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Homedics back massager instruction manual

Massage is not just a enjoyment. Studies show that it reduces stress, increases immunity and relieves pain from daily wear and tear. And in difficult times, just 30 minutes on the table (or even 10 minutes in a chair) can go a long way toward working out your loop-as long as you make sure your needs are met. Heres how to get your money's worth. Find the right therapist just like you would with MD, choose a certified massage therapist that meets your specific needs, whether you are looking to soothe postmarathon pain or relieve stiff neck. General certification in Swedish massage - long, sweeping strokes all over your body - fits into the bill when you just want to relax. (Swedish is what you get if you ask for a basic massage; Shiatsu, or acupressure, features more targeted finger pressure in certain areas.) Go here to find the most experienced certified massage therapists in your area. Speak up! Before starting the massage, indicate all areas of your body that feel sensitive, tight, painful or gentle (such as a knot on the neck or a sore spot in the shoulder); These should be treated with special care, according to Leena Guptha, an osteopathic physician, licensed massage therapist, and former president of the American Massage Therapy Association. Most massage is not painful, although mild pressure-which studies have found is necessary to provide optimal therapeutic benefits-it can feel a little uncomfortable, especially if you're new to massage. Is the pressure too intense? Don't be shy. Guptha suggests saying something like: It really hurts. Can you try something different or skip this area? A good therapist should welcome (or even ask for) your input. Choose products acceptable to take your own cream or oil, especially if you have sensitive skin, sensitive nose, or a condition such as eczema or psoriasis. Another option: Ask the therapist to show you his product and discuss the options (many of them are fragrance-free). There are dozens available for different types of massages, and your therapist should have different to choose from, says Guptha. We'll translate it if you have a cold Postpone the massage if you feel a cold or migraine, says Guptha. Massage will stimulate blood circulation, which could make you feel worse. If you are a little stuffy or just difficult to breathe when lying face down, ask to lie on your side. An experienced therapist can perform most techniques in this way, or she can work on the upper back, neck and shoulders while you are sitting down. Period? No problem Do not have any medical reason to avoid massage during menstruation, Guptha says. In fact, it can relieve PMS symptoms such as cramps and back pain. But if you are worried about severe bleeding, just wait a few days. Skip gallery images various massage techniques and their best applications. If you just ask massage, that's probably what you get. Expect long, gentle, soothing strokes - and total relaxation. Its characteristic feature is better circulation. The therapist will use your hands and fingertips and do not push too hard (if you like a lot of pressure). Advertising Advertising It's more intense than Swedish- and it's not just for athletes. The therapist focuses on the muscles and tendons just below the skin and the deeper ones using more pressure from the fingers. Sections may be included. Ask about this type when certain areas of the body are supertense-say, when you have knots in your shoulders. The therapist can press the thumb (or knee or elbow) deep into the knot in the hope of relaxing. Advertising the therapist rests or moves hot stones along the body, and heat increases blood flow to the muscles more than other types of massage. This can be especially good after the first run-in with a new activity like Pilates. Chances are you've lost a few instructions over the years. Maybe they're in a drawer somewhere, or they ended up in a recycling bin a long time ago. Fortunately, you don't have to send a refund - many of these guides are available online. You just have to find them. Device manufacturers often publish manuals through their websites - sometimes readable online, sometimes downloaded in PDF format. You will also find manuals for many older devices. Sure, you probably won't find guidelines for your old ray TV cathode from the 1970s. For example, I was able to find an instructional booklet for Game Boy Advance, which was published in 2001. The biggest problem you will face is simply following the correct instructions. They often dig deep into the bowels of corporate websites. For manufacturers who only have a few devices-like Nintendo-the process is simple enough. For manufacturers who produce hundreds of different products, however, finding the right manual can be a monk-like exercise in patience. Step one: Find out exactly what you own The first step is to find out what device you actually have. This means that you will need at least the make and model number. This is easier for some devices than for others. You probably know what iPhone model you have, but we guess you can barely remember who made the fridge. Let alone what model it is. First, look at the device itself. If the make and model number are not clearly written on the outside, make sure there are no hidden stickers or labels on the back, on the underside or even inside the device. For example, on many refrigerators, washing machines and dryers you will find the model number on the label inside the door. RELATED: How to see how much you've spent on Amazon If you bought from Amazon or other similar sites, you can try going back through your history to see what you actually bought. If you bought it in a brick-and-mortar store, they may even have a purchase record - especially if it was a large ticket item like a fridge. If all else fails, you can try searching the web using tags and some descriptive words - something like Samsung's large silver fridge. You may need to dig deep into search results, but hopefully you should be able to figure out what you own by comparing images from Google to devices in your home. Step two: Search for the right manual Once you know what device you actually own, you can start searching for the manual online. Most of the time is the easiest place to find instructions for use, from the manufacturer's website. Visit their site, go to support or customer care to see if there is an option to download manuals somewhere. You can also try scheduling through the support center or chatting with a customer representative if you can. If the instructions for use section on the web is not immediately obvious, it's time to turn to web search. Search engines will do a much better job combing through the depths of the manufacturer's website than you do. The first option is only to search for [Device Name] Instructions for Use. If you are lucky, it will appear either on the official website or through some fan sites. RELATED: How to search Google Like Prof: 11 tricks you need to know if it doesn't work or you get too many results, you can try directing Google to only return results from the manufacturer's website-one of the many search skills that you should utilize. To do this, type site:[manufacturerswebsite.com] [Device Name] Instructions for Use. As long as the manual is online, available to Google, and you're writing everything right, it should give you the guide you're looking for. If it does not work, there are also services there that nothing but collect manuals and make them available for download. Our favorite is manualslib.com, which boasts more than two million manuals available. And if you can't find the right guide using any of these techniques, it's possible that the guide just isn't available online. The best option in this case is to contact the company's customer service department and ask for their help. The days of the paper manual are over. Many devices, such as the iPhone, no longer even come with manuals. While this is definitely an improvement, no one has ever claimed corporate websites are well designed. There's a bit of skill involved in tracking the instructions for use! Sometimes a quick stretch is all you need to relax. But other times, experts say, you may need a massage to help your muscles relax - especially during stressful times or after intense workouts. (We know it's a real ordeal.) If you have chronic definitely looked at a professional, Elizabeth Bragg, LMT at Shift Integrative Medicine says. But the daily pain and pain of being at the computer, swimming, exercising, and so on? There are things you can do to make the worst easier. It turns out that there are several common pressure points and areas of tension that you can focus on relief, even if for a massage is not in your budget, it is quite possible DIY. We worked with Bragg and acupuncturist Zach Haigney, L.Ac., to create some easy self-massage techniques to help you feel faster. They primarily focus on the neck, shoulders, arms and legs. Click through and discover some tips and tricks to help ease your pain. Skip navigation! Our editors independently examine, test and recommend the best products; you can learn more about our review process here. We may receive commissions on purchases made from our selected links. Zyllion kneading massage pillow is efficient, affordable and portable. Shiatsu shiatsu's three-dimensional massage knots, no matter how sore your muscles are, will make them feel incredibly relaxed when you're done. The 13 x 9.5 inch pillow can be applied to any part of the body. It fits behind the neck, contours to the lower and upper back, or can be held on the abdomen, calf, thighs or legs. Since it is so compact, it can be easily taken on the go, and even comes with straps to attach it to the chair. If that wasn't enough, there's also a heating function that adds an extra level of relaxation and muscle-calming power. Note that it is not rechargeable, and must be plugged into a socket to start. This handmade masseur Viktor Jurgen is budget friendly, but that doesn't mean you'll sacrifice quality if you get it. It comes with three sets of removable massage heads so you can have a variety of massage options, including intense, deep tissue and circular. The two-headed design also gives you a two-handed effect for extra pressure. It's about as close as you can get to the feeling that a real masseuser is working on you! This masseur is a professional force, with a powerful engine that runs up to 3350 pulses per minute. It's perfect for the neck and back, and the anti-slip grip makes it a breeze. It also features adjustable intensity settings so you can choose modes from slow to fast, depending on your needs. A hand massager is a lifesaver for a sore back or neck as you can control where it moves and place it exactly on sore spots. This RENPHO model is our favorite. The deep tissue masseur uses percussive technology to help relieve and relieve pain, and is equipped with a powerful motor with up to 3600 pulses per minute. It also has a safety design, so after 20 minutes it stops automatically to prevent the masseur from overheating. This masseur comes with a variety of head, depending on your preferences and needs, including round, single point, curved, three-point and three-stage. For even more convenience, this model is wireless and rechargeable, even if you can't use it when it's plugged in. When fully charged, the battery lasts 140 minutes. When it comes to relaxation, the massage chair is final, and is perfect for a sore back. This is a bigger investment, of course, but if you feel like splurging, you can't go wrong with this Real Relax chair. It features an ergonomic armrest connection system so you feel comfortable tipping and the zero gravity button allows you to feel virtually unpayable. The eight massage rollers inside the backrest ensure that your pain and stress disappear, and there is also a foot roller function, as well as 50 airbags placed around your shoulders, legs, calves, arms and hips. This chair is a game-changer for your back, but it will relax your whole body, too. It even comes with built-in heaters and seat vibrations to give you a notch massage. Customize your massage with a remote manual program or use one of the preset automatic massage programs. When the chair is turned off, you can also use it as a regular chair. It can be difficult to reach your lower back with a hand massager, so if you're experiencing pain there, opt for a belt instead. This massage belt is perfect for your lower back because you can place it exactly above the sore spots, and wear it as a brace for as long as you need it. It is equipped with both heating and vibration modes, which are controlled individually, so you can choose whether you want to use both functions together or just one. The belt is adjustable, and it fits in waist size up to 48 inches. It has a double layer of adjustable straps so you can find the best you can find. The belt is made of airtread, so in addition to using the heating function, you will not feel too hot when you wear it. The lumbar brace provides extra compression for your back, in addition to massage. If you want to use it in your car, you're in luck - it comes with an extra car charger. You don't just get the pain in your house-with a portable rear seat in your car or in the office can be a lifesaver. This naipo back and neck massage is a fantastic choice. Wear a masseur over your shoulders to get your neck, place your feet in it, wrap around your lower back, or even use it against hamstrings. The adjustable intensity button provides three different speeds, while eight deep kneading Shiatsu massage knots soothe your muscles. It even offers a thermal function! For safety reasons, it automatically shuts down after 20 minutes. This masseur comes in an ergonomic U design for comfort and has an UL power adapter and car adapter so you can take it on the go. If you're packing it in a suitcase, wrap it in an attached dust bag to keep it clean. If you do not do so, budget for a massage chair, consider a massage pillow instead. It can be placed on a chair or car seat and you can sit against it. Sure, it doesn't have all the bells and whistles or the power of a massage chair, but at a fraction of the price, it's a great alternative. It is best for anyone looking for occasional, lighter massages, rather than kneading deep tissues. The pillow offers three massage speeds and four preset massage programs along with an independent heat button. You can choose to massage the neck and upper back, middle back, lower back, thigh or a combination of multiple parts. If you want to relax while working, driving or watching TV, this is a great choice. A car adapter is also included. Do you prefer to enjoy massages, fixing? This selection is a great choice to help you relax. It has ten massage motors that provide a vibrating full body massage. In addition, it is equipped with four heating zones that focus on the upper and lower back, thighs and calves. When you're done with it, it's flexible and easy to store. Just fold it down and tuck it in next time. It works great on the bed, couch or even on the floor. For safety reasons, it turns off automatically after 30 minutes of use. According to online reviewers, it's an instant win. This item is perfect. Warming the heat in two areas and various vibrating massages feel so good after a long day. Our process Our writers spent 5 hours researching the most popular massage masseurs on the market. Before making their final recommendation, they considered 15 different rear masseurs in total, screened options from 15 different brands and manufacturers, read more than 100 user reviews (both positive and negative). All these researches make recommendations that you can trust. Trust.

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