WARRANTY

1. ArchMage offers 24-month warranty on Massage Gun from date of the original purchase. If for any reason you are not 100% satisfied, please contact us by email with your purchase order ID and details of the issue. We will reply to you within 24 hours.

2. We recommend registering your Massage Gun the day you receive it, so that we can help you as quickly and efficiently as possible.

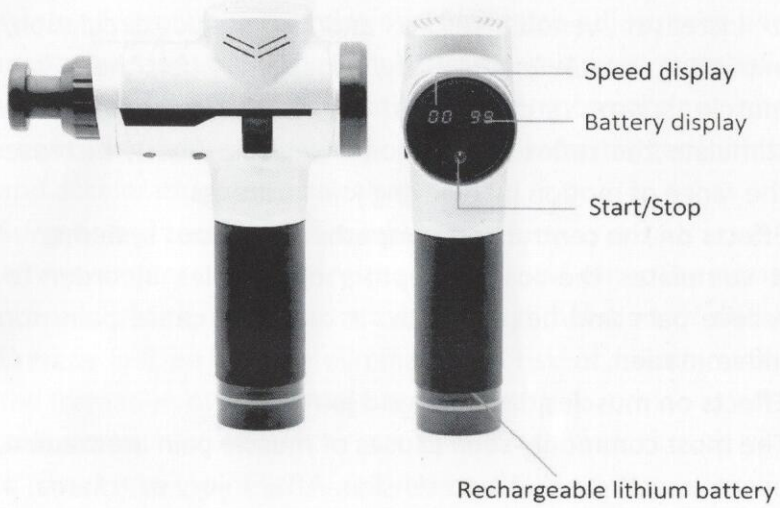
Support Email: support@iarchmage.com
Register Warranty: https://www.iarchmage.com/warranty

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ARCHMAGE MASSAGE GUN

USER MANUAL

If there are any issues and are not 100% satisfied for any reason, please contact us at **support@iarchmage.com**



EFFECT OF PHYSIOTHERAPY

Effects on the skin and subcutaneous tissue

It makes the thickened connective tissues and fascia loosen, breaking the barrier of fascia contraction. It removes the

adhesion, post-operative adhesion and internal scar tissues. It increases venous return and lymphatic circulation, improving muscle extensibility, especially when there is a muscle spasm, stiffness, or when it's limited, it can stimulate the reflex contraction of muscle fibers, increase the range of motion by relieving joint stiffness.

Effects on the central and sympathetic nervous systems

It stimulates the local receptors of muscles in order to relieve pain and help to relax. It does not cause pain nor inflammation.

Effects on muscles, tendons and joint pain

The most commonly seen causes of muscle pain are trauma, overuse, nervousness and tension. After injury or trauma, a shock treatment can accelerate the healing speed of the area with inflammation. Similarly, when some parts of the body are overused or suffer from tension, a shock therapy can speed up circulation of blood in the affected area, and alleviate potential tensions.

Rehabilitation through exercises

Relaxation therapy helps to restore the body from the stress of strenuous exercise and facilitates adjustment and reconstruction training. Rehabilitation removes metabolic waste and better vegetative cells, normalizing and maximizing tissue elasticity, physiotherapy trigger points and accelerating wound healing.

Surgery and recovery after injury

After an injury or a surgery, the body would enter the repair process of inflammation activity, the stimulation of shock therapy will be able to eliminate the risk of failure, avoid the formation of scar tissues and adhesion.

Relaxation

A shock therapy can repair the body and improve the feelings of comfort of the patient's body, and improve the overall well-being.

OPERATION

- Turn the power on the bottom of the battery to the on position to start the device. Turn the device off by turning the power switch to the off position.
- With the device turned off, the vibrating head is fully inserted by pressing. When removing the vibrating head, pull it out.

Attention: When installing the vibrating head, please insert it directly and pull it out. Do not rotate.

- When the power switch is turned to the open position, touch the power button once to adjust the device to one level; twice to adjust the device to the second level; three times to the third level, and so on, until the sixth level is reached. Then, touch the power button again and turn off the device. The blue LED will indicate the corresponding frequency level.
- Apply the required pressure at a preset speed to massage the corresponding part of the body.



Fork Bullet Flat Round

Fork Head

Suitable for massaging your spine, neck and shoulder.

Bullet Head

Suitable for massaging joints, deep tissue, trigger points, such as meridians, joints, palms, and soles.

Flat Head

Suitable for massaging all parts of the body, such as your arms, back, and leg.

Round Ball Head

Suitable for massaging your muscles, waist, back, buttocks, thighs and other large muscle groups.

CHARGING OF THE BATTERY

- Before using the device for the first time, charge the battery for four hours. You can connect the device, or disconnect it while it's being charged.
- Connect the DC end of the supplied 24V adapter to the battery's charging port, and the AC side cable to the wall outlet. The LED strip on the battery light flashes regularly, indicating that it is charging. If the device is connected, the LED light on it flashes to indicate the battery level, also to indicate that it is charging. When all LEDs stop flashing and remain lit, it means that the battery is fully charged.
- The average operating time of the device is five hours, depending on the speed level during use and the applied pressure. The battery can be charged at any time and at any level of power. It is not recommended to completely exhaust the battery to the red LED level.
- To remove the battery, gently press the "battery release" button with your thumb and use your other hand to pull

the battery/handle down. To insert the battery, make sure that the battery is firmly fixed at the bottom of the device, and that there is no gap between the battery and the body of the device.

SPECIFICATIONS

Adapter

Input: 110-240V, 50/60Hz

Output: 26V, 1A

Battery

Voltage: DC 21.6V

Type: Rechargeable Li-ion

Capacity: 2400mAh

Working Time: 4-6 Hours

Charging Time: 2-3 Hours

Massage Gun

Power: 90W

Stroke Length: 12mm

Frequency: 1600/m 27Hz - 3200/m 53Hz
Weight: 2.2lb / 1kg
Size: 23*5*24 cm / 9*2*9.4 inch
Sound pressure level: 50dB
Massage Heads: Fork Head (PP)x1; Bullet Head (PP)x1; Flat Head (PP)x1; Round Head (EVA)x1
Pulse (number of shock per minute) / frequency (Hz):

1 gear	2 gear	3 gear	4 gear	5 gear	6 gear
1600W/ 27Hz	1900W/ 32Hz	2200W/ 37Hz	2500W/ 42Hz	2800W/ 47Hz	3200W/ 53Hz

REMINDER

- For adults only. Please consult your doctor before using this device.
- The device can only be used on a dry, clean skin surface. It should not be used on any clothing's. Gently press and move on the skin for about 60 seconds.
- Use this device only on the soft tissues of the body that's

without any pain or discomfort. Do not use it on your head, bones or on any hard parts of the body.

- Bruising may be caused whether there is controlled pressure or applied pressure. Always check the area of physiotherapy and stop using it immediately if there is any sign of pain or discomfort.
- Do not soak the device in water, keep it away from liquid and sources of heat. Keep the vent free of dust and debris.
- Charge the device with only 24 VDC. Unplug the charger from the battery after or before charging. Never operate or charge the device unattended.
- Do not remove the screws, or attempt to disassemble the device.

CONSIDERATIONS FOR PHYSIOTHERAPY

After injury

The first treatment after injury should be done progressively, based on the extent of satisfaction and

comfort of the patient.

ROM rating

Based on the plan of physical therapy, determine the location and the surrounding muscles, switch on the device and set the intensity as low to medium, the applied pressure should be the weight of the instrument itself.

Lymphatic reflux

A mild, general treatment is required. During the physical therapy, it moves slowly from the distal end to the proximal end of the limb, that is, in the direction of the return of the cardiac vein.

After the surgery

The first physiotherapy after surgery requires a gradual increase of the time and intensity, according to the patient's reaction and sensation. Determine the area for physiotherapy, and ask the patient whether there is an open wound, stitched area, reflux and internal fixation. If so, do not stimulate these parts. Switch on the device and set it to the lowest gear. Cover the treatment area with a towel.

Apply a proper amount of pressure to the area for physiotherapy with the device. Physiotherapy is limited to the operated area only.

Effects

Reduce swelling and eliminate pain;
Restore elasticity and ductility of muscles;
Promotes blood circulation and lymphatic reflux;
Eliminate any post-surgery and post-injury scar tissues;
Physiotherapy for trigger points;
Relaxes the muscle fascia.

INDICATIONS AND CONTRAINDICATIONS

The deep penetration of the device can reduce pain, bursitis, muscle cramping, neuralgia and other musculoskeletal disorders caused by joint sprains in a short time. Almost all diseases related to soft tissues are associated with trauma, excessive use of muscles, or incorrect posture. Most of the scar tissues involved in these

diseases can be treated with this device. Any excessive stress and prolonged physical therapy should be avoided when using the device. Sensitive areas such as the head, face and cervical vertebra should be avoided. If there is inflammation, swelling or pain, stop the treatment immediately.

The ongoing research is based on the impact of vibration training on specific medical conditions. This is likely to reduce the types of contraindications mentioned above. According to some practical experiences, it has been shown that in many cases, incorporating vibration training into a physiotherapy solution is also a recommendation for the therapy. This must be done by or in the company of a doctor, expert or physical therapist.

Indications

- Pain caused by muscle injury, sprains, strains, heartstrings with spasm, cardiac pacemaker or defibrillator.
- Enable the edema fluid in the swollen area to flow.
- Relax and thicken the connective tissues and fascia.

- Reduce the accumulation of lactic acid in the muscles.
- Increase joint mobility.
- Eliminate muscle fatigue.

Contraindications

- Aneurysm, bleeding, use of blood dilutor.
- Heart disease, patients with a pacemaker or defibrillator.
- Pregnancy, cancer.
- Within 90 days of intra-articular fixation, the device should not be used within 3 inches of the internal fixation.
- Sensitive areas: head, face, cervical vertebrae, spine vertebrae.
- Areas close to the bones with less muscle coverage: the humerus, the back of the foot, and the back of the hand.

INSTRUCTIONS

Local Muscle Release

Static technology and Dynamic technology

Pectoral muscle 30s

Deltoid	30s
Shoulder sleeve muscle	25s
Biceps	30s
Diaphragm	30s
Abdominal muscle	45s
Waist muscle	25s
Quadriceps	60s
Hip abductor	60s
Patellar anterior muscle	45s
Long humerus	30s
Short humerus	30s
Shoulder levator	1min to 1.5min
Trapezius	1min to 1.5min
Rhomboid	1min
Triceps	25s
Latissimus dorsi	45s
Erectangial	35s
Hengzhong muscle	1min to 1.5min
Large gluteus maximus	1min to 1.5min

Piriformis	1min to 1.5min
End	25s
Large muscle	25s
Semitendinosus & semimembranosus	40s
Flatfish muscle	20s
Corneal muscle	40s
Heel	20s

Operating Plan of Upper Limb

Supine position, the small round head points vertically downward.

Diaphragm	10s-15sx3 times
Temporal wrist flexor	10s-15sx3 times
Palm length muscle	12s-15sx3 times
Ulnar wrist flexor	10s-15sx3 times
Extensor muscle	5s-10sx2 times
Temporal extensor	5s-10sx2 times
Temporal extensor digitorum	5s-10sx2 times
Ulnar wrist extensor	5s-10sx2 times

Elbow muscle	10s-15sx2 times
Biceps	15s-20sx3 times
Triceps	15s-20sx3 times
Anterior deltoid	10s-20sx3 times
Delta muscle	10s-20sx3 times
Posterior deltoid	10s-20sx3 times

Operating Plan of Lower Limb

Prone position, the small flat head points vertically downwards and moves from top to bottom.

Biceps	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times

Prone position, the small flat head points outward at 45° and moves from top to bottom.

Thin muscle	15s-20sx2 times
Long muscle	15s-20sx2 times
Short muscle	15s-20sx2 times

Gastrocnemius	20s-30sx3 times
Flatfish muscle	20s-30sx3 times

Prone position, the small round head points vertically downward.

Straight knee	15s-30s
Knee flexion	15s-30s

Supine position, the small flat head points vertically downwards and moves from top to bottom.

Rectus femoris	30s-45sx2 times
Lateral femoral muscle	30s-45sx2 times
Medial femoral muscle	30s-45sx2 times
Median muscle	30s-45sx2 times

Supine position, the small flat head points vertically downwards and moves from top to bottom.

Tensor fascia lata	15s-20sx2 times
Patellar anterior muscle	15s-20sx2 times

Long humerus	15s-20sx2 times
Short humerus	15s-20sx2 times

Knee Arthritis

Supine position, the small flat head points vertically downwards and moves from top to bottom, the patient bends slowly and slightly.

Rectus femoris	30s-45sx2 times
Lateral femoral muscle	30s-45sx2 times
Medial femoral muscle	30s-45sx2 times
Median muscle	30s-45sx2 times

Supine position, the small round head points vertically downward.

The humerus edge - the front side of the gambling bone	30s-1min
Rectus femoris, groin	1min
Tensor fascia lata	15s-20sx2 times
Patellar ligament	20sx3 times

Prone position, the small round head points vertically downward.

Ring muscle	30s-45s
Straight knee	15s-30s
Knee flexion	15s-30s
Gastrocnemius	20s-30sx3 times
Flatfish muscle	20s-30sx3 times

Tennis Elbow

Supine position, the small flat head points vertically downward.

Delta muscle	10sx3 times
Biceps	15s-20sx3 times
Diaphragm	15s-20sx3 times

Supine position, the small round head points vertically downward, the lateral iliac crest tendon 30S-40S, if you are worried about hitting the surface of the bone, you can use

your hand to pinch the muscle down.

Supine position, the small round head points vertically downward.

Scapular wrist flexor	10s-15sx3 times
Palm length muscle	12s-15sx3 times
Ulnar wrist flexor	10s-15sx3 times
Extensor muscle	5s-10sx2 times
Burning lateral wrist extensor	5s-10sx2 times
Burning lateral long extensor muscle	5s-10sx2 times

Operating Plan for Neck and Shoulder

Prone position, the small flat head points vertically downward, move from the middle to the sides, from top to bottom.

Triceps	15s-20sx3 times
Elbow muscle	10s-20sx2 group
Trapezius	15s-20sx3 times
Latissimus dorsi	30s-1minx2 times

Prone position, the small round head points vertically downward, move from the middle to the sides.

Upper sacral muscle	10s-15sx3 times
Shoulder levator	10s-12sx2 times
Large round muscle	10s-12sx2 times
Small round muscle	10s-12sx2 times
Infraspinatus	10s-12sx2 times

Prone position, Chest and Triceps

Stretch the upper arm at 90 degrees, straighten the wrist, and make the forearm parallel to the torso. First, stimulate the pectoralis major muscle at 30S, then stimulate the musculus brachialis at 30S.

Operating Plan of the Back of the Waist

Prone position, the small flat head points vertically downwards.

Trapezius middle bundle	15s-20sx3 times

Trapezius under the bundle	15s-20sx3 times
Rhomboid	20s-30sx3 times
Erectangial muscle (waist)	30s-1minx4 times
Latissimus dorsi	30s-1minx4 times
Thoracolumbar fascia	1minx3 times
Ankle joint	1minx3 times
Large muscle	30s-1minx6 times

Supine position

Internal and external oblique muscle	10s-15sx2 times

Supine position, the small round head points vertically downward.

Erectangial (thoracic)	15s-20sx2 times
Lumbar muscle	20s-30sx2 times
Waist muscle	20s-30sx4 times

Exhaustion of Lumbar Muscle

Prone position (one side), the small flat head points

vertically downwards.

Large gluteus maximus	30s-1minx4 times
Small gluteal muscles and tibia	30s-1minx3 times
Ankle joint	30s-1minx2 times

Lateral position, leg stretched to 90 degrees, the small flat head points vertically downward.

Hip midshaft and tibia	30s-1r
Ankle joint	30s-1r
Around the big rotor	30s-1r

Supine position (one side)

Diaphragm (patient slowing hip flexion)	30s-1minx3 times
Tibial edge - anterior side of the medulla	30s-1minx2 times
Rectus femoris, groin	1minx3 times

Sacroiliac Operation Plan

Prone position (one side), the small flat head points vertically downward from the inside to the outside, along

the direction of the muscles.

Mid-gluteal muscle	30s-1minx4 times
Large gluteus maximus	30s-1minx4 times
Piriformis	1min-1.5min
Ankle joint	1min-1.5min

Prone position (one side), hamstring tendon, from top to bottom.

Biceps	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times

Plantar Fasciitis

Prone position (one side), the small flat head points vertically downward, move from top to bottom.

Biceps	20s-30sx3 times
Semitendinosus	20s-30sx3 times
Semimembranosus	20s-30sx3 times

Prone position (one side), the U-shaped head is placed vertically downwards at four points, and the forefoot is on the ground.

Straight knee	15S-30S
Knee flexion	15S-30S
Gastrocnemius	20s-30sx3 times
Flatfish muscle	20s-30sx3 times

Prone position (one side), the small round head points vertically and soles.

Plantar fascia	20s-30sx3 times

Supine position, move from top to bottom

Patellar anterior muscle	15s-20sx2 times
Long humerus	15s-20sx2 times
Short humerus	15s-20sx2 times