



POWER PALM

User manual

Read entire manual before operating this product, Use only as directed.

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Parts Included



Power Pack



USB Charger



Power Glove

Hello and Congratulations on your purchase of the world's first and only electrical muscle stimulation glove, the Power Palm. The Power Palm is designed to bring the power of traditional muscle stim into the palm of your hand (with additional benefits).

The Power Palm has 5 various modes for the user to choose from:

Program 1: Cycle thru programs 2,3,4

Program 2: Muscle Release (Easy)

Program 3: Muscle Release Aggressive

Program 4: Slow Twitch Activate

Program 5: Fast Twitch Activate (Advanced Use Only)

How to Operate:

POWER ON: Press the button in the middle of the device 1x. This will power the unit on and immediately send current into the palm for program 1. Select the intensity of program 1 with the + and - buttons.

CHANGE PROGRAMS: Press the button in the middle of the device 1 more time to enter program 2 (2 beeps) press again for program 3 (3 beeps), again for program 4 (4 beeps), and again for Program 5 (5 beeps). Each time you change the program, it will automatically return to level 1.

POWER OFF: Press and hold the button in the middle of the device until unit beeps and shuts off.

CHARGING: Use power cable (included) and plug into any USB device. Power Palm will blink red light until it is fully charged. When fully charged the Power Palm will show a solid red light. Unplug from charging cable at this time and store in box.

WARNING: DO NOT LEAVE THE POWER PALM PLUGGED IN FOR ANY EXTENDED PERIOD OF TIME AFTER FULLY CHARGED.

USING:

Step 1: Apply a generous amount of electrode gel to each pad on the palm side of the Power Palm.

Step 2: Turn the Power Pack on and select desired program. (see pg 3) .

Step 3: Apply palm to your selected treatment area and massage electrode gel into the area to create a conductive barrier.

Step 4: Increase intensity according to patient comfort. After each increase, communicate with patient about comfort level. Do not increase if user feels sharp pain. Discontinue if patient feel pain.

Functional Area Description:



Control Area



Conductive Region







Power Pack will blink red light until it is fully charged. When fully charged the Power Pack will show a solid red light.

Parameter:

Power	Rechargeable Lithium battery	Material	Silicone, Nylon, Cotton, Spandex
Output Voltage (Max Vpp)	90V at 180Ω	Size	356*310*20mm
Pulse width	106us±5%	Weight	53 g
Frequency	4-100Hz±5%		

Cautions:

Please read carefully and use as instructed. In order to use the product safely and correctly, the following symbols are used in this manual.

Symbols	Detailed
 warning	Failure to observe this symbol may result in serious injury death.
 warning	Failure to observe this symbol may result in personal injury or property damage.
 note	Podhitit.
 note	Must be implemented.

- * Do not use wet hands.
- * Keep the product dry, keep away from water.
- * Acupuncture is prohibited.
- * Do not place product into fire .
- * Do not use on face.
- * Do not store in direct sunlight.
- * Do not store in dusty places.
- * Do not store at high temperature.
- * Do not store at high humidity.
- * Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- * Do not use this device on your neck.
- * Do not use this device across your chest.
- * Do not use this device during pregnancy.
- * Do not let children use this device.
- * Do not use this device over the carotid sinus nerves, the front of the neck, or around the mouth.
- * Do not open unit. Opening will void warranty.
- * Do not use this device over, or in proximity to cancerous lesions.
- * Do not use device over open wounds, sores, or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombosis, varicose veins).
- * Do not use this device when in bath or shower.
- * Do not use this device in the presence of electromagnetic fields.
- * Do not use this device if unit has been damaged.

Precautions:

- * Please apply the electrode gel when the power is off, please dry the hands before using the product to prevent failure, burns, electric shock.
- * Turn off the power after each use before removing from hand.
- * Before using, please remove from your body: glasses, rings, watches and other metal items.

Compulsory Compliance:

- * If the product has an unusual smell, sound or delay, please turn off the power immediately, and contact the sales staff.
- * Hand wash glove only.
- * When the glove is not completely dry, it can not be used , in case of electric conduction.
- * Power off before cleaning.
- * When turning on the power, do not touch the conductive part with your hand, otherwise there will be a strong sense of stimulation.
- * Turn off the unit before charging.
- * Disassemble the power machine unit and dispose of it when it is discarded.
- * DO NOT use this device on children under the age of 14 or speech impaired.
- * DO NOT use this device while driving or operating machinery.
- * DO NOT use this device while sleeping.
- * Do NOT use more than 10 min for the same treatment area.

Cleaning And Storage:

- * DO NOT use sharp objects such as nails or brushes.
- * DO NOT use other chemicals, such as alcohol, banana water.
- * It can only be washed by hand, and neutral detergent can be used.
- * DO NOT rub too hard when cleaning.
- * DO NOT wash too often.
- * The conductive silver cloth cannot be rubbed.
- * Dry as soon as possible after washing, and avoid placing in a humid place or direct sunlight at all times.



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