



Contents	
Foreword	
1. SAFETY GUIDE	2
1.1 Intended Use / Indications for Use	2
1.2 Special Population	2
1.3 Contraindications	2
1.4 Warnings	3
1.5 Precautions	3
1.6 Adverse Reactions	4
2. DEVICE DESCRIPTION	5
2.1 General Description	5
2.2 Device Components	6
2.3 Treatment Modes	8
2.4 Specifications	8
3. OPERATION	10
3.1 Functional operation	10
3.2 Charging Operation	10
3.3 Remote Control Operation	11
3.4 Key of operation	13
4. STORAGE	14
5. TROUBLE SHOOTING	14
6. DISPOSAL	15
7. LIFE EXPECTANCY	16
8. WARRANTY CARD	16
9. LABEL SYMBOLS	17
10. ELECTROMAGNETIC COMPATIBILITY	18

Foreword	
Thanks for your purchasing Neck Care Therapy, Model: AST-905H. Before using, please read the user manual carefully, especially the SAFETY GUIDE, so that you can operate it correctly, and user manual should be well kept for your reference at any time.	
If your Neck care therapy is not functioning properly, discontinue using your device and contact Shenzhen OSTO Technology Company Limited to service or replace your unit.	
Warning: Do not attempt to repair any portion of the Neck Care Therapy-AST-905H. This appliance has no user-serviceable parts. If a malfunction occurs, contact Shenzhen OSTO Technology Company Limited.	
Features	
1. Used for temporary relief of neck muscle soreness caused by sports or normal household and work activities.	
2. Modern sleek design: The neck massager is so compact and exquisite design: With two massage heads, the massage area is larger and the experience is more comfortable.	
3. Pulse: 10 Modes, Intensities: 50 Levels, Heating: 3 levels.	
4. Temperature: 0-42 °C, Time: 5-30mins. Intelligent temperature control can be adjusted according to your need.	
5. 3D intelligent bonding technology to automatically adjust to your neck curve, fit well for most people.	
6. Easy operate with the remote control.	

1. SAFETY GUIDE	
Please read the entire instruction manual before you use Neck care therapy, Model: AST-905H. It will give you a better understanding of how the product works. If you are unsure whether a medical condition should preclude you from using the device, consult your physiotherapist, osteopath, or medical practitioner. During the heavy days of your period do not use the unit. Neck care therapy, Model: AST-905H is intended to use on healthy muscles only.	
1.1 Intended Use / Indications for Use	
To be used for temporary relief of pain associated with sore and aching muscles in the neck, due to strain from exercise or normal household and work activities.	
• Neck Pad is used in neck.	
1.2 Special Population	
• The Neck care therapy, Model: AST-905H is mainly used for adults, not for any children.	
• Pregnant women and women in Menstrual period, skin sensitive, heart disease, abnormal blood pressure, malignancy, cerebrovascular patients, acute patients or other doctors who are being consulted before the need to consult a doctor before using this product.	
1.3 Contraindications	
For the following patients, they only can use Neck care therapy, Model: AST-905H after consulting doctors; otherwise it may be caused by accident or physical discomfort.	
• Patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.	
• Patients whose pain syndromes are undiagnosed.	
• Patients who have skin sensitive, heart disease, abnormal blood pressure, malignancy, cerebrovascular patients, acute patients or other doctors who are being consulted.	
• During pregnancy or Menstrual period.	
• Infants or children who cannot express themselves.	

1.4 Warnings	
1. DO NOT USE THIS DEVICE UNDER THESE CONDITIONS	
1) Before using this device, consult with your physician if you are the susceptible individuals. The device may cause lethal rhythm disturbances in certain susceptible individuals.	
2) Have medical electronic equipment, such as cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.	
3) Use simultaneously a life-supporting medical electronic devices such as an artificial heart and lung to maintain life with medical electronic equipment, electrocardiograph and other medical electronic equipment.	
4) In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.	
5) On open wounds, rashes, swollen, red, infected or inflamed areas or skin eruptions (e.g., pilielitis, thrombophlebitis, varicose veins), On top of, or in proximity to, cancerous lesions.	
6) Do not use the device over areas of skin that lack of normal sensation. On the opposite sides of your head since the effects of stimulation of the brain are unknown.	
7) Place pads over jewelry or body piercings.	
8) If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult your physician.	
9) There's potential electromagnetic or other interference. Operation in close proximity (e.g. 1 m) to a microwave or microwave therapy, the device may produce instability in the stimulator output.	
2. DO NOT USE ON THESE INDIVIDUALS	
1) Pregnant women, because the safety of electrical stimulation during pregnancy has not been established.	
2) Children or infants, because the device has not been evaluated for pediatric use.	
3) Persons incapable of expressing their thoughts or intentions.	
4) Patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.	

2. DEVICE DESCRIPTION	
This instrument is a new generation of household multifunctional device based on physics, modern microelectronics and clinical practices, it uses low frequency electrotherapy, and circular traction vibration to temporarily alleviate the pain associated with sore and aching muscles in the neck. The Neck Pad is used in neck and it accord with human body cervical physiological curvature of streamlined ring design.	
The device has 10 modes and 50 pulse intensities as the device can give certain electrical pulse through the Neck Pad to help users to enjoy neck therapy.	

2.1 General Description	
This instrument is a new generation of household multifunctional device based on physics, modern microelectronics and clinical practices, it uses low frequency electrotherapy, and circular traction vibration to temporarily alleviate the pain associated with sore and aching muscles in the neck. The Neck Pad is used in neck and it accord with human body cervical physiological curvature of streamlined ring design.	
The device has 10 modes and 50 pulse intensities as the device can give certain electrical pulse through the Neck Pad to help users to enjoy neck therapy.	

2.2 Device Components	
2.2.1 Main Unit	
Conductive electrode	
Power input (charging)	
Switch / Modes	
Heat	
Increase intensity	
Decrease intensity	

2.2.2 Accessories	
Remote control	
Type-C line	
Warning: All ACCESSORIES and materials are only for the use as in the instructions, do not modified or use in other ways.	

2.3 Treatment Modes	
User can use the Neck Pad to stimulate healthy muscles to temporary relieve the pain associated with sore and aching muscles in the neck.	
Note: Many people experience immediate relief from muscle pain or the stimulation from the sole while others require several days of regular use to feel the benefits. The results vary and will depend upon your underlying conditions and how often you use the device. If your pain does not improve, you can try to increase the intensity or change the mode.	
2.4 Specifications	
Power Source	Main Unit: Power Adapter: Input: 100-240VAC, 50/60Hz, 0.2A; Output: 5Vdc, 1A; Battery: 2100mAh; Remote Control: Battery: 2100mAh; Unit Input: 5Vdc, 1A
Method of Line Current Isolation	Type BF Applied Part
Line leakage current	Comply with IEC 60601-1 and IEC 60601-2-10
Normal Condition	DC: 0.05uA
Single Fault Condition	DC: 0.6uA
Average DC current through electrodes when device is on but no pulses are being applied	< 0.01uA
Number of modes	10
Output Intensity Level	50
Treatment Time	5-30 min
Weight	Main Unit: AST-905H : 281.6g

2.5 Additional Features	
Environment for operation	Temperature: 5-40°C; Humidity: 15% - 90%RH; Atmospheric Pressure: 700 hPa to 1 060 hPa
Environment for storage	Temperature: -25 ~ +70 °C; Humidity: <95%RH; Atmospheric Pressure: 700 hPa to 1 060 hPa

3. OPERATION	
3.1 Functional operation	
Turn on the product first. After the switch indicator flashes, wipe the cervical spine and the conductive steel sheet with a wet towel, and then put the massager close to the neck. If there is sweat on the cervical spine, it must be cleaned before use. (Note: It must be close to the skin to work normally)	
3.2 Charging operation	
(1) Charge the Lithium battery on the Neck Pad	
The Neck Pad has the rechargeable battery, so you can charge the battery to support the power supply when you feel the stimulus is weak as the treatment model and intensity you usually choose or you cannot turn on the Neck Pad.Plug Type-C line into the power input, then plug the adapter into the socket and the indicator will light when charging.	
When the charging indicator on the main unit light on the red, it indicates that the charging status is successful and it is charging. When the indicator is blue, it indicates that the device is full of electricity.	
(The red light is only used as emergency light, without other functions.)	
Note:	
1) After a full charge can use 5 days (30 minutes a day)	
2) In the case of normal use, the rechargeable battery life is expectancy of 500 times or more. It can be used about 2 to 3 years (according to use 2 times a day, every time less than 60 minutes)	
3) If you do not charge the battery for a long time, it will shorten the service life of rechargeable battery. We recommend charge at least every month if you do not use the device for a long time.	

3.3 Remote control operation	
Message intensity	Message mode
Heat	Time
Increase Button	Switch Button
Left Button	Right Button
	Decrease Button
Battery cover	
2*AAA	
When pressing the button, the remote control LCD display is significantly reduced or can only be close to the host red light receiving window to remote control, indicating that the battery power is not enough, please replace the new battery. Alkaline batteries are recommended for providing stable power source.	

3.4 Key of operation	
Switch / Modes	+
Heat	°C
	-
*+ increase intensity levels, *- decrease intensity levels, °C / °M long press to switch on and off, short press to change modes.	
① Increase intensity levels by pressing "+", once, and beep once; There are 50 intensity levels. Beep twice means there are no intensity levels increase.	
② Decrease intensity levels by pressing "-", once and beep once.	
③ Long Press "°M" to switch on and off, short press to change modes; There are 10 modes. (The first mode "°C" is automatic mode.)	
④ Increase the heating levels by pressing "°C"; There are 3 heating levels. Press fourth turn off the heating.	

Explanation of Remote Control	
Button	Function Description
Switch Button	First open the neck care therapy power button then press the ON/OFF button on the remote control to operate. (Remote control can not turn on the host, but shut down the host.)
Right Button	Press the "+" button to increase the pulse modes. Intensity levels, heat levels or the Time.
Left Button	Press the "-" button to decrease the pulse modes and intensity levels.
Increase Button	Press the "°M" button to increase/decrease the intensity levels.
Decrease Button	Press the "°M" button to increase/decrease the intensity levels.
	Press the "°C" button to increase/decrease the heat. The default time is 10 minutes, and the adjustment time range is 5-30 minutes.

4. STORAGE	
Keep your device stored in a dry and ventilated place with a temperature range between -25 to 70 degrees Celsius. This device should be used in a moderate humidity that is up to 90%. Keep your Neck care therapy Model : AST-905H out of direct sunlight and away from high temperature. The Neck care therapy Model : AST-905H cannot be kept in close proximity to storage for any kind.	
It is suggested that the battery in the main unit of the Neck care therapy Model : AST-905H should be optimized when storage for a long time, otherwise the running time of battery is significantly shortened. And it is suggested that when user stop to use the Neck care therapy more than 1 month should keep charging one time per month. Keep battery stored in a dry place.	
The shelf life for small electrode pad is 2 years by following the storage correctly.	
5. TROUBLE SHOOTING	
(1) Q: What is the reason for the use of electric pulse function, some tingling of the neck?	
A: The neck is tingling because the user is relatively dry skin, massage instrument and the neck is not completely close to the electrode. It is recommended to use a wet towel to wipe the neck skin, so that the massage instrument completely close to the neck. The electrical pulse intensity should be weak before the strong, by the Department to adjust. If you feel uncomfortable, you can choose other functions for massage. (Electrical pulses in the use of Chinese acupuncture techniques on the neck meridian acupuncture point, not cervical massage instrument leakage.)	
(2) Q: Why does the neck skin rash?	
A: The use of electrical pulse function, the ridge of the skin is due to your skin is dry, or massage instrument is not completely close to the skin, it is recommended to use wet towel wipe the neck skin, so that massage device completely close neck. The rash usually disappears after 2 days.	

5. LABEL SYMBOLS	
Label symbols are shown in the following table:	
1	Symbol for "SERIAL NUMBER". This symbol shall be accompanied by the manufacturer's serial number.
2	CONSULT INSTRUCTIONS FOR USE.
3	DATE OF MANUFACTURE. This symbol shall be accompanied by a date to indicate the date of manufacture.
4	Symbol for "MANUFACTURER". This symbol shall be accompanied by the name and address of the manufacturer.
5	The symbol is a compact that allows to do. The specific compact is recommended in or near the text or picture. The drawing means "do not assemble".
6	The symbol is a sign that is mandatory (something that must be observed). Specific mandatory content in the goods in the text or picture. The figure shows "general mandatory".
7	Symbol for "AUTHORIZED REPRESENTATIVE IN THE EUROPEAN COMMUNITY". The symbol shall be accompanied by the name and the address of the authorized representative in the European Community, adapted to the symbol.
8	Collect separately from other household waste
9	Type BF Applied Part
10	IP22
11	Symbol for "ATTENTION". Caution! Follow warning instructions. Failure to do so could affect the patient or operator at risk.
12	The meaning of the symbol is for indoor use only.
13	The meaning of the symbol is that the mode of the DC power supply controls the outside of the DC power supply negative
14	Fragile handle with care
15	Keep away from rain
16	THIS SIDE UP
Model number: AST-905H	
This equipment belongs to Type BF of class B according to Clause 5.	
Phoenix Medtech GmbH Koenigsplatz 10/11, 65189, Kassel Muenster/Hessen, Germany	
UK Responsible Person Shenzhen OSTO Medical Technology Company Limited Waiwai, West Midlands, WS1 1NS, UK	
CE 2862	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuation / flicker emissions IEC 61000-3-2	Complies
The Neck care therapy, Model: AST-905H is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	

10. ELECTROMAGNETIC COMPATIBILITY	
The Neck care therapy, Model: AST-905H has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.	
Do not use this device simultaneously with devices having high EMI levels.	
Manufacturer's declaration – electromagnetic immunity	
The Neck care therapy, Model: AST-905H is intended for use in the electromagnetic environments specified below. The customer or the user of the Neck care therapy, Model: AST-905H should ensure that it is used in such an environment.	
Emissions test	Compliance
Conducted RF IEC 61000-3-2	3 Vrms 150 kHz to 80 MHz
Radiated RF IEC 61000-3-2	3 Vrms 80 MHz to 2.5 GHz
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.	
NOTE 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.	