

# User Manual



Shock Wave Physiotherapy Massager

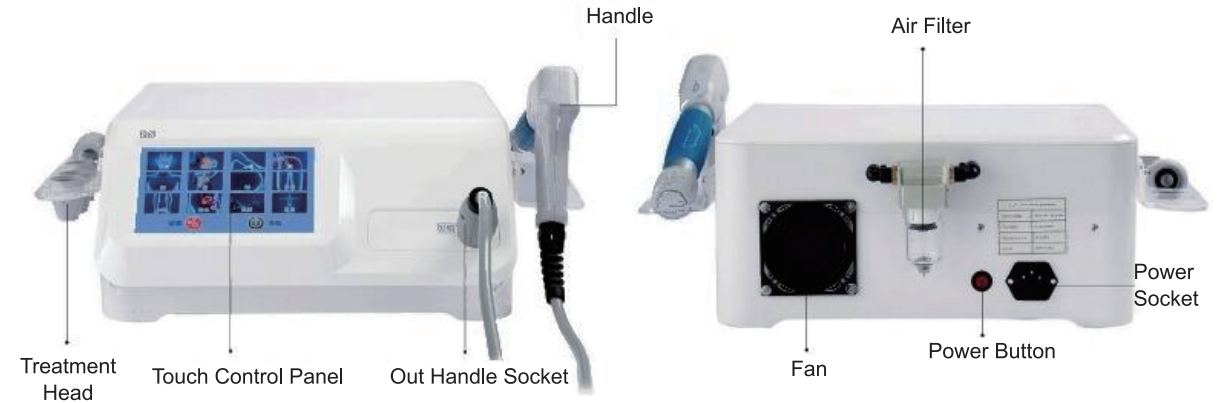


Thank you for choosing our carefully designed and manufactured device. To ensure optimal performance and safe use of the product, we sincerely recommend the following:

1. Before using the device, please read this manual thoroughly and keep it in a safe place for future reference.
2. Use and operate the device strictly according to the instructions provided in this manual.
3. Do not disassemble or modify any parts of the device under any circumstances.
4. Only authorized personnel from our company are permitted to open the cover or access the main unit.
5. Unauthorized repairs or modifications by non-professionals are strictly prohibited.
6. If any malfunction occurs during operation, please contact us promptly.

## 1. Technical Specifications

### 1.1 Q60 Device Overview

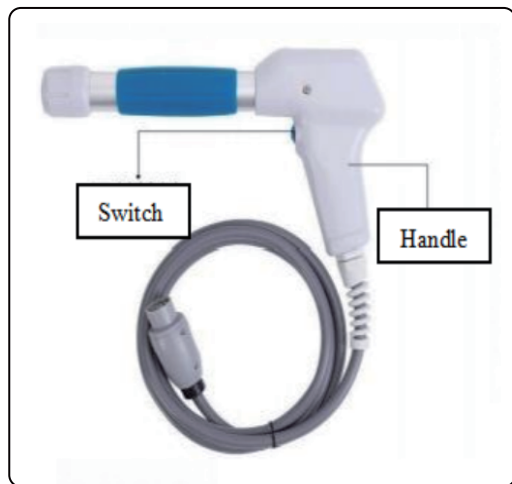


**Caution:** If water accumulates in the transparent air filter located at the rear of the instrument, press the needle valve at the bottom upward to drain the water



- 1# Treatment head center effective diameter = 6mm  
 2# Treatment head center effective diameter = 10mm  
 3# Treatment head center effective diameter = 15mm  
 4# Treatment head center effective diameter = 20mm  
 5# Treatment head head center effective diameter = 25mm

**Caution:** Always turn off the instrument's power switch when replacing the treatment head or plugging in/out the plugs.



Model: Q60	Color: White
Voltage: AC110V/AC220V (automatic switching)	Frequency:50Hz/60Hz
Power: 350W MAX	Current:5A MAX
Working Intensity:0.5-8.0Bar	Working Frequency:01-22Hz
Working Times: 500-3000 times	Working Heads: 5 pcs
Product Dimensions: 405mmX360mmX160mm	Packing Dimensions: 460mmX440mmX315mm
Net Weight:11.234KG	Gross Weight:12.234KG

## 1.2 Operating Instructions

### 1.2.1 Installation Instructions

- (1) Check whether the machine components are complete and intact with the packing list.
- (2) Arrange the components and insert the handle plug into the OUT handle socket on the front of the host. Note that it is necessary to match and confirm that the positioning convex points of the multi-core plug and the concave points of the multi-core socket are aligned before inserting to avoid permanent damage to the instrument.
- (3) Insert the power cord plug into the power socket at the rear of the host.
- (4) To replace a treatment head, hold the handle with one hand, and unscrew the attached head from the handle in the (counterclockwise) direction with the other hand, and then attach the required head in the (clockwise) direction.
- (5) Turn on the main power switch at the rear of the host.
- (6) Press the switch button on the handle or the start button on the screen, and the machine will enter the working state.
- (7) Press the handle's switch once to turn it on, and press it again to turn it off.



**Note:**

The handle must be connected before the touch panel can be operated. When the massage handle is powered on, do not unplug it directly from the OUT socket. After turning off the power, wait approximately 15 seconds before unplugging the handle.

### 1.2.2 Password Settings

Once the machine is powered on, it enters the startup preparation state. The default password is 23456. In this interface, long-press the handle switch to access the password reset screen. (Note: The QT02 model does not require a power-on password.)

### 1.2.3 Language Settings

The operation interface supports switching between four languages: Simplified Chinese, Traditional Chinese, English, and Spanish. (Note: The QT02 model currently supports only two languages: Chinese and English.)

### 1.2.4 Parameter Settings

- (1) Touch [Yes, I understand] to proceed to the function selection interface and choose the desired mode.
- (2) Set an appropriate working frequency according to your needs.

### 1.2.5 Operation Technique

- (1) Clean the skin in the massage area.
- (2) Select the appropriate treatment head based on the massage area.
- (3) Evenly apply gel to the massage area.
- (4) During operation, hold the handle with one hand and apply the treatment head to the massage area. Due to the handle's weight, applying additional external force is generally unnecessary during the procedure.

(5) After the massage is complete, use a hot towel to remove any residue from the skin and clean the treatment head with a damp towel.

### 1.2.6 Pausing During Operation

- (1) Press the **"Start/Stop"** button on the main screen to pause the operation.
- (2) Alternatively, you can stop the process by pressing the handle button.

## 2. Operation Tips

### 2.1 Operation Positioning

- (1) **Pain Area Positioning:** Identify the pain point by applying gentle pressure. Pain areas typically indicate local soft tissue damage or adhesion. The shock wave therapy device should be used to treat these areas.
- (2) **Muscle Origin and Insertion Points:** For patients with soft tissue tension or muscle spasms, direct treatment at the middle of the pain point or muscle belly may exacerbate the condition. In such cases, focus on the muscle's origin and insertion points to relieve tension and spasms.
- (3) **Touch Positioning:** Localized cord-like structures or hard nodules can also be used as treatment points. These indicate muscle spasms and adhesions, often accompanied by pain symptoms.
- (4) **Joint Capsule Destructive Positioning:** For patients with femoral head necrosis, focused treatment on the projection area of the hip joint capsule can stimulate the body's repair mechanisms, enhance regional circulation, and increase nutrient supply.

### 2.2 Indications

Plantar Fasciitis  
 Lateral Epicondylitis (Tennis Elbow)  
 Rotator Cuff Tendinopathy  
 Long Head of Biceps Tendinitis  
 Frozen Shoulder  
 Tennis Elbow  
 Golf Elbow  
 Achilles Tendinitis  
 Patellar Tendinitis  
 Knee Osteoarthritis  
 Iliac Tendinitis  
 Heel Spurs  
 Delayed Fracture Healing and Nonunion  
 Greater Trochanteric Bursitis  
 Spasticity  
 Chronic Hyperplastic Wounds and Nonunion Wounds  
 Tendon Sheath Diseases  
 Early Femoral Head Necrosis

## 2.3 Contraindications

- (1) Heart disease, pacemaker use, and hypertension.
- (2) Acute inflammation, deep vein thrombosis, goiter, asthma, tumors, or other serious conditions.
- (3) Ruptured blood vessels, trauma, or active bleeding wounds.
- (4) Pregnant women.
- (5) Individuals who have undergone cosmetic surgery or have artificial fillers.
- (6) Presence of metal implants (including metal teeth).
- (7) Skin inflammation or body swelling.
- (8) Abnormal immune system function.
- (9) Individuals experiencing numbness or no heat response.
- (10) Avoid use near certain tissues, such as the eyes, myocardium, spinal cord, kidneys, and liver.
- (11) Blood disorders, coagulation problems, or those on anticoagulants.
- (12) Individuals with polyps near the treatment area.
- (13) Patients with thrombosis, tumors, or polyneuropathy.
- (14) Children in the cartilage growth stage.
- (15) Areas treated with corticosteroids.
- (16) Areas or organs containing a large amount of gas (e.g., lungs).
- (17) Avoid use near areas with dense nerve or blood vessel networks, the spinal cord, or the head.

## 2.4 Precautions

### 2.4.1 Pausing During Operation

- (1) Due to the weight and design of the treatment head, the internal resistance is high. Continuous vibration may cause the user's hand to tense up.
- (2) To prevent heat buildup, avoid blocking the heat dissipation port with your hands or objects.
- (3) The bullet is a consumable part and should be replaced after a certain period of use.
- (4) In case of any special circumstances or accidents, immediately stop using the device and consult a professional.
- (5) If any of the following abnormal situations occur during use, turn off the power immediately and stop using the device:
  - Water or foreign matter enters the machine.
  - The machine, power cord, accessory cord, or plug becomes unusually hot or shows signs of electric leakage.
  - Abnormal sounds.
  - Unusual smells or smoke.
  - Any accessory is damaged.
  - Natural disasters such as thunderstorms or earthquakes occur.
- (6) After use, turn off the power and unplug the device when not in use.
- (7) Before each use, carefully check the power cord and accessory cord. If signs of damage are present, stop using the device and replace the damaged parts.
- (8) Medical equipment or household appliances near the device may cause operational interference.

- (9) Do not use the device in hot, humid, dusty, oily, or steamy environments.
- (10) If a failure occurs during use, turn off the power immediately. Disassembly and repairs should only be performed by professionals or authorized service centers. Do not attempt self-repair.
- (11) Liability Exemption: The company is not responsible for damages caused by:  
 Force majeure events such as fire, earthquakes, or war.  
 User negligence or incorrect operation.  
 Use methods not specified in this manual.
- (12) Keep at least 30 cm of space around the device for proper heat dissipation and to avoid interference from nearby walls.
- (13) This device is a massager, not a medical device.

#### 2.4.2 Potential Side Effects

- (1) Bruising, swelling, or itching in the treated area.
- (2) Temporary numbness or irregular heartbeats.
- (3) Skin irritation if used after hormone treatment.

## 2.5 Treatment Tips

### 2.5.1 Treatment Tips

Treatment Tips					
Areas	Frequency/Level	Session Strikes	Working Duration	Total Strikes	Interval
Elbows	3Hz/70mj	2,000-2,500	3-5 minutes	6,000-12,500	5-7 days
Hands/Wrists	1Hz/70mj	2,000	3-5 minutes	6,000-10,000	5-7 days
Pubic Symphysis	3Hz/90mj	2,000-2,500	5 minutes	6,000-12,500	1 days
Knees	3Hz/90mj	2,000	3-5 minutes	6,000-10,000	5-7 days
Feet/Ankles	3Hz/70mj	1,000	3-5 minutes	30,00-5,000	1 days
Shoulders	6Hz/120mj	2,000-2,500	3-5 minutes	6,000-12,500	5-7 days
Lumbar Spine	8Hz/150mj	2,000-2,500	3-5 minutes	6,000-12,500	5-7 days
Fat Deposits	10Hz/150mj	2,000-2,500	5 minutes	6,000-12,500	5-7 days
Buttocks	4Hz/180mj	2,000-2,500	5 minutes	6,000-12,500	5-7 days

### 2.5.2 ED Physiotherapy

- (1) The therapy frequency ranges from 1-10Hz, with a recommended frequency of 3-8Hz.
- (2) Adjust the energy level based on the recipient's needs.
- (3) Start with a low setting and gradually increase.

## 2.6 Maintenance

### 2.6.1 Inspection Before Use

Before using the shock wave physiotherapy device, perform the following checks:

- Inspect for any mechanical damage.
- Examine all exposed wires, plug-in parts, and accessories.
- Verify that all device functions are working properly for safe use on the human body.

### 2.6.2 Maintenance and Care

- (1) The shock wave therapy device is a mechanical and electronic product with a service life of 5 years under normal conditions (warranty: 1 year).
- (2) Clean the device surface weekly to remove dust using a clean rag or soft brush. Avoid alcohol, gasoline, or harsh cleaning agents. Do not let liquids enter the device.
- (3) Regularly maintain the treatment head and accessories to extend their lifespan. Monthly maintenance is recommended.
- (4) If the device malfunctions, stop use immediately and consult professional repair personnel to avoid further damage or safety risks.

### 2.6.3 Maintenance of the Device and Bullet

- (1) Under normal usage, the bullet kit should be replaced every 2.5 million pulses. To replace it:
  - Unscrew the treatment head at the front of the handle.
  - Place the handle facing down and gently tap it to remove the bullet.
  - Insert the new bullet and screw the treatment head back on.
- (2) For handle maintenance, apply two drops of clean lubricating oil into the bullet conduit at the front of the handle. Keep the handle facing up for 3 minutes to allow the oil to settle.

**Note:** Always turn off the power before replacing the bullet or maintaining the handle, and remove the handle before starting maintenance.

### 2.6.4 Special Storage and Transportation Conditions

Ambient Temperature: -10°C to 55°C

Relative Humidity: ≤ 85%

Atmospheric Pressure: 500 hPa to 1060 hPa

Packaging Requirements: Use shockproof materials and moisture-resistant plastic bags.

Handling Requirements: Handle with care; rolling the box is strictly prohibited.

Transportation Requirements: Prevent impact, pressure, moisture, and excessive vibration.

Storage Requirements: When not in use for an extended period, store the device in its packaging in a cool, dry, well-ventilated area, free from corrosive substances.

## 2.6.5 Troubleshooting (For Reference Only)

Trouble	Cause	Solution
<b>The display screen does not light up, and the device does not respond after powering on.</b>	Poor contact between the power cord and plug.	Check the power cord and plug connections.
<b>The air pump runs, but air pressure does not rise or rises slowly.</b>	Air filter of the air pump is dirty or blocked.	Clear the air filter and ensure proper airflow.
<b>The treatment head makes abnormal noise or does not run.</b>	<ol style="list-style-type: none"> <li>1. The treatment head is damaged.</li> <li>2. The bullet is stuck.</li> <li>3. The ballistic tube or bullet kit is damaged or worn.</li> </ol>	Replace the treatment head or bullet kit as needed.
<b>The display screen is fuzzy or shows garbled characters.</b>	Unstable power supply voltage or strong electromagnetic interference.	Check the power supply. Use voltage stabilization if necessary, and keep away from sources of strong electromagnetic interference.

## 3. After-Sales Service

### 3.1 Free Service

All device that meets the company's warranty conditions is eligible for free service.

### 3.2 Paid Service

- (1) Equipment outside the scope of the company's warranty conditions will be serviced for a fee.
- (2) During the warranty period, if the product requires repair due to the following reasons—such as user damage, grid voltage exceeding the specified range, or natural disasters—the service will be subject to charges.

The company is not responsible for any direct, indirect, or consequential damages or delays resulting from situations including, but not limited to, improper use, unauthorized replacement of components, or repairs by non-authorized personnel.

**Note:** This manual is for reference only. The manufacturer retains the final right to interpret and modify its content.