

# IMPORTANT SAFETY INSTRUCTIONS

## SAVE THESE INSTRUCTIONS

Read all instructions before using the CMS-300.

### **DANGER:** To reduce the risk of electrical shock:

Always unplug massager from the electrical outlet immediately after using and before cleaning.

Do not reach for an appliance that has fallen into water. **Unplug immediately.**

Do not use while bathing or in a shower.

Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

If the massager falls into water, unplug it immediately. Do not reach into the water.

### **WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons:

Keep away from water.

Do not use this massager near water contained in bathtubs, basins or other vessels.

An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Do not carry this appliance by supply cord or use cord as a handle.

Always keep the power cord away from heated surfaces.

Never drop or insert any object into any opening.

Do not place massager on any surface while it is operating.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Do not massage abdomen when pain is present or if you are pregnant. Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions. Do not use on unexplained calf pain. Always avoid contact with the eye or eyelid. Consult a physician.

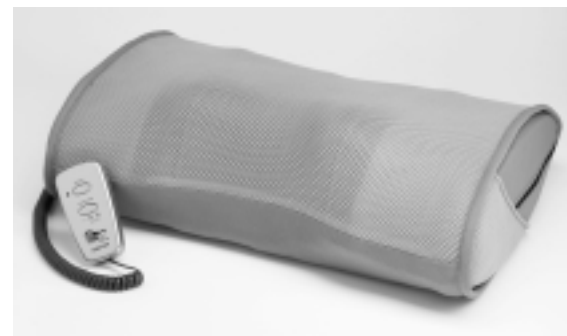
Do not use massager when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

Always connect massager to a properly grounded electrical outlet.

Never use while sleeping.

## Cervical Massage System™

### Use & Care Manual



MODEL: CMS-300



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This Professional Cervical Massage System™ was developed by expert engineers in the field of massage and by medical professionals. This device features our exclusive Human Touch Technology® “HTT”, which is the preferred technology of the American College of Chiropractic Orthopedists. For over two decades, Interactive Health has been a leader in the field of massage products, creating state-of-the-art products that embrace the latest technology. For your patient’s maximum benefit from this Cervical Massage System, carefully review this brochure. Then if you have any additional questions, please feel free to call one of our helpful Customer Service Representatives at (800) 742-5493.



## How to Operate the Cervical Massage System™

The CMS-300 by Interactive Health provides the patient a unique massage.

- To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.
- Make sure the unit is OFF before you plug in the power supply cord. Disconnect the plug from the wall when not using.
- Remove clothing from your neck area.
- Press the POWER button on the controller to turn the message ON.
- Press the CYCLE RATE button on the controller to change the intensity for the massage from NORMAL to PROGRAM A or to PROGRAM B.
- Do not massage any single area for more than 20 minutes.
- Discontinue use immediately if your neck area feels uncomfortable, or if your skin starts to turn red.
- Do not massage the upper neck area near the base of the skull.
- When you have completed your massage, press the POWER button to turn the massager OFF.
- There is an automatic 20 minute shut-off timer.
- If the massager overheats it will shut down automatically and it will be inoperable until it is safe to use again.



## Product Care and Storage

**Maintenance and Care:** Should your Interactive Health® product become dirty or soiled, simply unzip the outer cover ONLY and wash on a slow cycle in cold water. DO NOT unzip and remove the inner cover exposing the foam. DO NOT get any moisture on the inner cover. The product is specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required. Your product should only be serviced by an authorized service center.

Care should be taken not to overload the unit. Excessive pressure on the massage nodes that significantly slows or stops the motor will potentially cause damage to the unit.

Foreign objects should not be inserted between the massage nodes and the unit housing.

**Storage:** Your product has been carefully designed to give you many years of trouble-free service. Always unplug the unit when not in use. Additionally, if not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.

Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

## Warranty and Customer Service

Your Interactive Health product is backed by a full one (1) year limited warranty (see enclosed). If your product is not functioning properly or if you have questions concerning your product or any other Interactive Health product, please call Interactive Health Customer Service toll-free at (800) 742-5493 between 8:30 a.m. and 5:00 p.m. Pacific Standard Time or fax 24 hours at (562) 426-9690. Our courteous Customer Service Representatives will be happy to assist you.

Please also feel free to visit our web site for corporate and product information at [www.interhealth.com](http://www.interhealth.com)

## Product Specifications and Features

Use:	Household (not for institutional use)
Voltage:	120VAC
Watts:	15 W
PPM:	60/40
Composition:	Cloth, ABS, Nylon
Product Weight:	7 lbs.

No medical claims warranted or implied by the use of this product.

“HTT” is the preferred technology of the ACCO.  
[www.accoweb.org](http://www.accoweb.org)

