Redfern

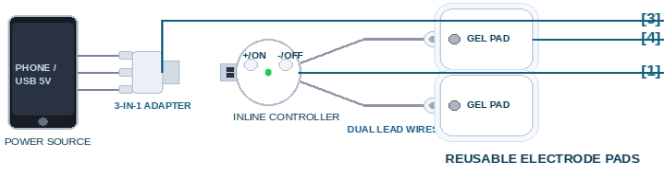
Home + Health

Electric Pulse Massager

PORTABLE SMARTPHONE & USB POWERED PULSE MASSAGE SYSTEM

Bioelectrical Pulse Stimulation • Reusable Hydrogel Pads • 3-in-1 Phone Adapter • Hard Travel Case

UNIVERSAL 5V USB POWER • NO BATTERIES NEEDED • MULTI-LEVEL INTENSITY • POCKET SIZED



SYSTEM COMPONENT GUIDE

1. Inline Micro-Pulse Controller
Compact puck generates gentle, therapeutic electrical pulse massage waveforms.

2. USB-A Power Connector
Draws safe 5V DC low power directly from phones, power banks, or USB ports.

3. 3-in-1 Phone OTG Adapter
Includes Type-C, Lightning, and Micro-USB tips for universal smartphone use.

4. Reusable Hydrogel Pads (Pair)
Medical-grade conductive gel pads conform smoothly to contoured skin surfaces.

5. Dual Snap Lead Wires
Flexible, kink-resistant cables connect controller puck securely to electrode pads.

6. +/ON & -/OFF Control Buttons
Intuitive tactile buttons power on the unit and adjust multi-stage pulse intensity.

7. LED Operation Indicator
Illuminates green during active pulse stimulation and confirms power delivery.

8. Zippered EVA Travel Case
Hard-shell protective case keeps pads clean and prevents wire tangling.

PORTABLE STORAGE CASE



- Compact EVA Hard-Shell Case
- Dust-Proof & Shock-Resistant
- Interior Mesh Cable Pocket
- Ultra-Lightweight (Pocket Sized)
- **Stores Pads, Wires & Adapters**

APPLICATION & PLACEMENT GUIDE

1. Neck & Upper Trapezius
Relieves stiff desk neck, tension headaches, and upper shoulder stress.

2. Mid & Lower Back (Lumbar)
Soothes lumbar tightness, driving fatigue, and postural lower back strain.

3. Arms, Elbows & Wrists
Relieves repetitive typing fatigue, tennis elbow, and forearm stiffness.

4. Legs, Calves & Knees
Soothes standing fatigue, calf soreness, hamstrings, and knee discomfort.

SMARTPHONE OTG COMPATIBILITY:
- Plug directly into iPhone or Android phone port.
- For some Android models: Go to Settings -> **System / Other Settings -> Enable 'OTG Connection'.**
- Also works with Power Banks, PC & USB Wall Plugs.

INSTRUCTION & OWNER'S OPERATING MANUAL

Please read this manual thoroughly before using your Electric Pulse Massager and retain for future reference.

Notice: Directly powered by your smartphone, power bank, or standard 5V USB port. No charging or battery replacements required.

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

1. Product Overview & Pulse Stimulation Science

Thank you for choosing the **Electric Pulse Massager** distributed by **Redfern Enterprises**. Designed to bring fast, customizable muscular relaxation wherever life takes you, this pocket-sized wellness system delivers therapeutic, gentle electrical pulse sensations directly through premium reusable hydrogel electrode pads. Unlike bulky massage devices or heavy rechargeable units that require constant battery management, the Electric Pulse Massager draws safe, ultra-low 5V DC power directly from your smartphone, portable power bank, laptop, or USB wall adapter. By utilizing the included **3-in-1 multi-connector adapter** (supporting iPhone Lightning, USB Type-C, and Micro-USB), you can turn any smartphone into your personal, on-demand physical relaxation station in seconds. Whether unwinding after a stressful workday, relieving shoulder tension at your office desk, or relaxing stiff leg muscles while traveling, this ultra-lightweight system provides immediate, targeted comfort packaged inside a durable zippered travel case.

How Electric Pulse Massage Therapy Works

Targeted Bioelectrical Stimulation	Generates gentle micro-current waveforms that stimulate peripheral sensory nerves and muscle motor points. Mimics traditional tapping, kneading, and pressing sensations to relieve localized tension and promote natural muscle relaxation.
Instant Smartphone OTG Power Delivery	Eliminates battery degradation, heavy battery packs, and dead-battery hassles. Powered directly via On-The-Go (OTG) power from your iOS or Android phone, drawing negligible power (under 0.5W) for uninterrupted therapy.
Universal 3-in-1 Multi-Interface Adapter	Fitted with three standard mobile connectors: Apple Lightning, modern USB Type-C, and legacy Micro-USB. Compatible with virtually all iPhone, iPad, Android smartphones, power banks, and USB ports.
Biocompatible Reusable Hydrogel Pads	Features contoured, medical-grade conductive hydrogel pads that adhere smoothly and securely to uneven body curves. Distributes electrical pulses evenly across muscle tissue without uncomfortable stinging hot spots.
Tactile Inline Controller with Status LED	Lightweight inline puck features intuitive '+/ON' and '-/OFF' push buttons and a vibrant green LED indicator, allowing instantaneous micro-adjustments of pulse intensity from gentle tingling to firm therapeutic contractions.

Key Benefits & Usability Features

- **Gentle Electrical Pulse Massage:** Provides rhythmic pulse sensations that relieve muscle fatigue and everyday tension.
- **Customizable Intensity Spectrum:** Multi-level adjustable output lets you dial in the exact comfort level you prefer.
- **Plug-and-Play Simplicity:** Zero apps to download, zero pairing menus, and zero internal batteries to recharge.
- **Ultra-Compact & Travel-Ready:** Weighs under 90 grams complete with its protective zippered EVA hard-shell case.
- **Multi-Zone Body Relief:** Target the upper trapezius, neck, lower back, shoulders, forearms, calves, and thighs.
- **Cost-Effective & Eco-Friendly:** No disposable dry-cell batteries; reusable pads provide 20–30 applications with proper care.

Recommended Daily Application Scenarios

- **Desk Workers & Gamers:** Relieves trapezial tension, forward-head neck strain, and mouse-wrist fatigue during work breaks.
- **Commuters & Travelers:** Compact enough to use during flights, train journeys, or hotel evenings directly from a phone or power bank.
- **Post-Workout Muscle Recovery:** Loosens tight quadriceps, calves, and hamstrings following gym workouts or long walks.
- **Evening Stress Relief:** A relaxing 15-minute relaxation ritual while reading, watching television, or unwinding before bed.

2. Device Anatomy & Operating Instructions

Component Anatomy Reference

Review the key hardware components, connectors, and control elements of your Electric Pulse Massager:

Component	Location	Function & Description
1. Inline Controller Puck	Main cable assembly	Compact circular control hub housing the micro-pulse waveform generator, control buttons, and status LED.
2. USB-A Power Connector	Base of controller puck	Standard USB-A male plug that draws 5V DC power directly from adapters, power banks, or computer USB ports.
3. 3-in-1 Phone OTG Adapter	Accessory cable	Female USB-A input branching to Lightning (iOS), USB Type-C (Android/iOS), and Micro-USB phone plugs.
4. Reusable Hydrogel Pads (x2)	Therapeutic contact pads	Conductive medical-grade self-adhesive gel pads with snap studs, mounted on clear protective storage sheets.
5. Dual Snap Lead Wires	Extending from puck	Flexible, lightweight 1.2 m cables with molded snap heads that connect the controller to both gel electrode pads.
6. +/ON Push Button	Left side of controller	Turns the unit on and progressively steps up electrical pulse intensity with each momentary press.
7. -/OFF Push Button	Right side of controller	Decreases pulse intensity level; press and hold to turn off the electrical pulse output.
8. Green Operation LED	Center of controller puck	Illuminates green when power is connected and pulses in rhythm with the active electrical stimulation waveform.
9. Zippered EVA Travel Case	Protective storage case	Round, shock-resistant black clamshell case with interior mesh pocket to keep pads clean and wires untangled.

Step-by-Step Setup & Operating Instructions

1. **Skin Preparation:** Clean and thoroughly dry the targeted treatment area. Ensure the skin is completely free of body lotions, oils, moisture, and perspiration to ensure optimal gel pad adhesion and smooth electrical conductivity.
2. **Connecting Electrode Pads:** Firmly snap the white lead wire connectors onto the metallic snap studs of the two reusable hydrogel pads. **Always snap wires onto pads before peeling off the clear backing sheet**.
3. **Applying Pads to Skin:** Peel the pads from their protective plastic film and apply both pads firmly to the skin over the desired muscle group. **Always place both pads at least 1.5 to 2.0 inches (4 to 5 cm) apart on the same side of the body**.
4. **Power Connection:** Insert the USB-A male connector of the controller into the female port of the 3-in-1 phone adapter. Plug the matching connector (Lightning, Type-C, or Micro-USB) into your smartphone (or plug directly into a power bank / USB wall port).
5. **Android OTG Activation Note:** For most Android phones, power delivery begins automatically. If the LED does not illuminate, navigate to: *Settings → System Settings / Additional Settings / Other Settings → Enable 'OTG Connection'*.
6. **Starting & Adjusting Intensity:** Press the **+/ON** button once. The green LED will light up, indicating standby/level 1. Press **+/ON** repeatedly to gradually increase intensity to your preferred level. Press **-/OFF** to decrease intensity.
7. **Concluding Session & Storage:** To turn off, press **-/OFF** until the green LED turns off, or disconnect the phone adapter. Gently peel the pads off by their edges (never pull by the wires) and immediately stick them back onto the transparent plastic liner. Store all items in the zippered EVA case.

3. Important Safety Precautions & Contraindications

■■ CRITICAL MEDICAL CONTRAINDICATIONS & SAFETY WARNINGS:
• IMPLANTED MEDICAL ELECTRONICS: NEVER use this device if you have an implanted cardiac pacemaker, internal defibrillator, or any other electronic life-support equipment. Electrical impulses may disrupt medical device function.
• WEARABLE MEDICAL MONITORS: Do not use simultaneously with wearable medical monitors such as ECG/EKG monitors, Holter devices, or continuous glucose sensors.
• HAZARDOUS PAD PLACEMENT PROHIBITIONS:
- NEVER place pads across the throat, carotid sinus (front/sides of the neck), or temples (head).
- NEVER place pads across the chest cavity or directly over the heart.
- NEVER place pads directly on open wounds, skin lesions, rashes, or swollen/inflamed tissue.
• PREGNANCY: Do not use if pregnant or suspect you may be pregnant without prior written medical approval.
• MEDICAL CONSULTATION: Consult your physician prior to use if diagnosed with malignant tumors, serious cardiovascular disease, acute infectious illness, sensory neuropathy, or deep vein thrombosis (DVT).

Proper Pad Placement & Application Safeguards

- **Always Apply Both Pads Before Powering On:** Never turn on the device while holding pads in your hands or touching the conductive gel with your fingers. Both pads must be adhered firmly to skin before pressing +/ON.
- **Separation Distance:** Always maintain a minimum separation of at least 1.5 inches (4 cm) between the two electrode pads. Never allow the conductive gel surfaces of the two pads to touch each other while energized.
- **Start at Lowest Intensity:** Always begin every session at the lowest intensity setting and slowly increase until a comfortable, gentle tingling sensation is felt. Sensation should never be painful or cause sharp muscle spasms.
- **Recommended Session Limits:** Limit therapy sessions to 15–20 minutes per body area. Do not exceed 2 sessions per targeted area per day to prevent skin redness or muscle fatigue.

Environmental, Electrical & Activity Restrictions

- **High Humidity Prohibited:** Do not use in bathrooms, steam rooms, saunas, bathtubs, or swimming pools. Exposure to high moisture can damage electrical circuitry and create irregular electrical shocks.
- **Driving & Machinery:** NEVER use while driving a motor vehicle, operating heavy equipment, or performing tasks that require full motor coordination and concentration.
- **Bare Skin Contact:** Do not apply over clothing, bandages, or while wearing conductive gloves. Pads must have direct, uniform contact with clean bare skin.
- **Device Integrity:** Do not attempt to open, alter, or repair the controller puck or wiring. Unauthorized disassembly voids your warranty and presents electrical hazards.

Non-Medical Disclaimer

This product is intended solely for personal wellness, muscle relaxation, and everyday comfort. It is not a medical device, nor is it intended for the diagnosis, treatment, cure, or prevention of any disease or chronic pathological condition.

4. Maintenance, Cleaning & Troubleshooting

Electrode Pad Care & Longevity Protocol

Proper care of your reusable conductive hydrogel pads maximizes electrical transmission efficiency, prevents skin irritation, and ensures long service life:

1. **Immediate Plastic Liner Replacement:** Immediately upon removing the pads from your skin, adhere them back onto the transparent plastic protective backing sheets. Never lay pads face-down on tables, clothing, or paper.
2. **Restoring Gel Stickiness:** If the conductive hydrogel collects dust, lint, or loses adhesion, apply a single drop of clean water to the black gel surface and rub gently with your fingertip. Allow the pad to air dry for 1 minute before placing it on the plastic film. **Do not use soap, alcohol, or paper towels**.
3. **Removing Pads Gently:** Always lift pads by grasping the outer fabric tab. **Never pull or yank the white lead wires to disconnect pads**, as this can sever internal copper conductors.
4. **Controller & Cable Care:** Wipe the white inline controller puck and cables with a clean, dry microfiber cloth. Never submerge the puck, USB plug, or wire connections in water.
5. **Storage Protection:** Store the coiled wires, adapter, and gel pads inside the included zippered EVA hard-shell case in a cool, dry place away from direct heat, sunlight, and humidity.
6. **Pad Replacement:** Under normal daily use, each pair of pads provides approximately 20 to 30 sessions. Replace pads when adhesion weakens, conductivity feels uneven, or gel shows physical degradation.

Comprehensive Troubleshooting Matrix

Observed Condition	Probable Cause	Recommended Action
Unit will not turn on; LED remains dark	• USB adapter not fully seated. • Phone OTG power disabled. • Phone battery is too low (<10%). • Defective USB power source.	• Reseat USB-A connector and phone plug firmly. • On Android, enable OTG in System Settings. • Charge phone or test with a USB power bank. • Verify power source delivers 5V DC output.
Green LED is lit, but no pulse sensation felt	• Snap connectors loose on pads. • Protective plastic liner still on pads. • Intensity level is set at level 0/1. • Pads not in firm contact with skin.	• Firmly snap wire heads onto pad metal studs. • Remove clear plastic film before placing on skin. • Press +/ON several times to raise intensity. • Press both pads smoothly against bare skin.
Pulse sensation feels stinging or biting	• Gel pads dry or dirty. • Pad edges lifting from skin. • Skin oily or sweaty. • Pads placed too close together (<1 in).	• Moisten gel lightly with a water drop. • Smooth entire pad surface flat against skin. • Clean and dry treatment area prior to use. • Space pads at least 1.5 to 2.0 inches apart.
Android phone displays 'OTG error' or disconnects	• Android OS automatically timed out OTG connection due to inactivity. • Cable strain at phone port.	• Go to Settings → System / OTG and re-enable. • Ensure phone case does not obstruct the adapter plug from seating fully.
Pads fall off or slide during session	• Body hair, lotion, or sweat blocking adhesion. • Gel pads reached end of usable life.	• Clean treatment skin with alcohol wipe and dry. • Rehydrate gel with water or replace with fresh replacement electrode pads from Redfern.

5. Technical Specifications & Warranty

Technical Specifications Table

Specification Parameter	Official Value / Construction Rating
Product Name & Model	Electric Pulse Massager (Mobile USB TENS Massager)
Distributor / Brand	Distributed in Canada by Redfern Enterprises Ltd.
Massage Technology	Bioelectrical Micro-Current Pulse Stimulation (TENS Waveforms)
Operating Power Supply	5V DC (Direct USB Power — No Batteries Required)
Power Consumption	≤ 0.5 Watts (Negligible drain on connected smartphone battery)
Mobile Device Compatibility	Apple iOS (Lightning & USB-C), Android (USB-C & Micro-USB via OTG)
External Power Compatibility	Portable Power Banks, Laptops, PCs, USB Car Chargers, 5V Wall Plugs
Output Controls	Inline Controller Puck with +/ON, -/OFF Buttons & Green Operation LED
Electrode Contact Pads	2x Reusable Biocompatible Conductive Hydrogel Pads (Snap-on)
Electrode Wire Length	Approx. 1.2 meters (4.0 feet) Flexible Lightweight Lead Wire
Product Net Weight	Approx. 35 g (Cables & Pads) / 85 g (Complete inside Travel Case)
Storage Enclosure	Shock-Resistant Round Black Zippered EVA Hard-Shell Travel Case
Certifications & Safety	CE, FCC, RoHS Compliant, Medical-Grade Conductive Gel
Packaging Contents	1x Inline Controller with Lead Wires, 2x Hydrogel Pads with Liners, 1x 3-in-1 Phone OTG Adapter, 1x Zippered EVA Case, 1x User Manual

Redfern Enterprises Limited Manufacturer Warranty

Redfern Enterprises Ltd. warrants this Electric Pulse Massager 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 this first year, Redfern Enterprises will repair or replace defective controller or cable assemblies free of charge. This warranty does not cover normal consumable wear of reusable hydrogel pads, damage resulting from liquid immersion, accidental cable severing, pet damage, unauthorized disassembly, or connection to non-compliant power supplies exceeding 5V DC. Please retain your original sales receipt to validate warranty coverage.

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