



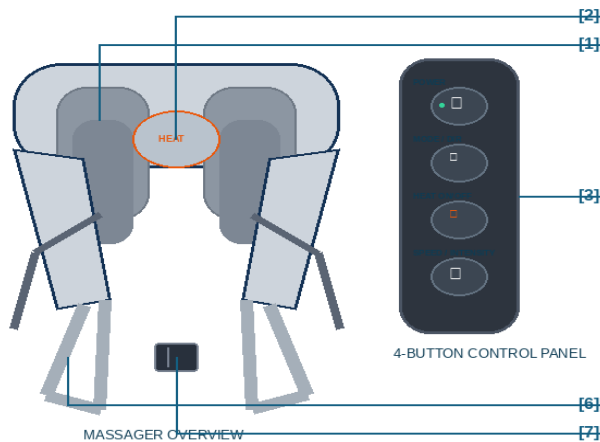
Redfern
Home + Health

BACKplus® Mini

CORDLESS NECK & SHOULDER MASSAGER

5D Biomechanical Kneading • Soothing Focal Heat • Hands-Free Buckle Strap

MODEL: BP-MINI-NSM • SKU: BP-MINI-NSM • 7.4V RECHARGEABLE LITHIUM-ION



DEVICE COMPONENT GUIDE

1. 5D Biomechanical Nodes

Protruding multi-angle kneading heads replicate human hand grasping.

2. Infrared Heat Therapy

Integrated warmth (~104°F-113°F) loosens tight trapezius muscle knots.

3. 4-Button Control Console

Built into the left strap for easy thumb operation without looking.

4. Power & Status Indicator

One-touch on/off with multi-color LED charging & battery indicator.

5. Dual Rotation Modes

Bi-directional clockwise & counter-clockwise kneading rhythms.

6. Hand-Pull Arm Straps

Allows manual adjustment of massage pressure and targeted leverage.

7. Hands-Free Back Strap

Buckles behind back for hands-free neck relief while working or resting.

INSTRUCTION & OWNER'S OPERATING MANUAL

Please read this manual thoroughly before operating your cordless 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 & 5D Kneading Technology

Thank you for choosing the **BACKplus® Mini Neck & Shoulder Massager** (SKU: BP-MINI-NSM) from **Redfern Enterprises**. Engineered to deliver an authentic, therapist-grade deep tissue massage anywhere life takes you, this compact cordless massager features advanced **5D biomechanical kneading technology**. Its contoured silicone-cushioned massage heads mimic the gripping, pressing, and kneading motions of human thumbs and palms, actively loosening stubborn knots across the trapezius and cervical spine. Enhanced with **integrated soothing heat therapy**, dual hand-pull straps, and a **hands-free back buckle strap**, the BACKplus® Mini delivers targeted therapeutic relief at home, in the office, or on the road.

Core Therapeutic Technologies & Design

5D Biomechanical Kneading Action	Unlike standard rotating massage balls that merely roll across surface skin, the BACKplus® Mini features articulated multi-angle massage arms that reach deep into muscle layers. The nodes physically pinch, lift, and knead the cervical spine and shoulder muscles, breaking up myofascial trigger points and chronic tension knots.
Integrated Soothing Heat Therapy	Gentle infrared heating elements warm the massage nodes to a soothing ~104°F to 113°F (40°C to 45°C). The therapeutic warmth penetrates stiff muscle fibers, dilating blood vessels to boost micro-circulation, accelerate recovery, and provide comforting relief.
Dual Hands-Free & Hand-Pull Versatility	Features extended forearm straps allowing you to pull down and manually modulate massage depth with precision. Alternatively, use the included adjustable back strap with quick-release buckle to secure the unit firmly behind your torso for 100% hands-free operation while working, reading, or relaxing.
Cordless Rechargeable Freedom	Equipped with a high-capacity 7.4V / 2000 mAh rechargeable Lithium-Ion battery that provides up to 70–90 minutes of cordless massage per charge. Recharges conveniently via standard Type-C USB cable from wall adapters, laptops, or power banks.
Hygienic Removable Washable Cover	The breathable inner node fabric sleeve features a hidden zipper for quick removal and machine washing, ensuring lasting freshness and hygiene even after intensive daily use.

Key Benefits & Usability Features

- **Multi-Zone Body Relief:** Contours perfectly across the neck, shoulders, upper back, lower lumbar spine, thighs, calves, and feet.
- **Customizable Speed & Direction:** Toggle between two distinct kneading speeds and dual rotational directions for tailored relief.
- **Intelligent 10-Minute Safety Timer:** Automatically shuts off after 10 minutes to prevent muscle bruising or over-treatment.
- **Premium Leatherette Finish:** Crafted from soft, textured light grey PU leather with tailored seams and elegant navy blue piping trim.
- **Lightweight & Travel Ready:** Ultra-compact form factor slips easily into carry-ons, backpacks, or gym bags.

Recommended Targeted Applications

- **Office Workers & Desk Bound Professionals:** Relieves 'tech-neck' posture fatigue and tight trapezius stiffness from prolonged computer use.
- **Commuters & Frequent Travelers:** Unwinds cervical spine tension during flights, train commutes, or long road trips.
- **Athletes & Fitness Enthusiasts:** Loosens tight shoulders, glutes, hamstrings, and calves after intense training sessions.
- **Evening Unwinding:** Promotes total physical relaxation, easing chronic stress and tension headaches before sleep.

2. Device Anatomy & Operating Guide

Component Anatomy Reference

Review the key components, controls, and strapping mechanisms of your BACKplus® Mini Massager:

Component	Location	Function & Description
1. 5D Kneading Nodes	Center inner collar	Dual biomechanical multi-finger massage arms with silicone-cushioned nodes that deliver deep tissue grasping and kneading.
2. Heating Elements	Inside massage heads	Integrated infrared heating components that warm nodes to ~104°F–113°F to boost circulation and relieve stiffness.
3. 4-Button Control Console	Outer left arm strap	Water-resistant silicone keypad featuring Power, Rotation/Mode, Heat On/Off, and Speed Intensity buttons.
4. Hand-Pull Arm Loops	Lower ends of straps	Ergonomic strap loops that allow users to rest hands and pull down to manually control massage depth and pressure.
5. Hands-Free Back Strap	Rear lower chassis	Adjustable nylon strap with quick-release snap buckle that wraps around the torso for secure hands-free operation.
6. Type-C USB Port	Side collar seam	Universal Type-C DC charging port with protective dust flap; connects to standard 5V USB charging cable.
7. Zippered Removable Sleeve	Node chamber perimeter	Concealed perimeter zipper allows easy removal of the breathable inner fabric cover for hygienic machine washing.

Step-by-Step Operating Instructions

- Step 1: Charging the Battery:** Fully charge the unit before first use. Connect the included Type-C USB cable to the charging port and plug into a 5V / 1A–2A USB adapter. The power LED will glow red while charging and change to solid green when fully charged (~2.5 to 3 hours).
- Step 2: Positioning the Massager:** Drape the U-shaped collar around your neck so the 5D kneading nodes rest snugly against your cervical spine and trapezius muscles, with the control panel positioned on your left side.
- Step 3: Choosing Your Wearing Style:**
- **Hand-Pull Mode:** Slip your hands or forearms through the front arm loops. Pull downward gently to increase massage pressure, or relax your arms for a softer touch.
 - **Hands-Free Mode:** Connect the rear strap behind your back using the quick-release buckle. Tighten the sliding strap adjuster until the massager is firmly pressed against your neck.
- Step 4: Powering On:** Press and hold the **Power Button** (■) for 2 seconds. The unit will activate in default Kneading Mode with heat on at Low speed, and the green LED will illuminate.
- Step 5: Customizing Settings:**
- **Rotation Direction / Mode** (■): Press to toggle between inward grasping kneading and outward spreading massage rhythms.
 - **Heat Therapy** (■): Press to toggle soothing infrared warmth ON or OFF.
 - **Speed / Intensity** (■): Press to cycle between **Low Speed** (gentle relaxation) and **High Speed** (intense deep knot release).
- Step 6: Automatic Shutoff & Powering Down:** The device automatically powers off after **10 minutes**. To shut off manually at any time, press and hold the Power Button for 2 seconds.

PRO-TIP FOR TARGETED PAIN RELIEF:

To relieve lower back or lumbar tension, position the massager horizontally across your lower back while seated against a couch or office chair. For tight calves or hamstrings, place the massager flat on a bed or floor and rest your legs directly across the 5D nodes.

3. Important Safety Information & Safeguards

■ CAUTION & CONTRAINDICATION WARNINGS:

- **DO NOT USE ON SENSITIVE BODY REGIONS:** Do not use directly on the throat, Adam's apple, carotid arteries, swollen joints, bone fractures, or unhealed open wounds.
- **DO NOT FALL ASLEEP WHILE IN USE:** Prolonged continuous pressure on a single muscle group can cause bruising or soft tissue soreness. Always adhere to the 10-minute session limit.
- **KEEP HAIR AWAY FROM MASSAGE NODES:** Tie long hair securely back before placing the massager around the neck to prevent hair strands from catching in rotating mechanisms.

Medical & Health Precautions

- **Consult a Physician Prior to Use If:** You have an implanted cardiac pacemaker, severe osteoporosis, deep vein thrombosis, cardiovascular ailments, spinal disc herniation, or acute cervical injuries.
- **Pregnancy Advisory:** Pregnant individuals should consult their healthcare provider prior to using massage devices, particularly around the lower lumbar region.
- **Heat Sensitivity:** Individuals with reduced skin sensitivity to temperature (including diabetic peripheral neuropathy) should use heat therapy with caution or operate the massager with heat turned off.

Lithium-Ion Battery & Electrical Safeguards

- **Safe Charging Voltage:** Charge strictly using standard 5V DC / 1A to 2A USB power sources. Do not use high-voltage industrial adapters.
- **Do Not Operate While Charging:** For electrical safety, the massager is equipped with an internal charging interlock and cannot be operated while connected to the USB charging cable.
- **Moisture & Water Protection:** The massager is not waterproof. Never submerge the unit in water or operate with wet hands. Keep away from bathtubs, showers, and pools.
- **Storage Temperature Limits:** Do not store in extreme heat (>113°F / 45°C) or inside a locked vehicle parked in direct sunlight to protect internal lithium battery chemistry.

Non-Serviceability Notice

The BACKplus® Mini contains precision micro-motors, gearboxes, and a sealed lithium-ion battery. **There are no user-serviceable internal components.** Do not attempt to dismantle the motor assembly or puncture the battery cell. Any unauthorized disassembly voids the manufacturer warranty immediately.

4. Maintenance, Cleaning & Troubleshooting

Cleaning & Fabric Cover Maintenance

Proper maintenance ensures hygienic contact, prevents skin oil buildup, and extends the life of your massager:

- 1. Washing the Removable Node Cover:** Unzip the perimeter zipper surrounding the massage nodes. Carefully slip off the fabric sleeve. Machine wash in warm water (gentle cycle) or hand wash with mild detergent. **Air dry completely** before re-zipping onto the unit. Do not iron or bleach.
- 2. Cleaning the PU Leatherette Body:** Wipe the grey PU leather surfaces with a soft microfiber cloth slightly dampened with warm water and mild soap. Wipe dry immediately with a clean towel. Never use abrasive scrubbers, alcohol, acetone, or petrol-based solvents.
- 3. Straps & Buckle:** Wipe down the nylon webbing straps and plastic quick-release buckle with a damp cloth as needed.
- 4. Battery Maintenance During Non-Use:** To preserve lithium battery longevity, recharge the unit at least once every 3 months if stored for long periods.
- 5. Storage:** Store the massager in a cool, dry indoor location away from direct sunlight, out of reach of pets and small children.

Troubleshooting Matrix

Observed Condition	Probable Cause	Recommended Action
Massager does not turn on; LED is dark	<ul style="list-style-type: none"> • Battery completely drained. • Power button pressed too quickly. • USB cable still plugged in. 	<ul style="list-style-type: none"> • Charge battery for 3 hours until LED turns green. • Press and hold Power Button for 2 full seconds. • Unplug charging cable before operating.
Nodes stop rotating during use	<ul style="list-style-type: none"> • 10-minute auto-timer completed. • Excessive pressure applied (motor stall protection). • Low battery. 	<ul style="list-style-type: none"> • Press Power Button to restart session. • Reduce downward pulling force on straps. • Recharge the massager via USB.
Heat therapy feels very weak or absent	<ul style="list-style-type: none"> • Heat function is turned off. • Thick clothing blocking warmth. • Heating elements warming up. 	<ul style="list-style-type: none"> • Press Heat Button (■) to turn heat on. • Wear light cotton clothing during session. • Allow 2–3 minutes for nodes to reach 104°F.
Massage pressure feels too intense	<ul style="list-style-type: none"> • Straps pulled down too hard. • High speed selected. • Sensitive muscle tissue. 	<ul style="list-style-type: none"> • Loosen downward arm pull or back strap. • Press Speed Button (=) to select Low Speed. • Place a soft towel between neck and nodes.
Unit makes faint humming / gear noise	<ul style="list-style-type: none"> • Normal internal gearbox mechanical sound under load. 	<ul style="list-style-type: none"> • Safe and normal operation. If grinding occurs without load, contact customer support.

5. Technical Specifications & Warranty

Technical Specifications Table

Specification Parameter	Official Value / Construction Rating
Product Brand & Model	BACKplus® Mini Neck & Shoulder Massager (Model: BP-MINI-NSM)
Manufacturer SKU	SKU: BP-MINI-NSM
Massage Technology	5D Biomechanical Multi-Joint Kneading Nodes with Direction Toggle
Heat Therapy Temperature	Integrated Soothing Warmth (~104°F to 113°F / 40°C to 45°C)
Battery Type & Rating	7.4V DC Rechargeable Lithium-Ion Battery (2000 mAh Capacity)
Rated Power Consumption	18 Watts – 24 Watts (High-Torque Quiet DC Motor)
Charging Input Interface	5V DC / 2.0A via standard Type-C USB Charging Cable (Included)
Charging Time	Approx. 2.5 to 3.0 Hours (Red LED = Charging, Green = Complete)
Continuous Operating Runtime	Up to 70 – 90 Minutes per Full Charge (~7 to 9 Complete Sessions)
Automatic Shutoff Timer	10-Minute Intelligent Auto-Off Safety Cycle
Exterior Materials	Textured Grey PU Leatherette, Navy Blue Trim, Washable Node Sleeve
Net Weight	Approx. 2.6 lbs (1.2 kg) — Compact, Ergonomic, Travel-Ready
Included In Box	1x BACKplus® Mini Massager, 1x Type-C Cable, 1x User Manual
Quality & Safety Standards	CE Certified, FCC Compliant, RoHS, QC Passed

Redfern Enterprises 1-Year Limited Manufacturer Warranty

Redfern Enterprises Ltd. warrants this product against defects in materials and workmanship under normal personal 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 excessive physical strain on motor gears or water immersion), 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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