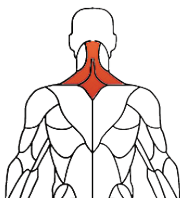
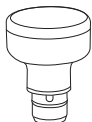
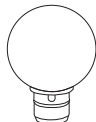
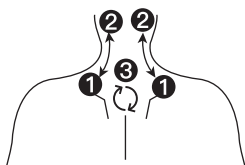
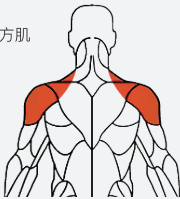
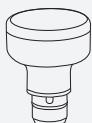
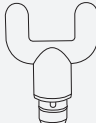
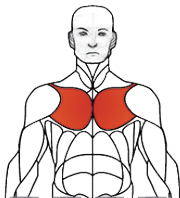
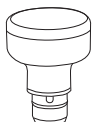
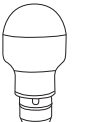
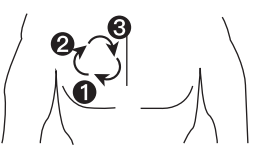
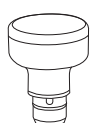
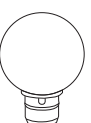
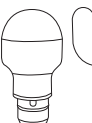
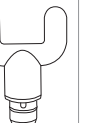
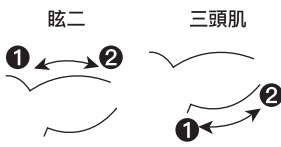
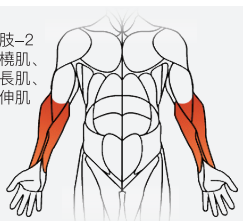
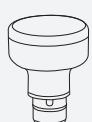
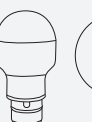
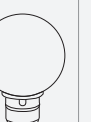
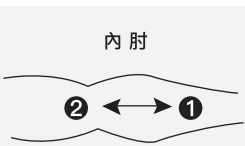
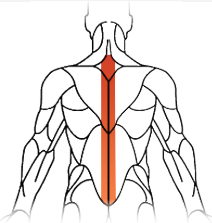
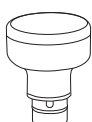
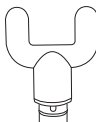
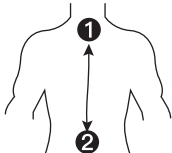
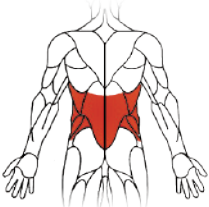
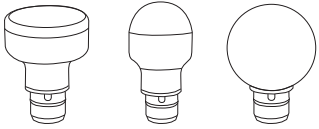
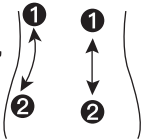
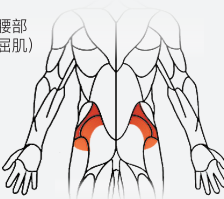
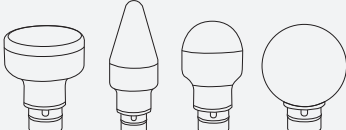
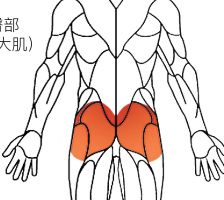
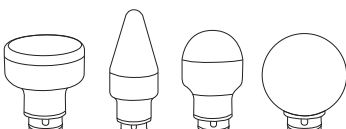
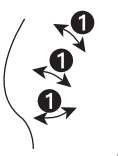
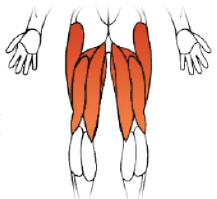
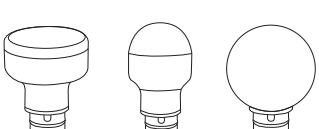
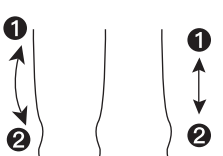
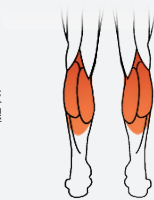
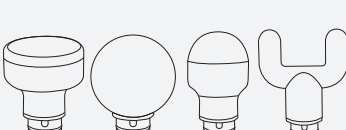
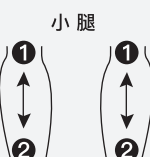
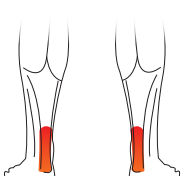
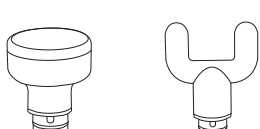
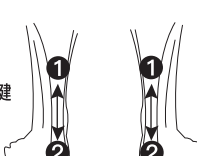
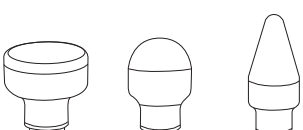
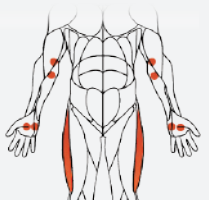
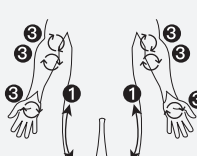
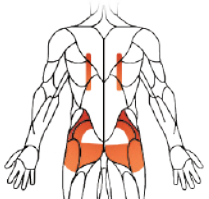
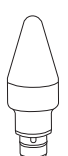
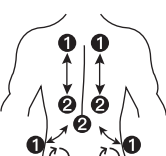


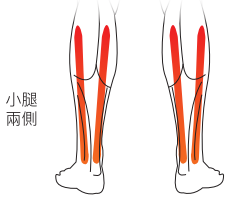
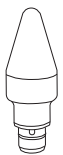
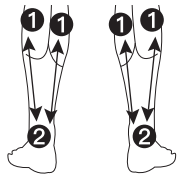
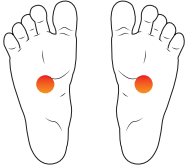
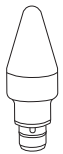
Dr.Rock

Wish you health and peace.
願健康與平安歸給您。

Bian Stone Heating Massage Gun instructions 砭石系列溫敷理療儀使用教程

身體部位	理療頭	模式	指導
頸椎 	 砭石平形溫敷理療頭  球形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1和2循環掃，3循環掃
肩、斜方肌、三角肌 	 砭石平形溫敷理療頭  U形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1和2循環掃
胸肌、胸大肌 	 砭石平形溫敷理療頭  砭石球形溫敷理療頭  球形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1、2和3循環掃
上肢-1 肱二、三頭肌 	 砭石平形溫敷理療頭  球形理療頭  砭石球形溫敷理療頭  U形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	肱二 三頭肌  1和2循環掃
上肢-2 肱橈肌、掌長肌、屈伸肌 	 砭石平形溫敷理療頭  砭石錐形溫敷理療頭  砭石球形溫敷理療頭  球形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	內肘  1和2循環掃
脊椎 	 砭石平形溫敷理療頭  U形理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	脊椎  1和2循環掃

腰部 側腰 後背 	 砭石平形 溫敷理療頭 砭石球形 溫敷理療頭 球形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	腰方肌  後背 1和2循環掃
下腰部 (髖屈肌) 	 砭石平形 溫敷理療頭 砭石錐形 溫敷理療頭 砭石球形 溫敷理療頭 球形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	髖屈肌  1和2循環掃
臀部 (臀大肌) 	 砭石平形 溫敷理療頭 砭石錐形 溫敷理療頭 砭石球形 溫敷理療頭 球形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	臀大肌  沿着1掃
下肢 大腿 	 砭石平形 溫敷理療頭 砭石球形 溫敷理療頭 球形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1和2循環掃
下肢 小腿 	 砭石平形 溫敷理療頭 球形 理療頭 砭石球形 溫敷理療頭 U 形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	小腿  1和2循環掃
跟腱 	 砭石平形 溫敷理療頭 U 形 理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	跟腱  1和2循環掃
腳掌 	 砭石平形 溫敷理療頭 砭石球形 溫敷理療頭 砭石錐形 溫敷理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 沿着1、2和3掃
手寸 手掌 大腿 外側 	 砭石錐形 溫敷理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	手寸 手掌  1和2、3循環掃
後背 腰側 坐骨 	 砭石錐形 溫敷理療頭	休閒模式：勻速1~2檔（900 ~ 1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速 5 檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	後背  1和2、3循環掃

 小腿兩側	 砭石錐形溫敷理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1和2循環掃
 腳掌	 砭石錐形溫敷理療頭	休閒模式：勻速1~2檔（900~1400轉/分鐘） 運動模式：勻速3~4檔（2000~2600轉/分鐘） 極限模式：勻速5檔（2800~3200轉/分鐘） 溫敷模式：使用砭石溫敷理療頭，打開溫敷加熱，溫敷溫度在42℃~65℃效果最佳。	 1循環掃

說明

1. 「休閒模式」：指家庭普通人群最佳使用建議；
2. 「運動模式」：指喜歡運動、健身人群最佳使用建議；
3. 「極限模式」：指特殊人群（如運動員或健美等）肌肉結實群體建議；
4. 「溫敷模式」：Dr.Rock系列理療儀部分支持溫敷加熱功能，配合相匹配的砭石溫敷理療頭，加熱溫敷效果最佳；
5. 以上的使用建議模式數據來源於我司多數消費人群調研，最終使用模式可根據自身健康及受力程度，自行調節到舒服即可；
6. Dr.Rock系列理療儀配有普通理療頭和部分砭石溫敷理療頭，可根據自身需要官網購買所需求的砭石溫敷理療頭（註：Dr.Rock系列普通理療頭為環保塑膠件，不具備溫敷加熱理療功能）；
7. 以上僅供成人使用。如有受傷、特殊穴位/病症或兒童需求時，使用前請諮詢您的醫生（適應症及禁忌症見下表）。

適應症

- ✓ 因肌肉挫傷、扭傷、拉傷的疼痛和痙攣
- ✓ 幫助腫脹部位的水腫液流動
- ✓ 鬆弛增厚的結締組織和筋膜
- ✓ 減少肌肉中乳酸的積累
- ✓ 增加關節活動度
- ✓ 消除肌肉疲勞
- ✓ 坐骨神經痛（砭石熱敷理療）
- ✓ 肩周炎（砭石熱敷理療）

禁忌症

- 動脈瘤、出血、使用血液稀釋劑
- 心臟病、有心臟起搏器或除顫器
- 懷孕、癌症
- 關節內固定90天以內不可在內固定3英寸範圍內使用
- 敏感區域：頭部、面部、頸椎、脊柱椎體
- 肌肉覆蓋較少的靠近骨骼的位置：脛骨、足背、手背

註：以上內容，我司會繼續更新中，以便您更容易掌握Dr.Rock的使用及感受使用後的效果，您的健康是我們的追求。
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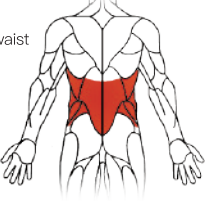
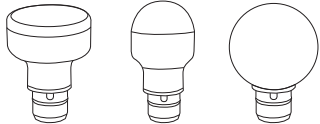
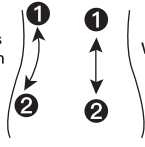
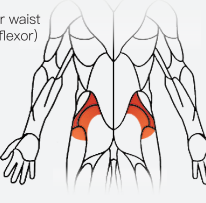
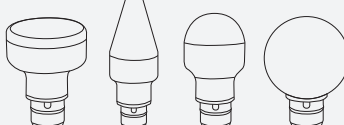
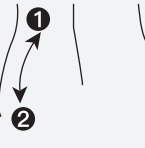
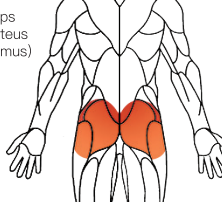
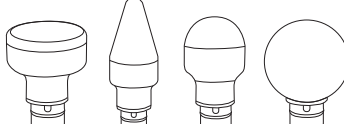
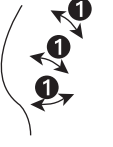
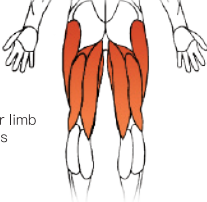
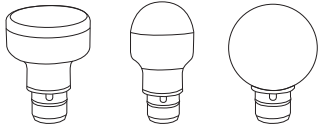
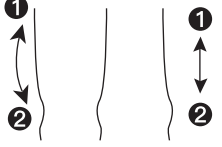
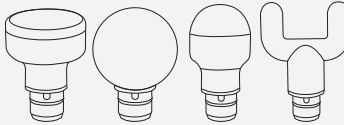
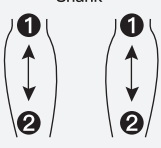
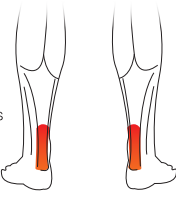
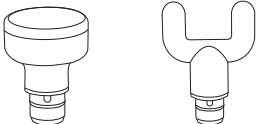
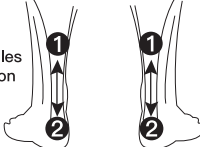
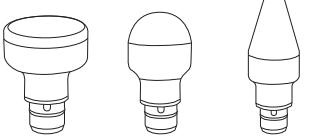
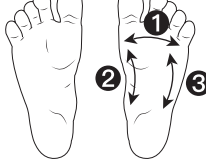
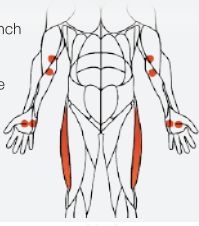
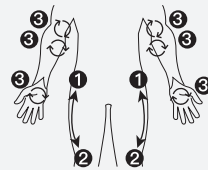
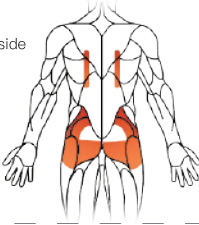
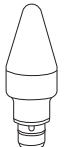
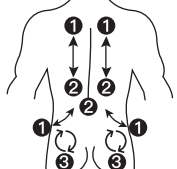
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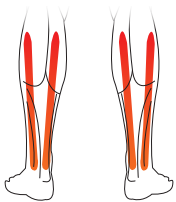
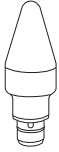
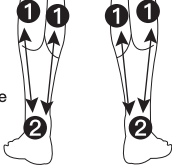
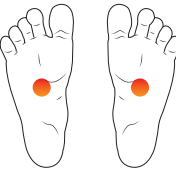
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Designed by Zikko in HongKong

Body parts	Physiotherapy head	Mode	Directions
Cervical spine	Bian Stone flat warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Massage 1,2 and massage 3 circlely
Shoulder trapezius, deltoid	Bian Stone flat warming head U-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Massage 1 and 2
Pectoral muscle Pectoralis major	Bian Stone flat warming head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Massage 1,2 and 3 circlely
Upper limb Dazzle two, triceps	Bian Stone flat warming head Ball-shaped head Bian Stone ball warming head U-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Dazzle triceps Massage 1 and 2
elbow	Bian Stone flat warming head Bian Stone warming cone head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Inner elbow Massage 1 and 2
vertebral	Bian Stone flat warming head U-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	vertebral Massage 1 and 2

waist, Side waist Back 	 Bian Stone flat warming head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Quadratus Lumborum  Waist Massage 1 and 2
Lower waist (hip flexor) 	 Bian Stone flat warming head Bian Stone warming cone head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Hip flexor  Massage 1 and 2
Hips (Gluteus maximus) 	 Bian Stone flat warming head Bian Stone warming cone head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Gluteus maximus  Massage along 1
 Lower limb Thighs	 Bian Stone flat warming head Bian Stone ball warming head Ball-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	 Massage 1 and 2
Lower limb Shank 	 Bian Stone flat warming head Ball-shaped head Bian Stone ball warming head U-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Shank  Massage 1 and 2
Achilles tendon 	 Bian Stone flat warming head U-shaped head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	Achilles tendon  Massage 1 and 2
Feet 	 Bian Stone flat warming head Bian Stone ball warming head Bian Stone cone warming head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	 Massage along 1, 2 and 3
Hand inch palm thigh Outside 	 Bian Stone cone warming head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	手寸 手掌  Massage 1, 2 and massage 3 circlely
Back Waist side Ischia 	 Bian Stone cone warming head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	后背  Massage 1, 2 and massage 3 circlely

 shank	 Bian Stone cone warming head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	 Calf muscle Massage 1 and 2
 Feet	 Bian Stone cone warming head	Leisure mode: Uniform speed 1 to 2 speeds (900 ~ 1400 rpm) Sport mode: Uniform speed 3 to 4 speeds (2000 ~ 2600 rpm) Extreme mode: Uniform speed 5 speeds (2800 ~ 3200 rpm) Warm compress mode: Use the vermiculite warm compress head, turn on the warm compress warm compressing temperature is best at 42 °C ~ 65 °C.	 Massage 1

NOTE

1. "Leisure mode": Refers to the best use recommendations for the general family;
2. "Sport mode": Refers to recommendations for people who like sports and fitness;
3. "Extreme mode": Refers to the best use recommendations for strong muscle people (such as athletes or bodybuilders, etc.);
4. "Warm compress mode": Dr.Rock series of physiotherapy devices support the function of warm compress. With the matching vermiculite warm compress physical therapy head, the best effect is achieved by heating and warm compress;
5. The data of the above usage suggestion model are from the survey of most of our consumer groups. The usage mode can be adjusted to be comfortable according to your own health and strength;
6. Dr.Rock series physiotherapy equipment is equipped with general physiotherapy head and some vermiculite warm compress physiotherapy head. Purchase the necessary vermiculite warm compress head according to your own website (Note: Dr. Rock series of general physiotherapy heads are ABS parts, and do not have the function of warm compressing and heating physiotherapy);
7. The above is for adult use only. In the event of injury, special acupoints / disorders or children's needs, Consult your doctor before use (see table below for indications and contraindications).

Note: We will continue to update the above content, so that you can more easily master the Dr.Rock and feel the goodness. Your health is our pursuit.
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Indication

- ✓ Pain and spasm due to muscle contusion, sprain and strain
- ✓ It can help edema fluid flow in swollen parts,
- ✓ Relax thickened connective tissue and fascia,
- ✓ Reduce lactic acid accumulation in muscles, increase joint activity,
- ✓ Eliminate muscle fatigue and
- ✓ Sciatica (Bian stone hot compress physiotherapy) and
- ✓ Scapulohumeral periarthritis (Bian stone hot compress physiotherapy)
- ✓ Periarthritis (Bian stone hot compress physiotherapy)

Contraindications

- Aneurysm, hemorrhage, heart disease with blood thinner;
- cardiac pacemaker or defibrillator;
- Pregnancy, cancer;
- It cannot be used within 3 inches of internal fixation when joint internal fixation less than 90 days,
- Sensitive areas: head, face, cervical spine, Spinal vertebrae
- Muscles cover less locations near bones:
Tibia, back of foot, back of hand

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