



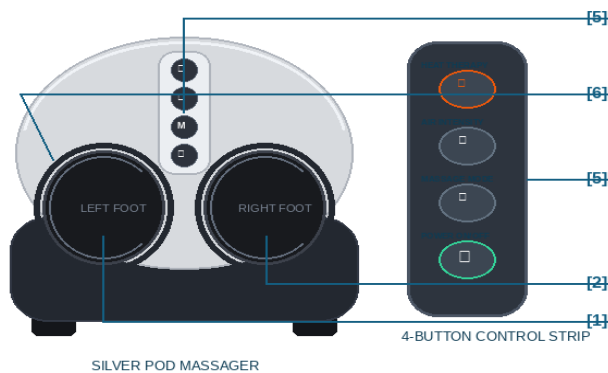
Redfern
Home + Health

BACKplus® Foot Massager

DEEP-KNEADING SHIATSU, AIR COMPRESSION & HEAT

Multi-Mode Reflexology Rollers • Dynamic Air Pressure • Soothing Warmth • Silver Pod Design

MODEL: BP-FM • 12V DC / 2.5A • 30W RATED POWER • 15-MIN AUTO TIMER



DEVICE COMPONENT GUIDE

1. Deep-Kneading Shiatsu Rollers

Reflexology rollers target arches, soles, heels & acupoints.

2. Wraparound Air Compression

Dynamic airbags firmly hug feet to relieve soreness & tension.

3. High-Frequency Vibration

Rhythmic floor vibrations boost circulation & ease foot fatigue.

4. Optional Soothing Heat

Infrared warmth (~104°F-113°F) melts stiffness & enhances blood flow.

5. 4-Button Intuitive Console

One-touch control for Power, Massage Mode, Intensity, & Heat.

6. Removable Zippered Liners

Breathable, machine-washable fabric sleeves for hygienic care.

7. 15-Minute Safety Timer

Intelligent auto-off timer prevents over-stimulation & saves power.

INSTRUCTION & OWNER'S OPERATING MANUAL

Please read this manual thoroughly before operating your foot massager and retain for future reference.

For customer service inquiries or warranty support, visit redferment.com or call 1-877-387-7770.

1. Product Overview & Reflexology Technology

Thank you for choosing the **BACKplus® Foot Massager** from **Redfern Enterprises**. Engineered to deliver comprehensive, professional-grade foot therapy in the comfort of your living room, this modern silver pod massager unites **deep-kneading Shiatsu reflexology rollers**, **dynamic 360° wraparound air compression**, **rhythmic high-frequency vibration**, and **soothing focal heat therapy**. By targeting key plantar acupressure points along the toes, arches, and heels while rhythmically squeezing the insteps, the BACKplus® Foot Massager boosts circulation, eases plantar fasciitis discomfort, and restores vital energy after hours of standing or walking.

Core Therapeutic Technologies & Mechanics

Deep-Kneading Shiatsu Reflexology Rollers	Bi-directional motorized roller arrays actively trace the natural arches and contours of the feet. Ergonomic nodular heads knead deep into the plantar fascia, heel spurs, and ball-of-foot pressure zones to release tight tendons and relieve chronic foot fatigue.
Wraparound Dynamic Air Compression	Precision pneumatic airbags envelop the tops, sides, and ankles of both feet. Rhythmic inflation and deflation mimic the gentle compression of professional massage therapy, forcing fresh oxygenated blood through tired capillaries and easing swelling.
High-Frequency Vibration Stimulation	An integrated high-speed vibration motor generates subtle micro-oscillations across the base of the foot chambers, awakening stagnant nerve endings, relaxing tight ligaments, and melting away systemic stress.
Optional Soothing Heat Therapy	Targeted infrared heating elements warm the foot cavities to ~104°F–113°F (40°C–45°C). The warmth loosens stiff ligaments, enhances tissue elasticity, and provides comforting relief for chronically cold feet before bedtime.
Removable & Washable Zippered Liners	The breathable inner foot sleeves feature hidden perimeter zippers for quick detachment and machine washing, ensuring clean, hygienic, and odor-free multi-user family use.

Key Benefits & Usability Features

- **Multiple Pre-Programmed Modes:** Easily switch between customized combinations of rolling, air squeeze, and vibration.
- **Adjustable Air Pressure Intensities:** Three distinct pressure levels (Low, Medium, High) suit sensitive to deep-tissue preferences.
- **15-Minute Automatic Safety Timer:** Built-in timer automatically shuts the unit off after 15 minutes for safe, worry-free operation.
- **Sleek Aerodynamic Silver Pod:** Modern metallic silver finish with matte black accents complements any modern home decor.
- **Non-Slip Rubber Stabilizer Feet:** Heavy-duty rubber pads prevent sliding or vibration movement across hardwood, laminate, or tile floors.

Targeted Everyday Wellness Applications

- **Retail, Healthcare & Hospitality Workers:** Revitalizes tired, aching feet after long shifts standing on hard concrete floors.
- **Plantar Fasciitis & Arch Pain Sufferers:** Deep roller kneading stretches and eases tightness across the plantar tendon network.
- **Runners & Athletes:** Accelerates lactic acid removal and promotes rapid recovery in calves and soles after vigorous workouts.
- **Seniors & Cold Foot Sufferers:** Restores warm, soothing circulation to peripheral extremities before sleeping.

2. Device Anatomy & Operating Guide

Component Anatomy Reference

Familiarize yourself with the main operational components and controls of your BACKplus® Foot Massager:

Component	Location	Function & Description
1. Dual Foot Entry Cavities	Top center deck	Spacious padded footwells accommodating foot sizes up to Men's US Size 12. Houses internal rollers and airbags.
2. Zippered Fabric Sleeves	Inside foot chambers	Breathable, soft black fabric liners attached by smooth perimeter zippers for quick removal and machine laundering.
3. Central Control Strip	Bridge between footwells	Recessed vertical 4-button console for Power, Massage Mode, Air Intensity, and Heat Therapy selection.
4. Power Button (■)	Bottom of control strip	Master ON/OFF control; illuminates upon power activation and defaults to Mode 1 with gentle heat.
5. Mode Button (■ / M)	Second button from bottom	Cycles between 3 preset massage programs: Mode 1 (Full Rolling + Air + Vibration), Mode 2 (Rolling + Pulse Air), Mode 3 (Air Squeeze).
6. Intensity Button (■)	Third button from bottom	Regulates pneumatic airbag compression strength across 3 levels: Low (Blue LED), Medium (Green LED), High (Red LED).
7. Heat Button (■■)	Top of control strip	Toggles soothing infrared heating elements ON or OFF. Red LED indicates active heating cycle.
8. DC Power Socket	Rear lower base	Connection jack for the included 12V DC / 2.5A universal AC power adapter cord.

Step-by-Step Operating Instructions

Step 1: Placement: Place the foot massager on a flat, dry, and level floor surface directly in front of a comfortable sofa or chair. **NEVER stand up in the massager.**

Step 2: Connecting Power: Plug the DC barrel connector into the rear socket of the massager, then plug the power adapter into a standard 100V–240V AC wall outlet.

Step 3: Inserting Feet: Sit comfortably, relax your posture, and slide both clean, dry feet into the fabric-lined foot chambers. Ensure your heels rest firmly against the rear contour.

Step 4: Powering On: Press the **Power Button (■)**. The massager activates in **Mode 1** with Low air pressure intensity and soothing heat enabled. The 15-minute countdown timer begins.

Step 5: Customizing Massage Settings:

- **Mode Selection (■):** Press to toggle through **Mode 1** (Rolling + Air Compression + Vibration), **Mode 2** (Shiatsu Rolling + Rhythmic Squeeze), or **Mode 3** (Focused Pressure-Point Air Compression).
- **Air Pressure Intensity (■):** Press to adjust compression strength: **Low** (Gentle, Blue), **Medium** (Firm, Green), or **High** (Deep Tissue, Red). First-time users should begin on Low.
- **Heat Therapy (■■):** Press to toggle soothing infrared warmth ON or OFF at any time.

Step 6: Automatic Shutoff: The unit automatically powers down after **15 minutes**. To stop earlier, press the Power Button. Unplug the adapter if not in use.

PRO-TIP FOR OPTIMAL MASSAGE COMFORT:

Wear a clean pair of light cotton socks during your massage session. Socks help distribute heat evenly, protect sensitive skin from friction, and keep the zippered foot sleeves fresher for longer.

3. Important Safety Information & Safeguards

■ CRITICAL SAFETY WARNINGS & RESTRICTIONS:

- **SEATED USE ONLY — DO NOT STAND IN UNIT:** Never stand up or place your full body weight inside the foot massager. Standing in the cavities will crush internal rollers, crack the plastic chassis, and cause motor gearbox failure.
- **DO NOT IMMERSE IN WATER:** This is an electrical appliance. Never expose the main unit, base, cord, or adapter to water, rain, or excessive bathroom humidity.
- **SESSION DURATION LIMIT:** Do not exceed two consecutive 15-minute sessions (30 minutes total) on the same day to prevent muscle soreness.

Medical & Health Considerations

- **Consult a Physician Prior to Use If:** You have an implanted cardiac pacemaker, severe diabetes, peripheral neuropathy, advanced osteoporosis, deep vein thrombosis (DVT), acute foot inflammation, or bone fractures.
- **Skin Lesions & Plantar Wounds:** Do not use if you have open sores, active fungal infections (athlete's foot), severe eczema, or bruised soles.
- **Pregnancy Advisory:** Pregnant individuals should consult their obstetrician before using reflexology massagers, as stimulating certain arch acupressure zones can induce uterine contractions.
- **Reduced Heat Sensitivity:** Individuals with reduced sensitivity to temperature should monitor heat comfort closely or operate with heat turned off.

Electrical Power & Cord Safety

- **Dedicated Adapter Only:** Use only the original 12V DC / 2.5A power adapter provided with your BACKplus® Foot Massager. Do not use uncertified third-party power supplies.
- **Dry Hands & Dry Feet:** Ensure both your hands and feet are thoroughly dry before operating the control panel or inserting feet into the chambers.
- **Cord Protection:** Position the power cord so it cannot be stepped on, pinched under furniture, or become a tripping hazard.
- **Unplug After Use:** Always disconnect the power adapter from the electrical outlet when the massager is not in use or before cleaning.

Internal Overheat Protection Notice

The BACKplus® Foot Massager is equipped with an internal thermal sensor. In the event of excessive continuous operation, the overheat protection system will automatically shut off power. If this occurs, unplug the device and allow it to cool for 30 minutes before resuming operation. **There are no user-serviceable parts inside.** Opening the shell voids the warranty.

4. Maintenance, Care & Troubleshooting

Routine Cleaning & Sleeve Maintenance Guide

Proper post-use care and hygienic maintenance keep your foot massager fresh, sanitary, and operating smoothly:

- 1. Washing the Zippered Foot Sleeves:** Unzip the perimeter zipper inside each foot chamber. Remove the black fabric liners. Machine wash in warm water on gentle cycle with mild detergent, or hand wash. **Air dry completely** before re-zipping into the unit. Do not bleach, iron, or tumble dry on high heat.
- 2. Cleaning the Silver Pod Exterior:** Unplug the massager before cleaning. Wipe the metallic silver shell and matte black base with a soft, lint-free microfiber cloth slightly dampened with warm water and mild soap. Dry immediately with a clean cloth. Never use harsh solvents, abrasive scourers, alcohol, or benzene.
- 3. Cleaning Foot Cavity Wells:** With the liners removed, use a vacuum crevice tool or soft brush to clear any dust, hair, or lint that may have collected beneath the sleeve perimeter.
- 4. Correct Storage:** Store the massager in a clean, dry, climate-controlled indoor space away from direct sunlight, dampness, and extreme temperatures. Store upright on its rubber feet.
- 5. Cable Management:** Coil the power adapter cable loosely; do not wrap it tightly around the unit shell.

Troubleshooting Matrix

Observed Condition	Probable Cause	Recommended Action
Unit does not turn on; LEDs dark	<ul style="list-style-type: none"> Power adapter unplugged. Wall outlet has no power. DC barrel jack loose. 	<ul style="list-style-type: none"> Connect adapter firmly to 120V wall socket. Test outlet with another lamp/appliance. Ensure DC plug is fully seated in rear jack.
Massager suddenly stops during use	<ul style="list-style-type: none"> 15-minute auto-timer completed. Thermal overheat cutoff triggered. Excessive downward force on rollers. 	<ul style="list-style-type: none"> Normal auto-timer function; press Power to restart. Unplug and let unit cool for 30 minutes. Do not stand or press down excessively.
Air compression feels too tight / intense	<ul style="list-style-type: none"> High intensity setting selected. Thick socks or large foot volume. 	<ul style="list-style-type: none"> Press Intensity Button (■) to switch to Low. Wear thinner socks or reposition feet slightly forward.
Heat therapy feels very weak	<ul style="list-style-type: none"> Heat function toggled OFF. Heating elements still warming up. Very thick insulated socks. 	<ul style="list-style-type: none"> Press Heat Button (■■■); verify red LED is lit. Allow 3–5 minutes for chambers to warm up. Wear standard lightweight cotton socks.
Unit makes rhythmic mechanical / air noise	<ul style="list-style-type: none"> Normal sound of pneumatic pump and Shiatsu roller gearbox. 	<ul style="list-style-type: none"> Completely safe and normal operation. If grinding occurs, contact customer support.

5. Technical Specifications & Warranty

Technical Specifications Table

Specification Parameter	Official Value / Construction Rating
Product Brand & Model	BACKplus® Foot Massager with Shiatsu, Air & Heat
Model Number / SKU	Model: BP-FM • SKU: BP-FM
Operating Power Input	DC 12V / 2.5A (Universal Switching Adapter Included)
Adapter Electrical Input	100V – 240V AC ~ 50/60Hz, 1.0A Max (North American 2-Prong)
Rated Power Consumption	30 Watts (Energy-Efficient Reflexology & Air Pump Motor)
Massage Mechanisms	Bi-Directional Shiatsu Rollers, Wraparound Airbags, Vibration Motor
Heat Therapy Temperature	Integrated Soothing Warmth (~104°F to 113°F / 40°C to 45°C)
Massage Programs	3 Pre-Set Modes (Mode 1: Full; Mode 2: Shiatsu/Air; Mode 3: Compression)
Air Intensity Levels	3 Selectable Levels: Low (Blue), Medium (Green), High (Red)
Automatic Shutoff Timer	Approximately 15 Minutes Continuous Safety Cycle
Foot Size Compatibility	Accommodates up to Men's US Size 12 (EU Shoe Size 46)
Removable Liners	Machine-Washable Breathable Black Fabric with Perimeter Zipper
Safety & Compliance	Overheat Thermal Protection, CE, ETL/cTUVus, RoHS, QC Passed
Included In Box	1x BACKplus® Foot Massager, 1x 12V Power Adapter, 1x User Manual

Redfern Enterprises 1-Year Limited Manufacturer Warranty

Redfern Enterprises Ltd. warrants this product against defects in materials and workmanship under normal household use for a period of **one (1) year** from the date of original retail purchase. During the warranty period, Redfern Enterprises will, at its option, repair or replace the defective unit free of charge. This warranty does not cover damage resulting from accident, misuse, abuse (including standing up in the massager, crushing internal rollers, or water submersion), commercial application, alteration, or unauthorized repair. To register your product or initiate a warranty service claim, please retain your original proof of purchase and contact our customer service team.

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