

**Dr.Rock Pad**  
BianStone Far Infrared Heating Therapy SitPad  
砵石遠紅外線熱護坐墊



**User's manual**  
使用說明書

Scan QR Code  
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**CE** **FC**

Designed by Zikko in Hong Kong  
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繁體中文 6 ~ 10

Wish you health and peace.  
願健康與平安歸給您。

**After Service Card**  
售後服務保障卡

Product Name 產品名稱	
Product Model 產品型號	
Product Serial No. 產品序列號	
Purchasing Date 購買日期	

Customer Name 顧客姓名	
Phone 聯 系 電 話	
E-Mail 郵 箱	
Add. 聯 系 地 址	

Distributor Name 經銷商名稱	
Phone 聯 系 電 話	
E-Mail 郵 箱	

Sign/Seal Here :  
經銷商簽章:



**Dr.Rock BianStone Far Infrared Heating Therapy SitPad**

**Product Introduction**

Dr.Rock BianStone Far Infrared Heating Therapy SitPad is made of pure natural premium BianStones of red colour. Electronic constant temperature heating of BianStones can emit far-infrared rays beneficial to the human body, accelerate and improve the blood micro-circulation of the human body, activate cells, and achieve thermal curative effect. It can help relieve body fatigue and pain, relax muscles, improve acidic physique and sleep quality and other warm care and warmth. It is a pure natural health physiotherapy method for warming the whole body. Long-term use it can promote metabolism and enhance human immunity.

**Eight characteristics**

Natural premium BianStone

Graphene heating film

Far-infrared wavelength 6-15 microns

Anti-burning Anti-leakage

Full touch designed

Heating 20~60°C

Slim and easy to be rolled

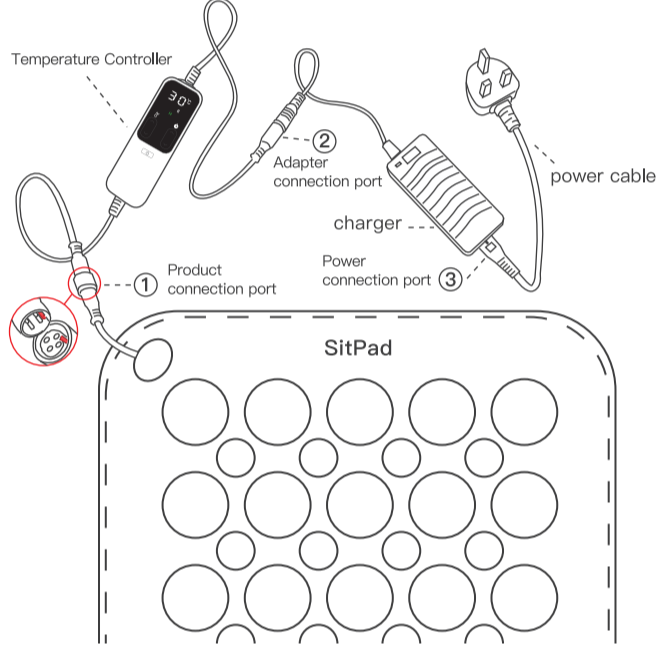
Soft leather

**Product Structure**



- Nylon edging
- High-density mesh cloth
- Natural BianStone
- Bamboo charcoal fiber cotton layer
- Graphene heating film
- Gathering energy and slow heating layer
- Soft leather

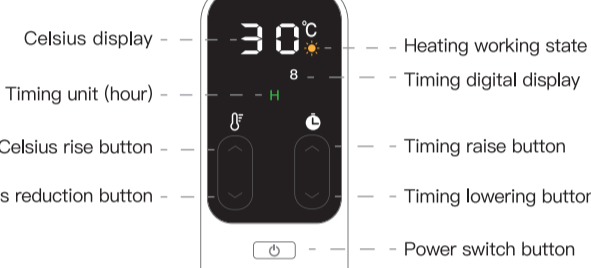
**Product usage diagram**



**Product connection diagram:**

- Connect the four-pin connector (male) with the thermostat's four-pin connector (female) according to the limit slot and arrow to confirm the butt connection;
- Connect the DC connector (female) at the other end of the thermostat and the DC connector (male) of the power supply end to the limit slot attached to it and rotate and fix it;
- Insert the end of the matching power cord into the power connector.

**Controller use and troubleshooting**



**mode**

mode	set up	Automatic heating time
A.Warm therapy 1	20~45°C	Can be set manually for 2~12 hours
B.Warm therapy 2	46~50°C	Heating for 4 hours, automatically return to 37°C
C.Hot therapy	51~60°C	Heating for 4 hours, automatically return to 37°C

**6. Thermostat display troubleshooting**

(display)	cause of issue	Troubleshooting
E1	The thermostat is not connected to the product or the connection is in poor contact. ② The temperature sensor probe fails.	1. Check the connection line, whether the connection is normal, and it needs to be re-wired. 2. If the product is still abnormal, please contact after-sales service.
EH	High temperature error or temperature out of protection	Turn off the power, turn on the product again after cooling to confirm, if it shows that the product is abnormal, please contact after-sales

**The product soothes and improves the following people**

- Hemorrhoids, insomnia, long-term fatigue, deficiency and cold physique;
- Female menstrual period, cold hands and feet, edema, obesity, sub-health
- Back pain, shoulder and neck pain, numbness of hands and feet;
- Sports injuries.

**Physiotherapy mode**

- Warm Therapy:** Set the temperature to 30~50°C, for daily conditioning of the body.
- It is suitable for cold hands and feet, female physical discomfort, insomnia, improvement of acidic physique, etc. It can promote blood circulation and obtain a sense of comfort. It is recommended to use it for 10 hours/each time.
- Hot Therapy:** The temperature is about 51~60°C, and it is used for hyperthermia when needed.
- Used for sports injuries, backache and bone pain, shoulder and neck pain, numbness in hands and feet. Can accelerate blood circulation, perspiration and detoxification, effectively relieve and improve pain. Recommendations for use: 2 hours/each time.
- Cold Therapy:** The power heating switch is turned off (room temperature) for natural care at normal room temperature.
- It is cool and comfortable to use in summer; long-term use can make the body absorb the far infrared rays naturally emitted by the BianStone, which is beneficial to the body, which is beneficial to maintain and improve the normal operation of the body's microcirculation system. Recommendations for use: long-term.

**Specifications**

Model : SP450  
Product name : Zikko | Dr.Rock BianStone Far Infrared Heating Therapy SitPad  
Size : 45cm x 45cm / Weight : 1.2 KG  
BianStones quantity : Large grains 5 rows x 5 grains + small grains 4 rows x 4 grains = 41 grains

Therapy mode : cold therapy (indoor temperature is not heated), warm therapy, hot therapy

Adapter input voltage : 100-240V~50/60Hz 2.0A  
Adapter output voltage/current : 24V 2.75A  
Thermal cushion power : 72W max  
SitPad Current and Voltage : Human body safety low voltage max 24V/3A  
Heating device : Graphene heating film  
Adjustable range of temperature controller : 20~60°C  
The temperature controller can set the timing : 2~12 hours  
Heating temperature : 20~60°C up and down button adjustment  
Accessories : soft leather, fireproof mesh, double-layer felt cloth

**Package Contents**

\*BianStone SitPad x1 \*Manual book x1 Power adapter x1  
\*Temperature controller x1 \*Product sheath x1

**Warranty description**

Zikko provides quality warranty services for hardware products and accessories in the packaging and defects in materials and workmanship. The warranty period of the Dr.Rock SitPad (including temperature controller) is one year from the date of purchase of the product, and the included storage bag is guaranteed for 6 months. Damages caused by normal wear or aging, accidents, improper use, alterations, etc. are not covered by this warranty. How to obtain after-sales service: Please call the Zikko authorized brand or go to the authorized retailer's purchase place or online customer service for after-sales service, and please provide the relevant purchase credentials (invoice or purchase record).

**Product maintenance methods**

You can use a wet towel to wipe the contaminated part when it is not powered on, or use a disinfectant wet towel to disinfect it regularly, and then turn it on for heating after drying.

**Precautions**

- Read the manual carefully before use and use it in accordance with the operating instructions.
- Don't let it be used alone by people who cannot take care of themselves, infants or children who are not sensitive to heat.
- It is forbidden to use in water and humid environment.
- Do not dry clean or wash. You can wipe the contaminated part with a wet towel when the power is not turned on, and then turn on the power to heat it after drying.
- Do not insert sharp objects into this product.
- Do not place bedding and other items in a small area to cover the heating area when the product is heated to prevent local overheating and causing malfunctions.
- It is forbidden to place flammable materials such as fireworks and lighters on the surface of the product to prevent fire.
- Please confirm whether the power supply is out off before going out.
- Using the heating function, the temperature can be adjusted according to the tolerance of the skin. In order to prevent skin burns, if you feel unwell, stop using it in time.

**Dr.Rock Pad 砵石遠紅外線熱護坐墊**

**產品簡介**

Dr.Rock 砵石遠紅外線熱護坐墊，精選純天然紅色砵石製成，通過石墨層發熱電子恆溫加熱砵石，能夠發出對人體有益的遠紅外線，使人體血氣循環增加及改善，活化細胞，達到熱療效應，可以幫助舒緩身體疲勞和痛症，肌肉放鬆，改善酸性體質和睡眠質素等溫熱護理及保健作用。是一種純天然溫熱全身的健康護理方式，長期使用，可以促進新陳代謝，提升人體免疫力。

**八大特點**

天然優質砵石

石墨層發熱

遠紅外線波長6-15微米

防火防漏電

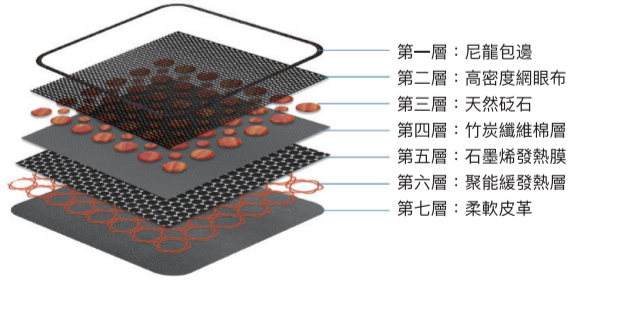
砵石每片全觸控點熱

發熱溫度約20~60°C

超薄可捲起

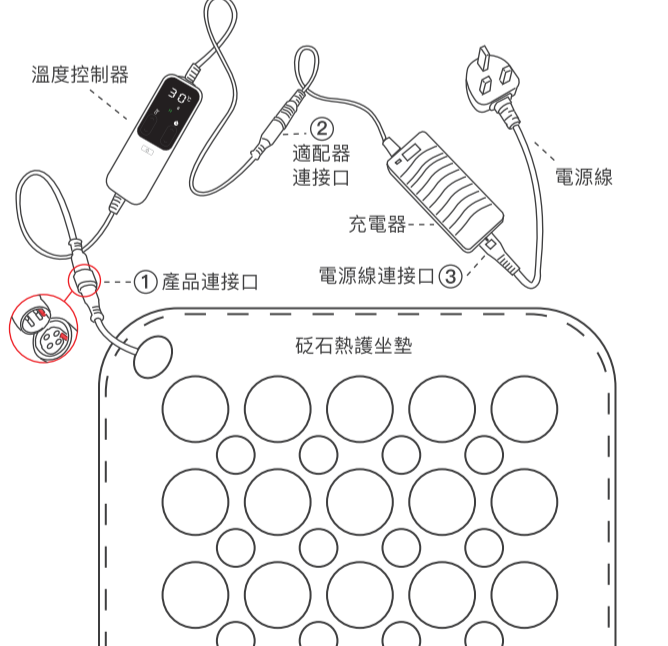
柔軟親膚皮革

**產品結構圖**



- 尼龍包邊
- 高密度網眼布
- 天然砵石
- 竹炭纖維棉層
- 石墨層發熱膜
- 聚能層發熱層
- 柔軟皮革

**產品使用示意圖**



**產品連接示意圖:**

- 將四針接頭(公頭)與溫控器四針接頭(母座)，按限位槽及箭頭指示對接；
- 將溫控器另一端DC接頭(母座)與電源端DC接頭(公頭)依插頭限位槽插入對接轉固定；
- 將匹配電源線尾端插入電源接口。

**溫控器使用方法及故障排除**



**溫控器顯示**

(display)	cause of issue	Troubleshooting
E1	The thermostat is not connected to the product or the connection is in poor contact. ② The temperature sensor probe fails.	1. Check the connection line, whether the connection is normal, and it needs to be re-wired. 2. If the product is still abnormal, please contact after-sales service.
EH	High temperature error or temperature out of protection	Turn off the power, turn on the product again after cooling to confirm, if it shows that the product is abnormal, please contact after-sales

**6. 溫控器顯示故障排除**

溫控器顯示	故障原因	故障排除
E1	1. 溫控器與產品未連接或連接接觸不良； 2. 溫度感應探頭失效。	1. 檢查溫控器與產品之間的連接線，接觸是否連結正常，需重新插電。 2. 如無效仍顯示產品異常，請聯繫售後。
EH	高溫報錯或溫度超出保護值	關閉電源，待產品冷卻後再次開機確認，如仍顯示為產品異常，請聯繫售後。

**產品特別舒緩及改善以下人士**

- 痔瘡、失眠、長期疲勞、虛寒體質；
- 女性生理不適、手腳冰冷、水腫肥胖、亞健康；
- 腰酸骨痛、肩頸痛、手腳麻；
- 運動損傷。

**理療模式**

- 溫敷：**溫控器設置溫度大約30~50°C，日常調理身體用。  
適用於手腳冰冷、女性生理不適、失眠、改善酸性體質等，能促進血液循環，並獲得舒適感。加熱使用建議10小時/每次。
- 熱敷：**溫控器設置溫度大約51~60°C，需要時熱敷用。  
適用於運動損傷、腰酸骨痛、肩頸痛、手腳麻等。可加速血液循環、排汗排毒，有效舒緩及改善痛症。 加熱使用建議：2小時/每次。
- 冷敷：**溫控器電源加熱關閉閉鎖(室溫)，熱天或平時室內溫度天然護理。  
夏季使用時感覺到涼爽舒適，平時長期使用時，更可以使身體吸收砵石不斷地自然發出來的有益於身體的遠紅外線，有利於保持和改善身體微循環系統正常運作。 使用建議：長期。

**參數規格**

型 號 : SP450  
產品名稱 : Zikko (即刻) Dr.Rock (絡醫生) 砵石遠紅外線熱護坐墊  
尺 寸 : 45cm x 45cm / 重 量 : 1.2 KG  
砵石顆粒 : 大顆5列x5粒 + 小顆4列x4粒= 41粒  
理療模式 : 冷敷 (室內溫度不加熱) 、溫敷、熱敷  
溫控器輸入電壓 : 100~240V~50/60Hz 2.0A  
溫控器輸出電壓/電流 : 24V 2.75A  
熱護坐墊功率 : 72W 最大  
熱護坐墊電壓 : 人體安全低電壓最大 24V/3A  
加熱裝置 : 石墨層發熱膜  
溫度控制器可調節範圍 : 20~60°C  
溫度控制器可設置定時 : 2~12小時  
發熱溫度 : 20~60°C 升降按鍵調節  
輔 料 : 軟皮革、防火網紗、雙層毛氈布

**包裝內容**

\*砵石熱護坐墊 x1 \*產品護套 x1  
\*溫度控制器 x1 \*使用說明書 x1 電源適配器 x1

**質保說明**

Zikko為包裝中的硬件產品和配件材料及工藝缺陷提供質量保修服務，熱護坐墊(含溫度控制器)保修期限為自您購買該產品之日起一年，正常的磨損或老化以及意外、不正當使用改造等造成損壞，不在此保修範圍之內。獲取售後服務方式：請致電 Zikko授權品牌商或前往授權零售商購買處或網絡客服處，同時請提供相關購買憑據。(發票或購買記錄)

**產品維護和保養方法**

可在不通電情況下，用濕毛巾對污染部分進行擦拭，或者定期用消毒濕巾進行消毒，晾乾後再通電加熱使用。

**注意事項**

- 使用前詳細閱讀說明書，並按照操作說明使用。
- 不要讓生活不能自理、嬰幼兒或對熱不敏感人群單獨使用。
- 禁止在有水和潮濕環境下使用。
- 不得乾洗或洗滌。可在不通電情況下，用濕毛巾對污染部分進行擦拭，晾乾後再通電加熱使用。
- 勿將尖銳物體插入本產品。
- 請勿在本產品加熱時將被褥等物品放置在加熱區域小面積覆蓋，防止局部過熱導致故障。
- 產品表面禁止放置煙花爆竹、打火機等易燃物品，防止引發火災。
- 使用結束、外出前，請確認電源是否切斷。
- 使用加熱功能，溫度可根據皮膚耐熱程度進行調節，為防止皮膚燙傷，請根據自己身體體質，合理調節溫度級數，如有不適及時停止使用。