

beurer

FM 150 Pro



EN Compression leg therapy Instructions for use



CE 0197



Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.



WARNING

- The device is intended only for domestic/private use, not for commercial use.
- This device may be used by children over the age of eight and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the consequent risks of use.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children unless supervised.
- Do not use the device if it shows signs of damage or does not function properly. In this case, contact Customer Services.
- Repairs may only be carried out by Customer Services or an authorised supplier.
- If the mains connection cable of this device is damaged, it must be disposed of. If it cannot be removed, the device must be disposed of.
- Under no circumstances should you open or repair the device yourself, as faultless functionality can no longer be guaranteed thereafter. Failure to adhere to this instruction will void the warranty.

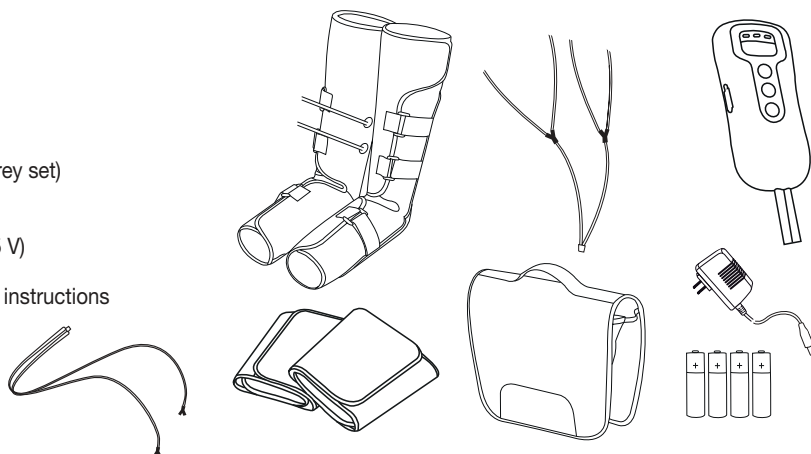
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1. Included in delivery

Check that the delivery has not been tampered with and make sure that all components are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you are in any doubt, do not use the massager and contact your retailer or contact us on the service hotline number provided.









- 1x right leg cuff
- 1x left leg cuff
- 1x thigh cuff, right
- 1x thigh cuff, left
- 2x 2 air hoses
(1 white set, 1 grey set)
- 1x hand switch
- 1x storage bag
- 4x AA batteries (1.5 V)
- 1x mains part
- 1x These operating instructions



2. Signs and symbols

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	WARNING Warning notice indicating a risk of injury or damage to health.	Transportation 	Permissible transport temperature. Permissible transport humidity.
	IMPORTANT Safety note indicating possible damage to the device/accessory.		Switching mains part
	Note Note on important information.	IP 22	Device protected against foreign objects ≥ 12.5 mm and against water dripping at an angle
	Observe the instructions for use		Direct current
	Manufacturer		Serial number
	Protection class II		Low-frequency electromagnetic radiation
	Type BF applied part		Indoor use only
	Permissible operating temperature and humidity		Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE
		Storage 	Permissible storage temperature. Permissible storage humidity.

 0197	CE labelling This product satisfies the requirements of the applicable European and national directives.		Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	Batch code		Unique Device Identifier (UDI) for unique product identification
	Medical device		Item number
	Authorized representative in the European Community		Separate the product and packaging elements and dispose of them in accordance with local regulations.

Note

The leg compression massager can be reused once the cuffs have been cleaned.

3. Warnings and safety notes

Non-observance of the following information may result in personal injury or material damage.

WARNING

Keep packaging material away from children to avoid danger of suffocation.

WARNING

Do **not** use the device:

- If you suffer from a medical abnormality or an injury to your legs (e.g. brittle bones, open wounds, etc.),
- On children,
- During pregnancy,
- While sleeping,
- On animals,
- While undertaking any activity where an unexpected reaction could be dangerous,
- After the consumption of substances that lead to impaired cognitive function (e.g. pain medication, alcohol),
- For longer than 30 minutes (risk of overheating). Leave the device to cool down for at least 20 minutes before using it again,
- On acute patients or people who are also undergoing medical treatment.

Consult your handling physician regarding the safe application of the leg compression massager if you have any existing acute or underlying diseases, and in particular in the following cases:

- If you suffer from a severe illness or have recently had surgery on your legs.
- If you have an acute open or closed wound on your legs or feet.
- If you have had a surgical procedure on your legs or feet and your physician does not think the wound has completely healed.
- If there is any suspicion of muscular compartment syndrome on your lower leg.
- If you have an acute skin condition on your legs or feet.
- If you have a pacemaker, implants or other aids.
- If you suffer from thrombosis or suspected thrombosis, e.g. any previously occurring, known or suspected leg vein thrombosis.
- In the event of an existing arterial vascular disease, regardless of the location of the diagnosed vascular constrictions.
- If you suffer from diabetes.
- If you are suffering from pain, the cause of which is unknown.
- If you are suffering from severe inflammation.

- Impairment to cardiac function, in particular with regard to water retention in the legs.
- Advanced arterial disease.
- Pulmonary oedema.
- High blood pressure. If there is any suspicion or presence of malignant tumours.
- If you suffer from lymphatic circulation problems in your legs and/or feet.

WARNING

- This product can not be used with high frequency equipments, so as to avoid burn injury or equipment damage.
- Biocompatibility. All of the material which the patient or user can be accessible are no unacceptable risks. The materials of our products are common to see and use.
- Do not touch the output of power adapter DC plug for it might cause electric shock.
- Put the hand switch aside body while using.
- Handle the product with care in case it falls and hurt you.
- For pregnant woman and woman in menstrual period, people with sensitive skin, heart disease, abnormal blood pressure, malignant tumor, cerebrovascular disease, acute disease or people currently under doctor's treatment, they should consult a doctor first then use this product.
- People with skin perceptual disturbance or not sensitive to pressure are prohibited to use this product.
- Do not use while bathing and sleeping.
- Patients with cerebral hemorrhage: do not use this product when the patient is not in stable phase, and patient with sequela should use this product under the supervision of a doctor.
- Patients with purulent inflammation, acute septicemia and continued hyperthermia are prohibited to use this product.
- Patients with acute cardiovascular and cerebrovascular disease are prohibited to use this product.
- Please do not apply this product to body parts other than the legs and feet, and patients with leg and foot skin disease should not use this product.
- Do not walking or moving when using this product, if not, it cause the patient discomfort or the product may be broken.
- Do not apply this product to children or people without expressible conscious ability.
- If the user feels uncomfortable due to the use of this product, please stop using immediately and consult a doctor.
- Do not use this product with other medical electronic equipments, such as cardiac pacemaker, artificial heart-lung or other life-supporting medical electronic equipments, electrocardiograph and other medical electronic equipments. Otherwise, it might cause danger.
- Do not arbitrarily disassemble, repair and transform this product, or it might cause malfunction or electric shock.
- In case of emergency, this product should be placed in a position where plug can be easily pushed aside.

ATTENTION

- If the customer uses high frequency surgical equipment and this product at the same time, this product might be damaged; if this product is used near (1 meter) short wave or microwave therapeutic equipment, then the operation of this product may not be stable.
- Do not modify this equipment without authorization of the manufacturer.
- Please pull the power plug after using the product or when the product is not expected to be used.
- Do not use this product in high-temperature, inflammable, electromagnetic radiation and humid places.

WARNING: Electric shock

As with all electrical devices, use the device carefully and cautiously, in order to avoid hazards due to electric shock.

Therefore, observe the following instructions for use of the device:

- use device with the supplied mains part and the mains voltage specified on the type plate only,
- never use the device if it or its accessories show visible signs of damage,
- do not use during a storm.

In the event of defects or operational faults, switch the device off immediately and disconnect it from the mains socket. Do not pull on the mains cable or on the device to disconnect the mains part from the socket. Never hold or carry the device by the mains cable. Keep the cables away from hot surfaces. Do not crush, bend or twist the cables. Do not insert needles or any sharp objects. Never open the hand switch.

Ensure that the device, the hand switch and mains cable do not come into contact with water, steam or other liquids. Only use the device in dry rooms (e.g. NEVER in the bath, sauna).

Do not reach for the device if it has been submerged in water. Unplug the mains part from the socket immediately. Never use the device if it or any of the accessories show visible signs of damage. Do not drop the device or subject it to any impacts.



WARNING: Repairs

Only specialist personnel may perform repairs on electrical devices. Improper repairs may subject users to considerable danger. For repairs, please contact Customer Services or an authorised retailer.



WARNING: Risk of fire

There is a risk of fire if the device is used improperly or these instructions for use are ignored. Therefore, observe the following instructions for use:

- Never use the device underneath a cover, such as blanket, pillow, etc.
- Never use the device near petrol or other highly flammable substances.



WARNING: Batteries

- If your skin or eyes come into contact with battery fluid, flush out the affected areas with water and seek medical assistance.
- Choking hazard! Small children may swallow and choke on batteries. Store the batteries out of the reach of small children.
- Observe the plus (+) and minus (-) polarity signs.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- Risk of explosion! Never throw batteries into a fire.
- If the device is not to be used for a long period, take the batteries out of the battery compartment.
- Always replace all batteries at the same time.
- Do not use rechargeable batteries.
- Do not disassemble, split or crush the batteries.



IMPORTANT: Handling

The device must be switched off and disconnected from the mains after every use and before cleaning.

- Make sure that the air hoses are not kinked.
- Do not sit or stand on the leg cuffs with your whole weight. Do not place anything on the leg cuffs or the hand switch.
- Do not expose the device to high temperatures.

4. Intended use

Only use the device on the legs and on people. The device is intended for **private use** only. The device is **NOT** intended for commercial use. It cannot replace medical treatment.



WARNING

Use the device for the intended purpose only and in the manner specified in these instructions for use. Any form of improper use can be dangerous. The manufacturer is not liable for damage resulting from improper or careless use.

Usage instructions:

- To improve venous blood circulation.
- To prevent varicose veins and spider veins.
- To reduce swelling and heavy legs.
- To treat muscle tension from sport.
- To treat sports injuries, such as bruises and sprains.
- To treat bruises.

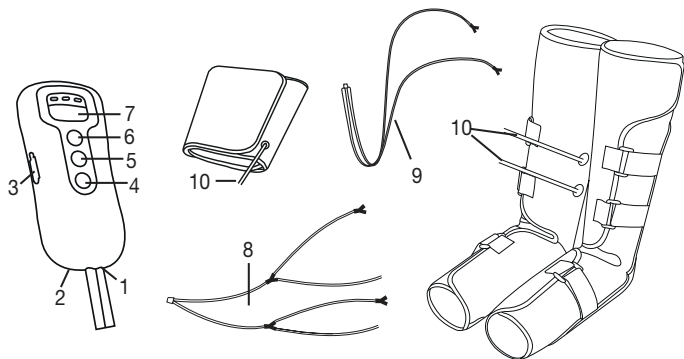
Application location: indoor

If you get tired and swollen legs and, as a result, problems with your veins, please use the enclosed grey hose only and do not use the thigh cuffs (fitting instructions in section 8.1, point 4.b).

Please use the enclosed thigh cuffs and the white hoses that are compatible with these (fitting instructions in section 8.1, point 2 to 4.a) only if you are in full physical health and do not have any injuries/swelling on your legs. The additional use of the thigh cuffs can help to relax the muscles and promote blood circulation.

5. Device description

1. Air inlet ("in")
2. Mains socket
3. Air outlet
4. ON/OFF button
5. Air outlet button
6. Stop button*
7. Timer button 10/20/30 min
8. Air hoses (white) for supplementary use of the thigh cuffs
9. Air hoses (grey) for use of the lower-leg cuffs only
10. Connection for air hoses



(*The stop button interrupts inflation in the event of unpleasant and high pressure)

6. Initial use

- Remove the packaging.
- Remove the grey protection on the hook-and-loop fasteners of the leg and thigh cuffs.
- Check the device, mains part and cable for damage.
- You can either operate the device with batteries (4 x 1.5 V AA alkaline type LR06) or using the supplied mains part.

Note

You can use the device either with the supplied mains adaptor or with batteries. We recommend using the mains adaptor for reasons of sustainability.

6.1 Initial use with batteries

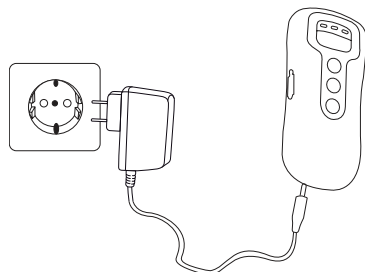
1. Open the battery compartment on the rear of the hand switch.
2. Insert four 1.5 V AA (alkaline type LR06) batteries. Make sure that the batteries are inserted the correct way round. See the graphic in the battery compartment. Do not use rechargeable batteries.
3. Close the battery compartment on the rear of the hand switch until you see and hear it click into place.

6.2 Initial use with mains part

Note

Before using for the first time with the mains part, check there are no batteries fitted in the hand switch.

1. Connect the mains part to the hand switch as shown.
2. Plug the other end of the mains part into a suitable socket.
3. The device is now ready for use.



7. Use

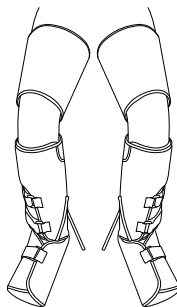
7.1 Starting treatment

IMPORTANT:

- Avoid undoing the cuff hook-and-loop fastener during use as this could impair the functionality of the device. Only open the cuff hook-and-loop fastener if the pressure on your legs becomes uncomfortable during use or press the stop button.
- Make sure the air hoses do not become kinked during use.
- Do not cover the cuffs with a blanket or other objects during use.

1. Always follow the instructions in the “Initial use” section.

2. Place the leg and thigh cuffs one at a time securely over your thighs, lower legs and feet as shown; have your legs bare or wear closely fitting clothing (e.g. tights).
The cuffs should be fastened so that two fingers can still fit under the cuffs. If the cuffs feel too tight, fasten the cuffs so that you can get your flat hand under them.

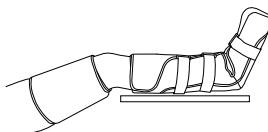


IMPORTANT:

If you are using the lower-leg cuffs only, you do not need to put on the thigh cuffs.

3. For best results, your legs should be elevated/slightly bent during the treatment to aid circulation.

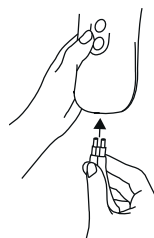
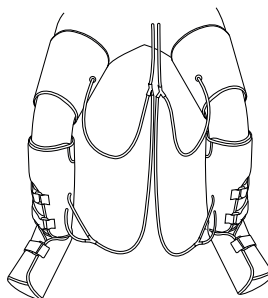
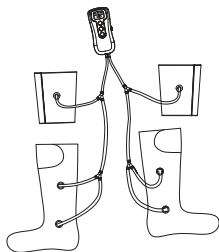
- Both the leg and thigh cuff for the left leg are marked with an „L“ on the inside.
- Both the leg and thigh cuff for the right leg are marked with an „R“ on the inside.



4. a. Using the thigh and lower-leg cuffs

Connect the white air hoses with the cuffs. Ensure the air hoses are securely in place and cannot slip.

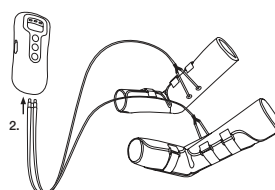
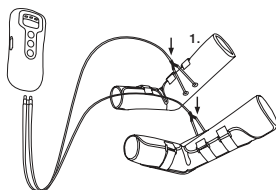
Connect the other end of the air hose to the air inlet („in“) on the hand switch.



4. b. Using the lower-leg cuffs

Connect the grey air hoses to the lower-leg cuffs (1.). Ensure the air hoses are securely in place and cannot slip.

Connect the other end of the air hose to the air inlet („in“) on the hand switch (2.).



IMPORTANT

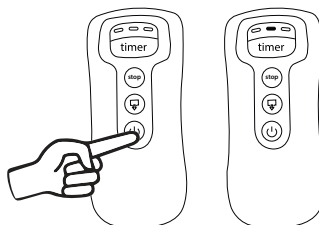
If you wish to switch between the two applications (application with or without the thigh cuff), make sure you do not remove the two short, white end pieces that are attached to the lower-leg cuff. These are needed for both applications.

4. Press the ON/OFF button to switch on the device.
Once the device is switched on, the 20 minute timer LED lights up.

5. Please note that the timer begins to count again when you change the timer setting.

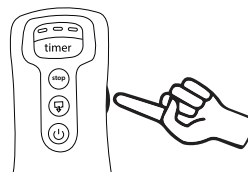
IMPORTANT

We recommend an application time of 20 to 30 minutes. Using the massager for long periods could result in a feeling of numbness in the legs and could cause the device to overheat.

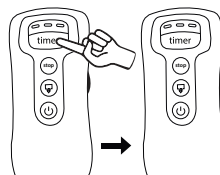


6. The intensity is adjusted using the air pressure controller. Start at the lowest level so that you get used to the massage gradually.

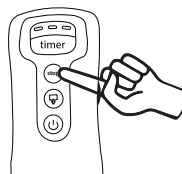
For best effects the intensity should be set high, but at a level where it is still comfortable.



7. Press „timer“ button to switch among three kinds of timing time which are 10 minutes, 20 minutes and 30 minutes. When start up, the default is 20 minutes. When the remaining time is 5 minutes, the current time indicator slowly flashes; when the remaining time is 1 minute, the current time indicator quickly flashes.



8. In the process of using, if you feel the pressure is too much or not comfortable, press the „stop“ button to stop the treatment.



Note

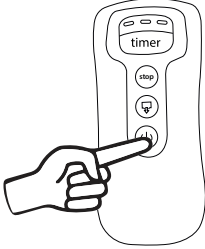
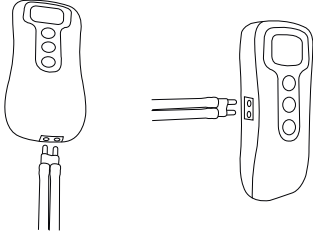
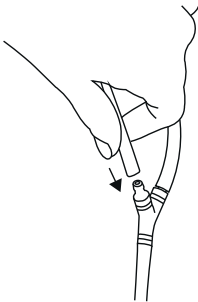
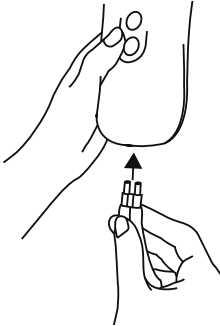
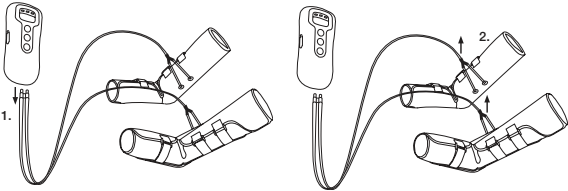
The device will now start to massage the legs alternately. The legs will never be massaged at the same time. This is not an indication that the device is faulty.

The device features an automatic switch-off function, which is set to the maximum operating duration of 30 minutes.

If the batteries are almost flat, the timer LEDs begin to flash from right to left. The device will switch off after a few seconds and then be in a 30-second stand-by mode. During this time, all 3 timer LEDs light up.

7.2 Concluding treatment

To stop the treatment, you should first switch the device off and then let the air out of the cuffs. Proceed as follows:

<p>1. Switch the device off by pressing the ON/OFF button on the hand switch. The set timer LED goes out. The device is now in standby mode for 30 seconds. During this time, all 3 timer LEDs will be activated.</p>		
<p>2. Remove the air hose from the hand switch within the 30 second standby mode and insert the air hose into the air outlet (↙) on the side of the hand switch and press the air outlet button [5]. All 3 timer LEDs flash at the same time. They go out again when the process has ended.</p>		
<p>3. a. Then undo the hook-and-loop fasteners and take the cuffs off. Remove the white air hoses on the „Y-adapter“ from the leg cuffs, but leave the short, white end pieces on the leg cuffs as shown. Also remove the air hose from the adapter that is located directly on the thigh cuffs. If you used the device with the mains part, remove it from the socket and the hand switch.</p>		
<p>3. b. Then undo the hook-and-loop fasteners and take the cuffs off. Remove the grey air hoses on the „Y-adapter“ from the leg cuffs, but leave the short end pieces on the leg cuffs as shown. If you used the device with the mains part, remove it from the socket and the hand switch.</p>		

8. Cleaning and maintenance

8.1 Cleaning the cuffs

- Always switch the device off before cleaning and remove the air hoses (apart from the short end pieces) from the cuffs and the hand switch.
- Clean the cuffs with a soft, slightly damp cloth. Do not use any chemical or abrasive cleaning agents for cleaning.
- Do not use the cuffs until they are completely dry.

8.2 Storage

- If you do not intend to use the device for longer periods, remove the batteries from the hand-held device. Leaking batteries may damage the device.
- Do not make sharp kinks in the air hoses and the cuffs.
- Store the device and accessories in a cool, well-ventilated space in its original packaging.

9. What if there are problems?

Problem	Possible cause	Solution
Cuffs do not inflate	Batteries are flat	Replace the batteries in the hand switch.
	Mains part not plugged in	Plug the mains part into a suitable socket.
	Air hoses are not correctly connected	Reconnect the air hoses.
The timer LEDs on the hand-held device start to flash during the treatment and the vein massager switches itself off	Batteries are flat	Replace the batteries in the hand switch.

If you cannot find a solution to your problem here, contact our Customer Services.

10. Disposal

For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



Empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. This is a legal requirement.

The codes below are printed on batteries containing harmful substances:

Pb = Battery contains lead,

Cd = Battery contains cadmium,

Hg = Battery contains mercury.





11. Technical specifications

Cuff pressure	max. 120 mmHg (when correctly used, as described in section 9.1.)
Cuff size	29–53 cm
Timing time	10–30 minutes with a deviation of ± 10 %
Voltage supply for battery operation	6.0 V DC (4 x 1.5 V — AA batteries (alkaline type LR06))
Permissible operating conditions	+5 °C to +40 °C, 15–93 % relative humidity (non-condensing), 700–1060 hPa ambient pressure.
Permissible storage conditions	-25 °C to +70 °C, 0–93 % relative humidity (non-condensing), 700–1060 hPa ambient pressure.
Permissible transport conditions	-25 °C to +70 °C, 0–93 % relative humidity (non-condensing), 700–1060 hPa ambient pressure.
Dimensions	Leg cuff: 61 x 67 x 0.5 cm Thigh cuff: 85 x 23.5 x 0.5 cm Hand switch: 17 x 7.7 x 3 cm
Total weight	approx. 1700 g (without mains part)
Protection class	

Classification	Type BF 
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The serial number is located on the device or in the battery compartment.

12. Mains part

Voltage supply for mains operation	Input: 100–240 V~, 50/60 Hz, 0.2 A Output: 6.0 V DC, 0.5 A, 3.0 W
Polarity	
Protection class	

Notes on electromagnetic compatibility

- The device complies with the EU Medical Devices Directive 93/42/EEC, the German Medical Devices Act (Medizinproduktegesetz) and the European standard EN 60601-1-2 (in accordance with CISPR 11, IEC61000-4-2, IEC61000-4- 4, IEC61000-4- 5, IEC61000-4- 6, IEC61000-4- 11, IEC61000-4-8) and is subject to particular precautions with regard to electromagnetic compatibility. The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of accessories other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation.
- Failure to comply with the above can impair the performance of the device.

13. Warranty/service

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.



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