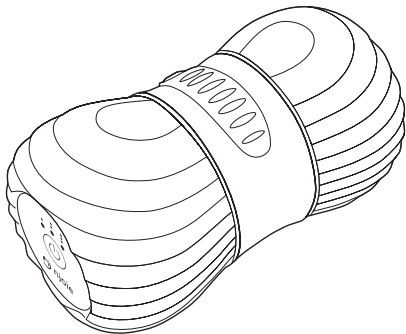




PROTO

USER MANUAL



Thank you for purchasing our product to support your wellness needs.

- Before using, please read this user manual carefully for helpful information on the correct usage and operation.
- Please keep this user manual on hand for quick reference.

WARRANTY

All njoie products come with 2 year standard warranty from the day of purchase. Please visit www.njoie.com/policies/warranty for more warranty information in details.

For your safety and to avoid any property damage, please read this manual carefully and use as indicated. You should always consult your physician if you have any medical conditions that could be aggravated with the use of this product.

The manufacturer's warranty is void under the following circumstances but not limited to:

1. Improper or inadequate maintenance or modification
2. Accident, misuse, abuse, contamination or other external causes
3. The use of unspecified adapter and accessories
4. Loss or damage in transit
5. Damages that occurs as a result of one's failure to follow the instructions This Warranty does not apply to expendable or consumable parts and does not extend to any product from which the serial number has been removed.



www.njoie.com

IMPORTANT SAFETY INFORMATION

When using this product, all instructions and basic precautions should always be practiced, including the following:

DANGER

To reduce the risk of electric shock:

Always unplug this product from the electrical outlet immediately after use and before cleaning.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) The product should never be left unattended when plugged in. Unplug from outlet before putting on or taking off parts as well as handling.
- 2) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Do not carry this product by its power supply cord or use the cord as a handle.
- 4) Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and alike.

- 5) Do not insert any objects into any of the openings.
- 6) Always use precaution when using outside in wet conditions.
- 7) Do not operate where aerosol (spray) products are being used or where oxygen is administered.
- 8) To disconnect, switch off all controls and remove plug from outlet.
- 9) Close supervision is necessary when this appliance is used by, or near children, invalids, or disabled persons to ensure that they do not misuse the product.
- 10) Close supervision is necessary when this product is used by, or near children, and people with disabilities, to ensure that they do not misuse the product.
- 11) Keep the cord away from heated surfaces as it may cause damage, electrical shortage, fire, and harm to persons. Do not use over areas of the body with poor blood circulation.
- 12) This product's surface may emit heat after prolonged usage. Persons sensitive to heat must be careful when using this product.
- 13) Use only the power supply provided.



PRECAUTIONS

PROTO is a personal health care tool and is not meant to replace your regular health care provider. Please consult with your care provider for treatment of any medical conditions or questions you may have regarding therapeutic massages. This product is intended for consumer home use. Commercial use will shorten the life of this product.

WARNINGS AND SAFETY

For your safety and to avoid any property damage, please read this manual carefully and use as indicated. Non-compliance may cause serious injuries or death and or severe property damage. Do not use the product in any way other than the usage stated in the manual.


We strive to make the PROTO as safe as possible. If the PROTO and its accessories are not used or maintained properly, there is a risk of injury. When using the PROTO, these basic precautions should always be followed including:

NOT FOR CHILDREN. The PROTO is not intended for use by young children or persons with reduced physical, sensory, or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person. Do not allow the PROTO to be used as a toy. Close attention is necessary when used by or near children.

USE ONLY AS INSTRUCTED. Use the PROTO as described in this Instruction Manual. Use only PROTO recommended accessories and replacement parts. Do not carry out any maintenance other than as advised by the included instructions.



CONTRAINDICATIONS

- 
1. This is a general list of medical conditions. You should avoid using the PROTO if you have any of the following of medical conditions (this list is not comprehensive, so please consult your physician if you have questions or concerns about using your PROTO):
 - A. Sensitive skin, swollen or inflamed areas, having poor circulation, broken skin, unexplainable calf, or abdominal pain.
 - B. Varicose veins
 - C. Injuries or inflammation in the throat/neck area
 - D. Injuries or inflammation in the genital area
 - E. Frostbite
 - F. Deep vein thrombosis
 - G. Recent burn
 - H. Recent surgery
 - I. Acute conditions requiring first aid or medical attention
 - J. Severe unstable hypertension (High blood pressure)
 - K. Acute flare-up of inflammatory conditions such as rheumatoid arthritis
 - L. Severe unstable hypertension
 - M. Acute flare-up of inflammatory conditions such as rheumatoid arthritis

2. The PROTO does not constitute medical treatment and is not a substitute for a medical examination or diagnosis. If you are dealing with a serious health condition check with your health care provider before using.
3. Medical Contraindications – If you have any of the following conditions you should consult with your physician prior to using PROTO:
 - a. Do not use during pregnancy. Pregnant women should consult their health provider before using a massage product.
 - b. If you have a pre-existing medical condition including implants or pacemakers, consult with your physician prior to use.
 - c. Do not use if you have blood clotting or are subject to blood clotting.
 - d. Avoid use if you have bleeding disorders, low blood platelet counts and by people taking blood-thinning medications such as Warfarin. Consult with a physician prior to use.
 - e. Do not use on areas of the body with blood clots, fractures, open or healing wounds, skin infections, weakened bones (such as from osteoporosis or cancer) or where there has been a recent surgery.
 - f. Hypertension
 - g. Conditions that affect your blood vessels such as atherosclerosis, peripheral artery disease, deep vein thrombosis or arteriosclerosis
 - h. Muscular dystrophy or other muscle disorders
 - i. Autoimmune conditions such as lupus, scleroderma, and multiple sclerosis
 - j. Rheumatoid arthritis, osteoarthritis, fibromyalgia or gout
 - k. Any direct pressure over a tumor usually is discouraged. Cancer patients should discuss any concerns about massage therapy with their oncologist.

BEFORE USING THIS PRODUCT

1. Check the power supply unit, cable and device carefully for damage before each use or charging. Do not attempt to use a defective unit.
2. Do not use this product if it, or the power cord show signs of damage, if it is not in perfect working order, or if it has been dropped or become damp. In order to prevent risk of injury or damages, always contact customer support for service instructions.

This device is not meant for commercial use or medical purposes.

If you have health concerns, consult your doctor before using PROTO

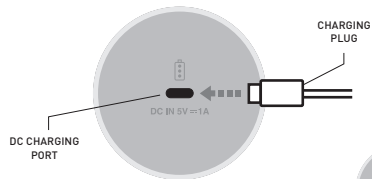
Do not use this device in damp rooms (when bathing or showering)

Do NOT wash!

Do NOT dry clean!

BATTERY CHARGING

Before first use, the device should be charged completely. Connect the included power supply cable to a USB supported charging device and the other end to the unit itself. The approximate time for a full charge is 3 hours. The DC charging port for the built-in rechargeable battery has 5V/1A input.



During charging:

- When the battery is below 30%, one LED flashes blue.
- At 30-70%, two LEDs flash blue. At 70-99%, three LEDs flash blue.
- When fully charged, all 3 LEDs are on and solid blue.
- You can use continuously for 75 minutes.

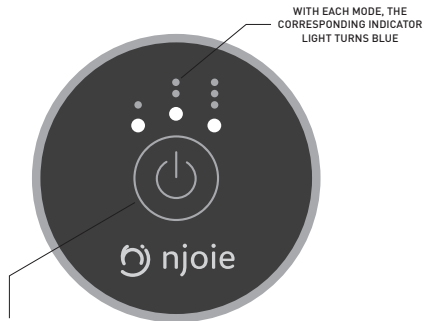
If you notice a decrease in any of the vibration intensities, the unit needs to be charged.

If the three battery indicators haven't flashed after six hours of continuous charging, unplug from power source to avoid danger.





QUICK START GUIDE



Power and Function Button

M1 provides a constant low vibration. From OFF position, press once.

M2 for constant medium vibration. Press once.

M3 for constant high vibration. Press once.

From M3, press once for constant change in vibration, patterns and duration.

To turn off, press once.

Consult with your doctor first if you have any of the following health issues:

- Sensitive skin
- Circulatory problems
- Blood clots or inflammation of your leg veins
- Deep vein thrombosis
- Open wounds on your hands or feet
- Thyroid problems
- Epilepsy
- A low platelet count or other blood problems, which can make you bruise and bleed more easily

Pregnant women should take precautions as some pressure points may induce contractions.





CLEAN AND MAINTAIN PROTO

1. **Cleaning**

Before you clean, please make sure that the switch is in the OFF position, and the power plug has been pulled out from the socket.

Please use dry cloth to clean the product.

2. **Maintenance**

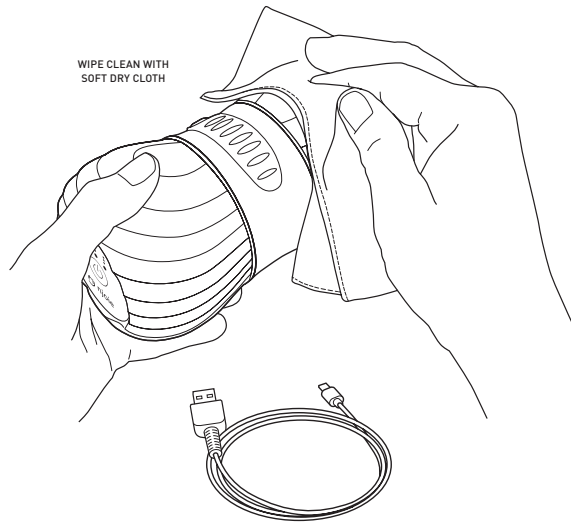
Keep the product clean and far from the wet environment.



Please do not use benzene or thinner and other aggressive detergents to clean the product as the color may fade as well as cause damage.

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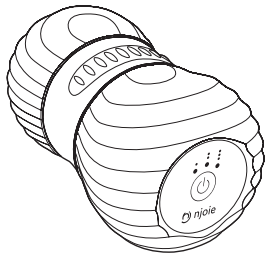
WIPE CLEAN WITH
SOFT DRY CLOTH



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HOW TO USE PROTO



HELPFUL SUGGESTIONS

- Choose a space that is tranquil and without distractions.
- Make sure that you are comfortable.
- Play soothing music to improve healing.
- The aroma from essential oils help provide a holistic environment.
- Soft lighting promotes a peaceful surrounding.
- Stay hydrated to help detoxification and enhanced blood flow.

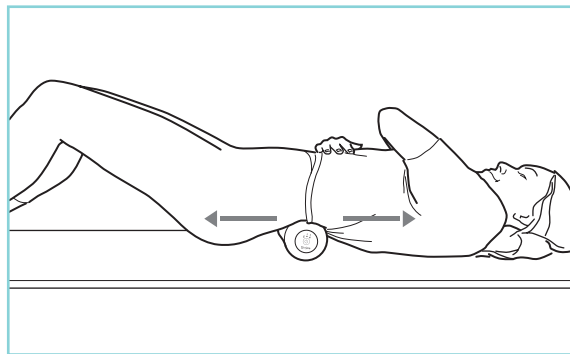
A non-slip surface such as a yoga mat is recommended for better traction for some applications.

Topical (for use outside of the body) essential oils such as Lavender, Peppermint, Rosemary, and Cedarwood will be helpful for gliding the knobs over the area that is being worked on.

BACK

Start on your back and place the PROTO right below your shoulder blades. Your feet should be placed firmly on the ground close to your torso or buttocks. This way you will be able to push off so as to roll all the way down your back.

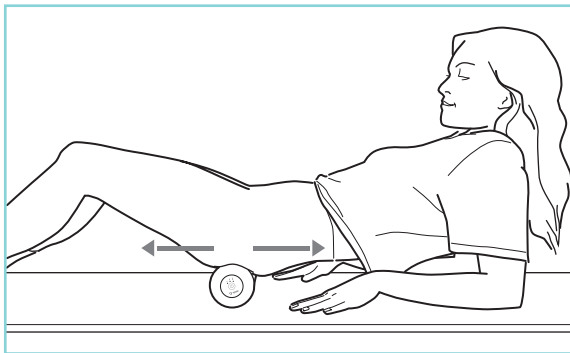
With hands to your chest and shoulders off the ground, roll back.





HIPS & BUTTOCKS

In an upright seated position, cross your legs. Left ankle on top of right knee. Left hand on the floor. Place the PROTO right above your buttocks and roll back & forth. To work your outer left hip/buttocks, switch from left hand to left elbow on the floor and slightly twist your body so as to put pressure just in the right spot. Roll back and forth. Switch sides and repeat as needed.

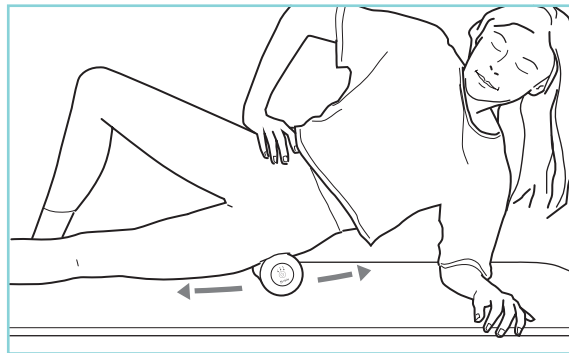


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WAIST

While laying on your left side, position your left elbow on the yoga mat with your left leg stretched out and the right foot firmly planted behind your left leg.

Slide the PROTO under your waist and roll back and forth. Balance yourself to establish the desired pressure. Switch to the right side as desired.



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THIGHS & HAMSTRINGS

For thighs, lay on your stomach and rest your elbows in front of you, shoulder length. With stretched out legs, cross one on top of the other.

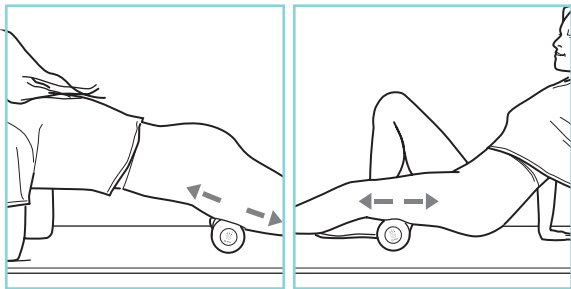
Use your arms in conjunction with your tiptoes to work thighs.

You may have to reposition the PROTO to reach the entire length of your thigh.

Switch thighs as needed.

For Hamstrings, sit upright with legs stretched out. Cross one leg over the other and raise your buttocks off the ground. Place the PROTO under your hamstrings and use your arms to roll back and forth. Balance yourself for the appropriate tension.

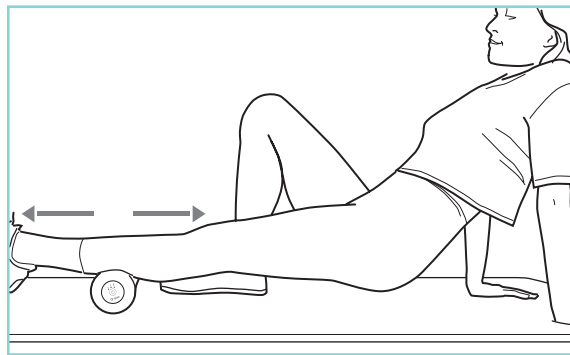
Switch legs as needed.



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CALVES

For the calves you will want to follow the same basic steps as you would when working the thighs & hamstrings.



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FREQUENTLY ASKED QUESTIONS:

1. How much pressure do I need to apply?

The pressure should be firm enough; but should not be so severe to cause strain, pain, discomfort, or damage to the underlying tissues.

Be aware of pressure for the following:

- Have had recent surgery
- The elderly and/or those with osteoporosis
- Young children
- Do not apply direct pressure over varicose veins

Pressure tolerance varies from person to person. It also varies depending on what part of the body you are working on. For delicate muscles such as the calves, start by applying light pressure. For stronger muscles such as the thighs and glutes, apply more pressure.

2. How long do I need to apply pressure?

Please make sure that you do not have any serious injuries or conditions that may be a source of aggravation. Methods vary depending on what body part you are working on. Please follow the recommendations set forth in each section corresponding to the area that is being worked on.

3. How frequently should I use it?

Limit massage to one minute per trigger point. You can work a trigger point 6 times per day, until pressure on it causes a pain level of only 2 or 3 (out of 10).

4. How soon can I see results?

Significant relief is reached in just minutes of treatment. Acute or chronic conditions are more complex and less responsive to treatment and can take anywhere from 3 to 10 days of daily usage.

TROUBLESHOOTING

SYMPTOM	CAUSE	SOLUTION
The unit does not work	The unit is not charged or charging plug is not inserted properly	Insert the charging plug properly and safely
	The Power On button has not been pushed	Push the Power On button
	The unit will automatically turn off after finishing 15 minutes of massage	For further massage time, press the Power On button again
The unit is hot or cannot be used	You have performed several groups of 15 minute massage sessions	If charging, pull the charging plug and let unit cool Always pull charging plug from unit after charging

If you still have problems after applying suggestions mentioned above, please contact Njoie Customer Service for further assistance.



WE ARE HERE TO HELP!

We want you to be completely satisfied with your NJOIE device.
Contact us with any questions or assistance you may need.

www.njoie.com/support

(805) 782-5206 | CUSTOMER SUPPORT

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