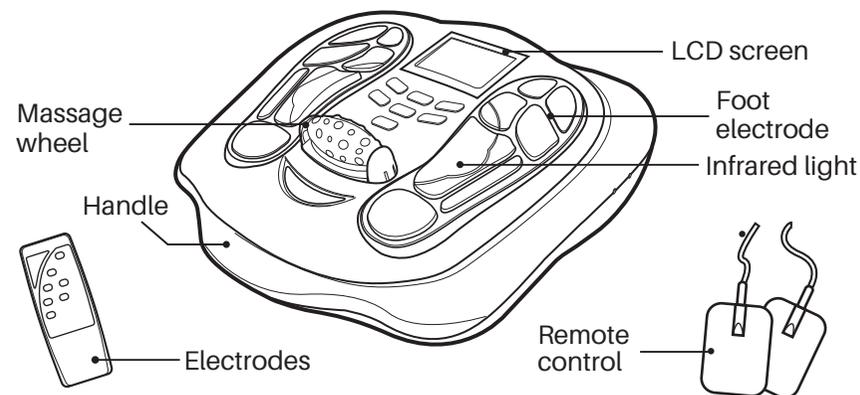
### CORRECT USE OF THE PLUG

• Check the voltage is correct.

• Never directly remove the cable. When unplugging the device, disconnect it from the plug, not the cable.

• Do not unplug the device when your hands are wet.

### STRUCTURE OF THE DEVICE



## OPERATING GUIDE

1. Place the device on a flat surface and plug it in.
2. Place your bare feet on the device. Both your feet should be in position to guarantee the device begins to operate correctly.
3. Press down the ON/OFF button for a few seconds and the LCD screen will light up.
4. Press the MODE button and select the programme you wish to use from the 25 available.
5. Press ▲SOLE/BODY to increase the intensity of the impulses and ▼SOLE/BODY to reduce the intensity of the same.
6. You may choose the programme best suited to your needs. Changing the programme while the device is in operation is not recommended. If you do so, the intensity will move to level 0 to

### • Reflexotherapy Programmes

The table below illustrates the 25 programmes the device features. These programmes merely mitigate and help the issues described. Interrupting a programme halfway through treatment is not advisable in order to guarantee a greater effect.

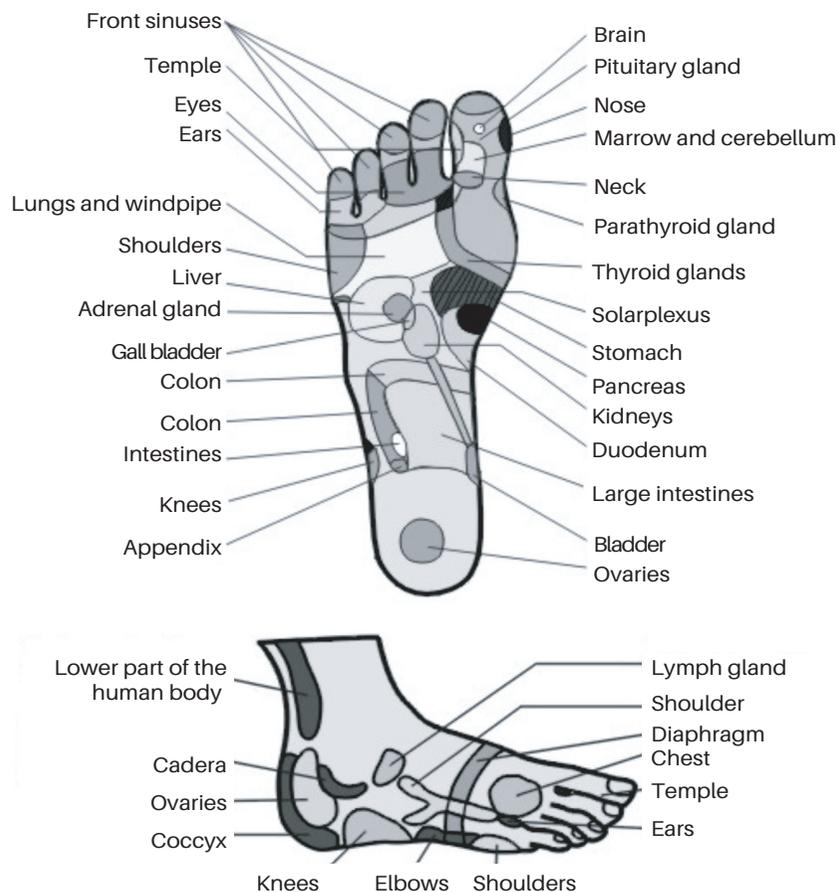
## Description of Modes

Mode	Type	Usage
1. Accupuncture Pushing	TENS	High blood pressure
2. Accupuncture	TENS	Headache
3. Accupuncture Kneading	TENS	Abnormal menstruation
4. Accupuncture Tapping	TENS	Lumbar strain
5. Scrapping	TENS	Tired feet
6. Squeezing	EMS	Sciatica
7. Massage	EMS	Immune system
8. Pushing Massage	EMS	Lumbago
9. Pushing Squeezing	TENS	Muscle relaxation
10. Accupuncture Squeezing	TENS	Muscle activation
11. Accupuncture Hammering	TENS	Neck pains
12. Kneading	EMS	Chest pains
13. Thumping	TENS	Apoplexy
14. Scrapping Pressing	TENS	Constipation
15. Cupping	EMS	Stomach ache
16. Body Shaping	EMS	Weight loss
17. Hammering	EMS	Insomnia
18. Massage Tapping	TENS	Fatigue
19. Pushing	EMS	Pain in the vertebrae
20. Rolling Pounding	EMS	Neurasthenia
21. Squeezing	EMS	Osteoporosis Osteoporosis
22. Stoke	TENS	Cervical spondylosis
23. Accupuncture Therapy Massage	TENS	Arthritis/Rheumatism
24. Shiatsu	TENS	Blood circulation
25. Rolling Kneading	EMS	Stress

### • Map of the foot in relation to bodily ailments.

Reflexotherapy is a science which addresses one of the most sensitive parts of the human body – the feet. It consists of the activation of certain areas which determine a connection with human organs via the sole of the foot.

The diagram below illustrates the relationship between the feet and bodily ailments.



### The use of electrodes

The Reflexotherapy Device comes with gel electrodes to activate or relax the muscles. Muscular stimulation using electrodes is a technique used to tone, remodel, reaffirm and maintain muscle definition.

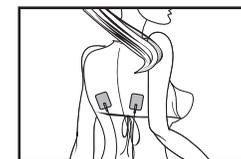
1. Connect the electrodes to the main device.
2. Place the electrodes on the area you wish to treat (arms, legs, abdomen or back).
3. Select the programme for your purpose: Programme 9 (muscle relaxation) or Programme 10 (muscle activation).
4. Increase the intensity gradually until you feel the impulses (the level of intensity may vary in accordance with the sensitivity of the individual).

### N.B.:

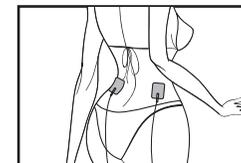
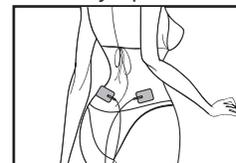
- Do not use the electrodes at the same time as the Reflexotherapy programmes.
- The use of these electrodes is only allowed on the arms, legs, abdomen and back.
- The remainder of the body should be treated at another time using reflexotherapy, by placing your bare feet on the device.
- Do not place the electrodes on damaged areas or muscles.

### Electrode pads therapy usage example

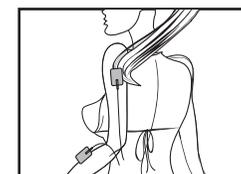
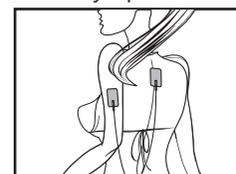
Shoulder and back Symptoms (Shoulder, back muscular pain and so on) Cutline



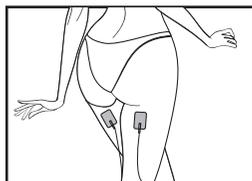
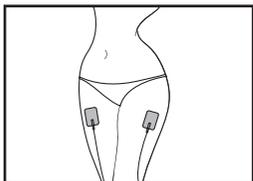
Waist Symptoms (Waist muscular pain and so on) Cutline



Arms Symptoms (Numb arm, muscular pain and so on) Cutline



Legs Symptoms (Legmuscular pain and so on) Cutline



### MAINTENANCE

- Please disconnect the cable from the plug after use.
- Check the device is disconnected prior to cleaning.
- Any oil stains should be cleaned using a cloth and cleaning material.
- Do not clean the switch and the remote control with a damp cloth, as this may result in irreversible mechanical failure.
- Do not clean the device with brushes or hard materials which might

### TIPS

- To ensure the device operates correctly the user should pace both bare feet, with no socks, on the base of the device; otherwise it will not work.
- If your device does not work after being turned on, check it is properly connected, check the cable connecting the device to the plug and turn the device on and off once again.
- If it stops suddenly, check the time has not elapsed and restart the reflexotherapy device.
- Do not use the reflexotherapy device for more than 25 minutes a day.
- The use of electrodes is intended to activate the muscles of the arms, legs, back and abdomen. Do not use them on any other areas of the body not specified in this manual. Specific programmes exist for the treatment of the rest of the body using reflexotherapy (placing the bare feet on the device).

## Technical specifications

Explanation of figures, symbols, warning stanents and abbreviations on the equipmen

1		(Symbol for "BATCH CODE". This symbol should be with Production Batch No, and next to graph, batch code and lot number and batch number and so on) Examples:  ABC123
2		(Symbol for "DATE OF MANUFACTURE". This symbol should be next to number) Production date of medical equipment (use mark  in front of theoroduction date)
3		Symbol for "ATTENTION, CONSULT ACCOMPANYING DOCUMENTS"
4		After the adoption of the CE certification, CE mark is, as followed, drawn. Its vertical height shall not be less than 5mm, clearly visible, clear, durable, the CE conformity assessment procedures are made by a Notified Body, the Notified Body registration number should be the side of CE mark (Usually in the bottom right). The diameter of the CE marking should be not less than the 5MM semicircle of the two makes up, the XXXX at the lower right corner is the Notified Body identification number, such as the ITS-0413. All medical products sold in the EU market must have the "ICE". Affix the CE mark indicates that: A. The equipment to meet the basic requirements of the MDD; B. The equipment within the EU can be legally sold in the market C. The device has passed the conformity assessment procedures. The CE marks affixed to the medical devices have two types. That is, CE mark without Notified Body identification number and CE Mark with Notified Body identification number.
5		The Symbol for the Manufacturer (the "manufacturer" tag), the tag should contain the company name and address of the manufacturer. Product manufacturers, CE represents the name and address of importers and/or distributors.

6		Symbol for "Authorized Representative in the European Community" ("EU authorized representative" tag), the tag should include the company name and address Of the company authorized bythe European Union.
7		The waste products should be handled legally.
8		BF devices
9		Upside
10		Fragile
11		Keep dry
12		Stacking
13	<b>SN</b>	Device's serial number
14	<b>IP21</b>	Protected from touch by fingers and objects greater than 12 millimeters and protected from water spray less than 15 degrees from vertical.

**Storage / Maintenance**

The Reflexotherapy Device comes with gel electrodes to activate or relax the muscles. Muscular stimulation using electrodes is a technique used to tone, remodel, reaffirm and maintain muscle definition.

1. Connect the electrodes to the main device.
2. Place the electrodes on the area you wish to treat (arms, legs, abdomen or back).
3. Select the programme for your purpose: Programme 9 (muscle relaxation) or Programme 10 (muscle activation).
4. Increase the intensity gradually until you feel the impulses (the level of intensity may vary in accordance with the sensitivity of the individual).
5. Please do not mantle, repair or rebuild the machine yourself, or manufacturer will not guarantee the repairing and after-sale services.
6. If not used for a long time, please remove batteries from the remote controller.

**Environmental protection**

Please make a rubbish classification after use, such as electrode pads, carton box and so on.

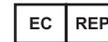
**Specifications**

Model number:AST-300D

This equipment belongs to Type BF of Class II according to Clause5.



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Longgang street, Longgang district,  
Shenzhen city, Guangdong Province, China



Wellkang Ltd  
SuiteB,29 Harley Street, LONDON W1G 9QR, England, United Kingdom

Rated: 5 V dc, 1000 mA

Powered by adaptor: WT0502400

Rated Voltage: 100-240V

Rated input: 0.1 A

Output waveform: Square wave

Pulse repetition frequencies: 10-100HZ

Maximum amplitude Of output voltage: 72V

Software version No:MC0188F-REV-V1.0

Operation condition:

10-40 °C

30% RH~75%RH

860 hpa to 1060 hpa

Store and transport condition:

0-40 °C

≤80% RH

860 hpa to 1060 hPa

Rated frequency: 50-60Hz

Rated output: 5v 1000mA

Pulse duration: 115 μs

Effect Of load impedance: IKΩ

Thank you for the Reflexotherapy Device and for having placed your trust in our company. Each of our products is guaranteed for 2 years from the date of purchase, provided that the requirements cited in the product's instruction manual are met. In any case, we recommend that you register your product to activate the warranty \*. Our guarantee gives you the peace of mind that your product will be repaired in the event of a problem.

### **TECHNICAL ASSISTANCE SERVICE - OSITO**

The Reflexotherapy Device has a 2-year warranty from the date of purchase, as long as the purchase invoice is kept and sent, the product is in perfect physical condition and is properly used as indicated in this manual Instructions.

#### **The warranty will not cover:**

- If the product has been used beyond its capacity or usefulness, abused, beaten, exposed to humidity, treated with any liquid or corrosive substance, as well as for any other fault attributable to the consumer.
- If the product has been disassembled, modified or repaired by persons not authorized by the official OSITO.
- If the incident is caused by normal wear of the parts due to use.
- The cost of the postage for the collection of the product or the delivery.

If on any occasion you detect an incident with the product, you should contact your distributor or the official Technical Assistance Service and send the product purchase invoice via e-mail:

E-mail: [osito\\_service@163.com](mailto:osito_service@163.com)

E-mail: [szaosto006@163.com](mailto:szaosto006@163.com)

You can download the manual and watch the operation video on our website.

Official website: <http://www.szosto.com/product.html>

Watch the video: <http://www.szosto.com/product.html>

Download manual: <http://www.szosto.com/download.html>