CARE PUMP

MOVE 4

user manual

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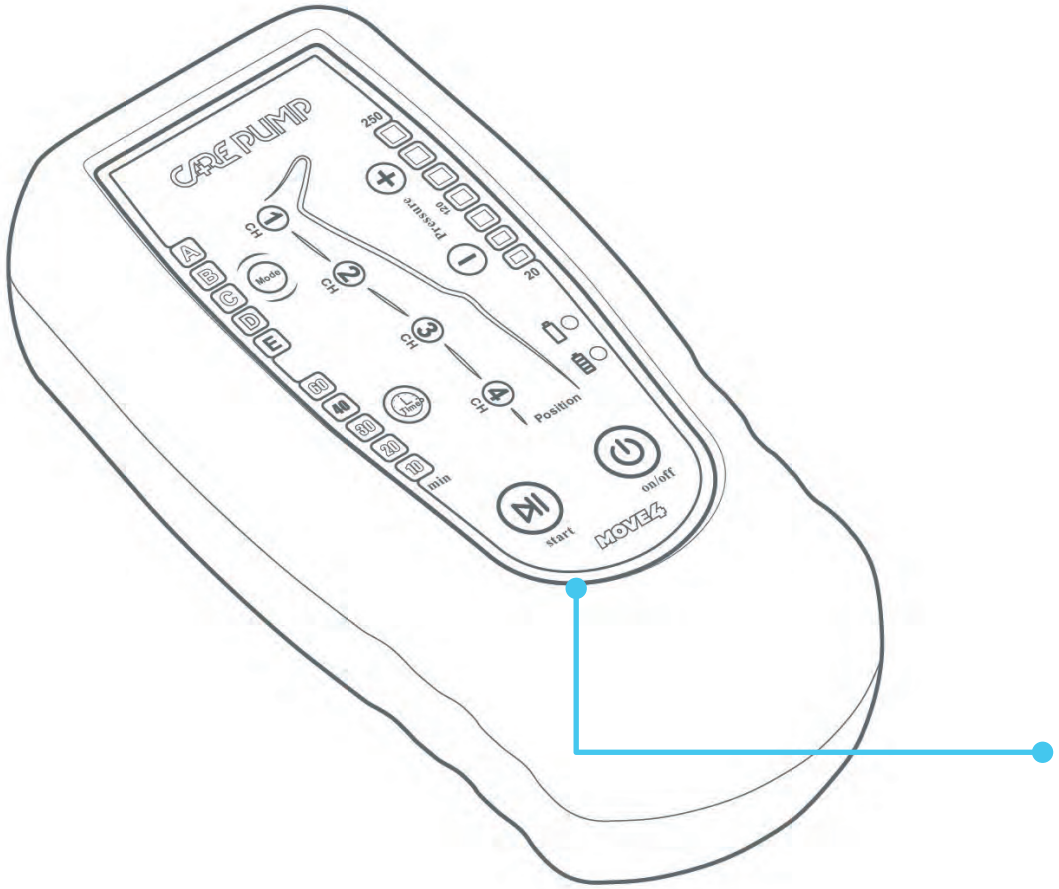
1. Characteristics of the device

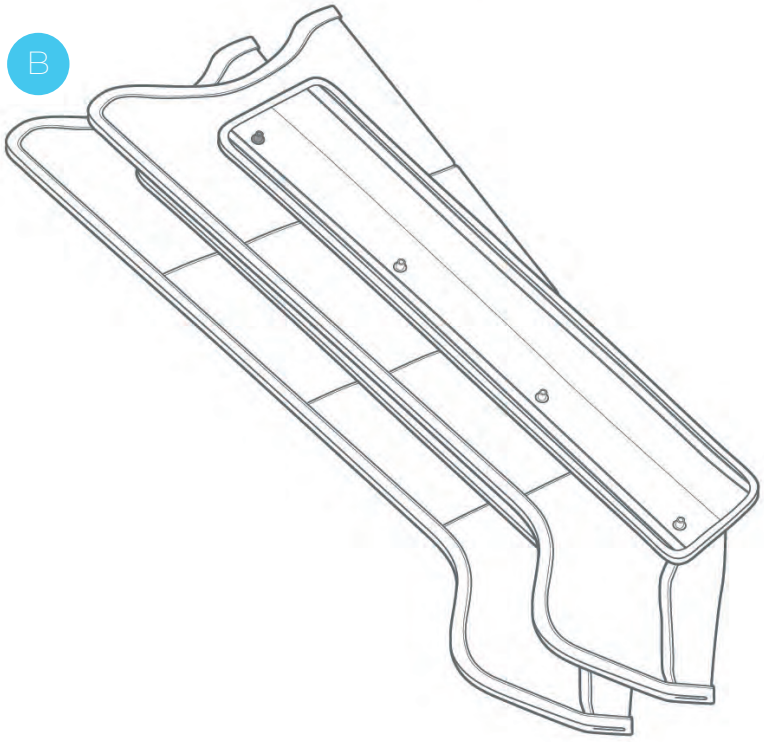


The **CARE PUMP Move4** series of devices are the latest devices used primarily for various types of regeneration, relaxation and improvement of well-being. The device is the mechanical equivalent of manual massage that we can do it yourself on your own body. This is done on the basis of compression massage. The massage takes place through air-filled cuffs and chambers, to which air is supplied through a system of flexible pipes from the central unit where the compressor is located. Each sleeve consists of many independent chambers which are filled sequentially during operation depending on the selected program.

On the panel of the central unit there are a number of lighted buttons which enable the selection of a specific program, the duration of the sequence and the chamber filling pressure.

A

B



1.1. CARE PUMP Move4 Series

The device consists of two basic elements: central unit and cuffs.

A The central unit consists of a control system and a compressor system. The central system includes the main controller together with the software controlling the device.

B Cuffs with chambers for the lower limbs.

1.2. Compression massage and its characteristics

Compression massage supports regeneration and relaxation. CARE PUMP Move4 works on the principle of intermittent pneumatic compression, that is, it uses sliding pressure waves enabling mechanical compression instead of manual massage. Massage of the area takes place by pressing through air-filled sleeves into which a stream of compressed air is supplied from the base unit (compressor) by a system of flexible hoses. Filling individual chambers of special sleeves at pre-programmed intervals creates slow-moving pressure. Gentle, rhythmic pressure waves arise. At the end of the cycle, the air is automatically pumped out. Pneumatic

compression massage is positively perceived as a very pleasant and effective way of regeneration and relaxation. There is a feeling of relief in the areas covered by the massage.

Compression massage is used at home, sports and aesthetic cosmetics.

1.3. Biological effects of compression massage

Compression massage uses knowledge of physiology very similar to manual massage. It mainly stimulates the activity of our body, resumes and stimulates its functioning, improves the flow and accelerates the exchange of fluids in the body. The benefits of applying compression massage are the same as for normal, classic hand massage:

- regeneration,
- relaxation,
- improves mood,
- helps in restore of skin elasticity,
- preventive care.

1.4. Possible side effects after compression massage

- short-term worsening of pain,
- ecchymosis,
- hematoma.

1.5. Indications

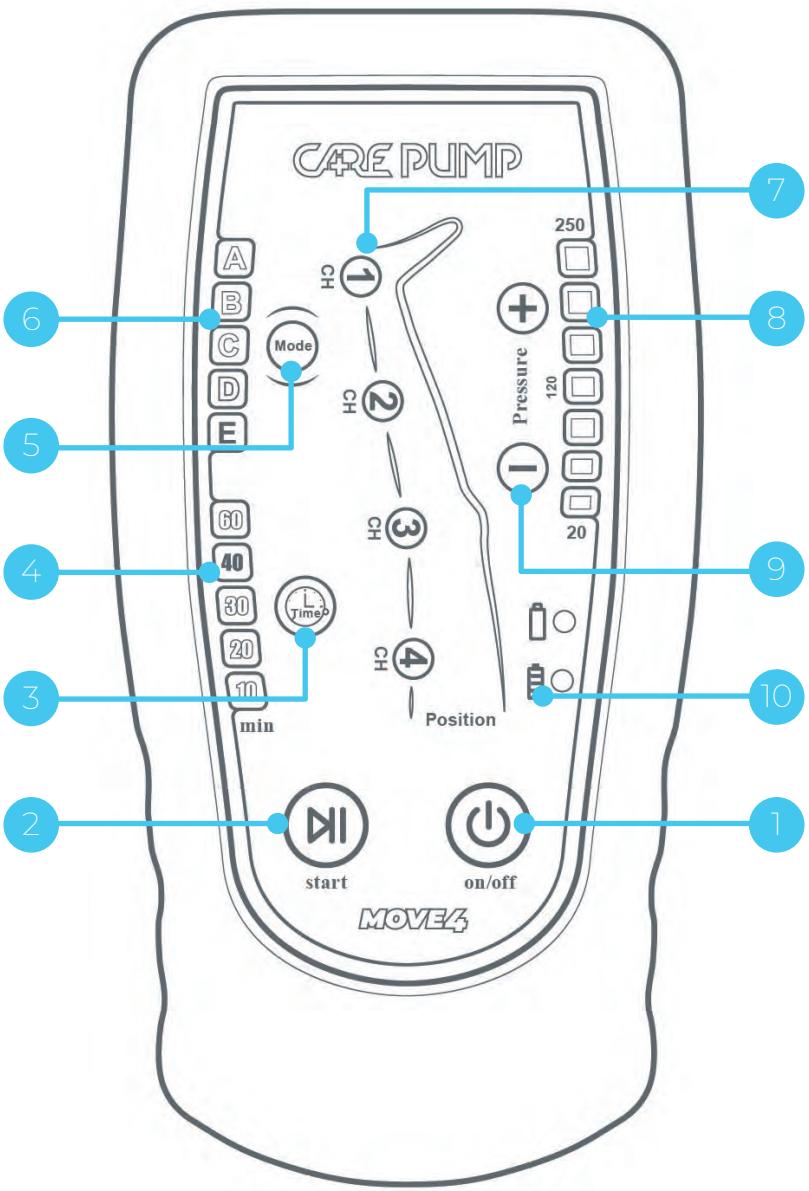
It is recommended to perform compression massage every day. Work mode, length of treatment, strength of drainage/massage depends on our individual preferences and possibilities, the purpose of the massage as well as preventive treatment.

- increase immunity,
- increase metabolism,
- restore normal metabolism,
- prevention and prophylaxis in the treatment of obesity and overweight,
- edema reduction,
- accelerating the regeneration of tired and painful muscles,

- obesity,
- exudates,
- cellulite,
- heavy legs,
- and the same as for classic hand massage.

1.6. Contra-indications

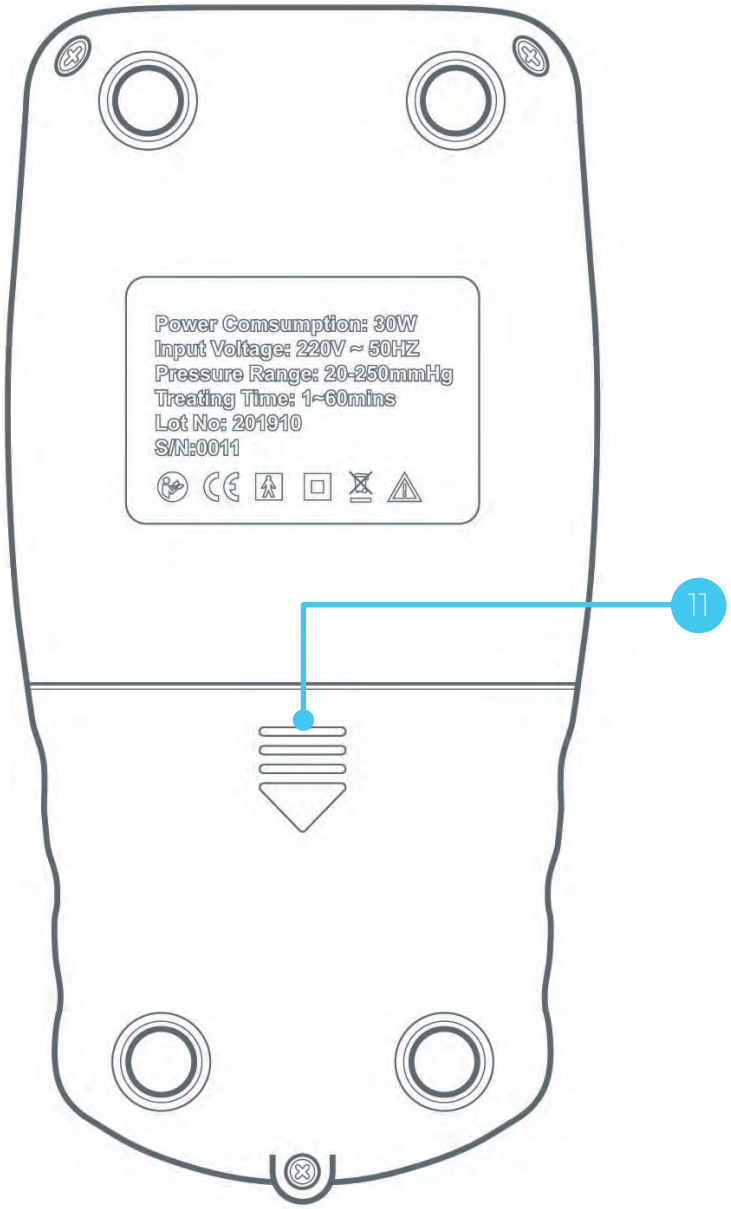
- pain or numbness of an unknown origin,
- severe atherosclerosis or severe ischemia,
- vascular diseases are a relative contraindication to compression massage,
- pregnancy,
- hypertension,
- pacemaker,
- thrombophlebitis,
- skin diseases, birthmarks,
- lymphangitis,
- dermatitis, skin wounds,
- arthritis,
- increased body temperature,
- thick, visible external varicose veins,
- uneven cardiac circulation,
- blood pressure disorders,
- myocardial ischaemia,
- asthma,
- tumors, infiltrates, cancers,
- cardiac and respiratory failure,
- renal failure,
- and the same as for classic hand massage.



2. Instructions for use

2.1. CARE PUMP Move4 device front view

1. on / off button,
2. start/pause button,
3. cycle time selection button,
4. cycle time in minutes,
5. programme selection button,
6. letters denoting the type of program,
7. number of chambers in the cuffs,
8. backlighted pressure indicator,
9. +/- buttons for pressure regulation,
10. battery charge and discharge indicators.



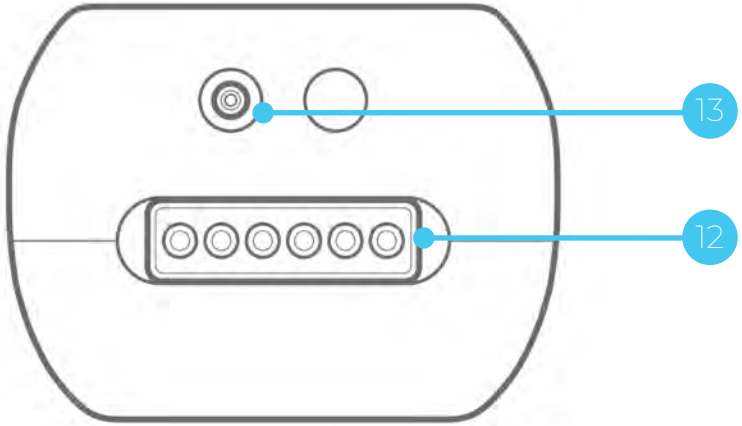
2.2. CARE PUMP Move4 device rear view

11 battery cover.

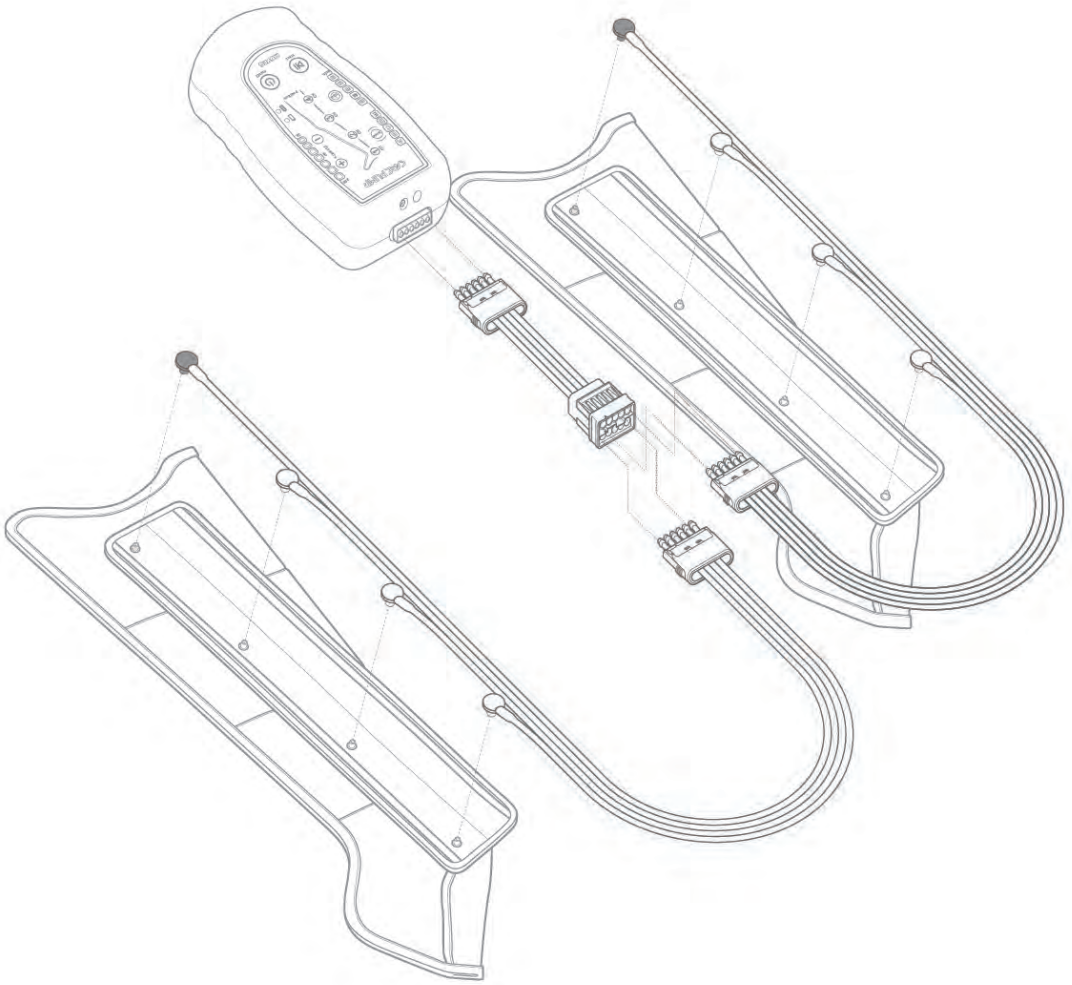
2.3. CARE PUMP Move4 device cuff air hose connector view

12 cuff air hose connector,

13 AC adapter socket.



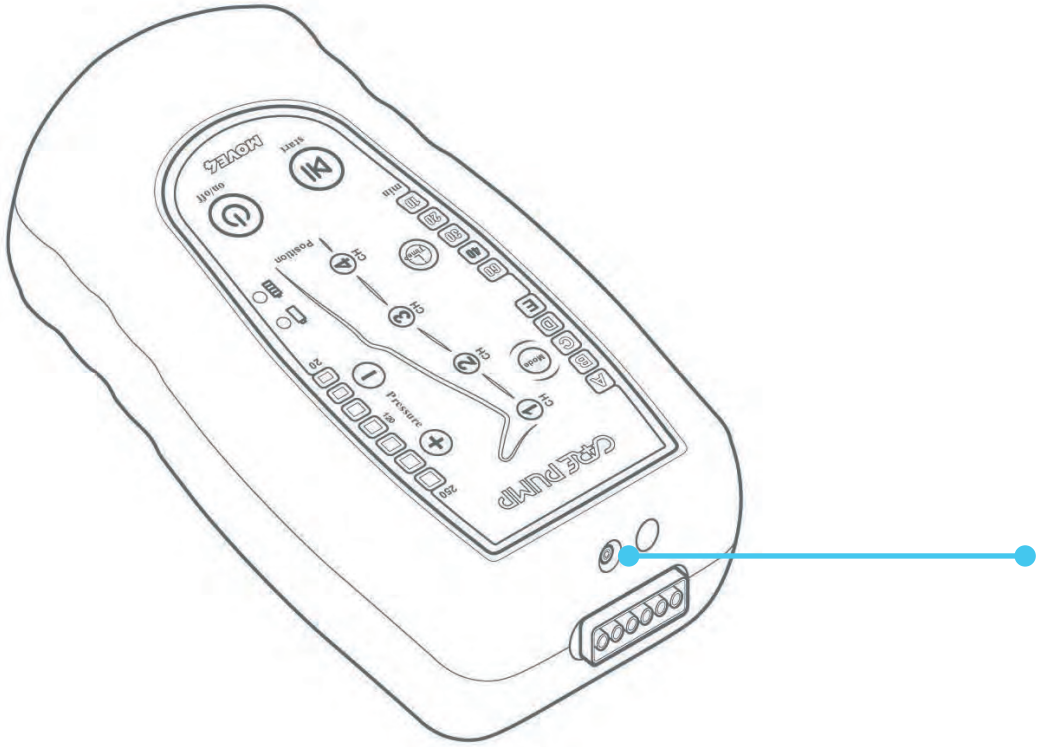
3. Installation and start-up



Check the device for damage and report any damage to the delivery company and your distributor. Do not proceed with installation or assembly if the packaging is damaged. Unpack the unit and place it on a stable horizontal surface suitable for the weight of the unit. Keep the unit out of direct sunlight as the unit heats up during operation, the device must be away from direct heat sources. Do not place any he-at-generating objects or objects containing water or other liquids near the device.

In the event that the device was delivered in the winter mon-ths [temperature below 0 ° C], before the first start-up, wait about 2 hours to equalize the ambient temperature and the device.

Condensation may lead to electric shock or fire.

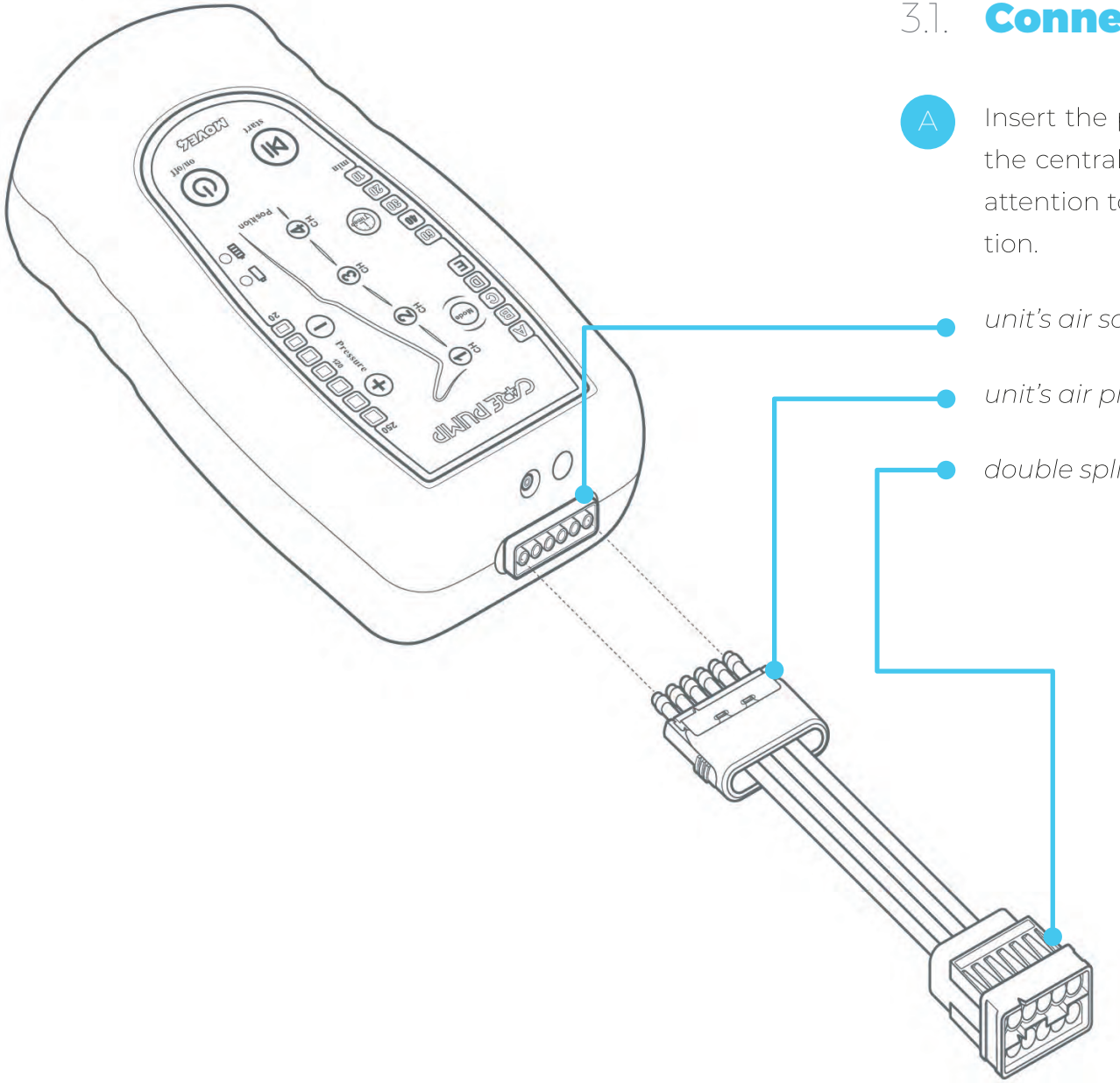


Connect the central unit to the external charger until the battery is fully charged. To connect an external charger, insert its end into the main unit's electrical socket, and the plug into a mains socket. Connect the central unit to an external charger until the battery is fully charged. To connect the external charger, plug the end of the external charger into the electrical outlet of the central unit and the plug into the mains socket. The status of the battery is indicated by the charge and discharge indicators. After the battery is charged, connect the cuffs with the air hose to prepare the device for use.

AC adapter socket

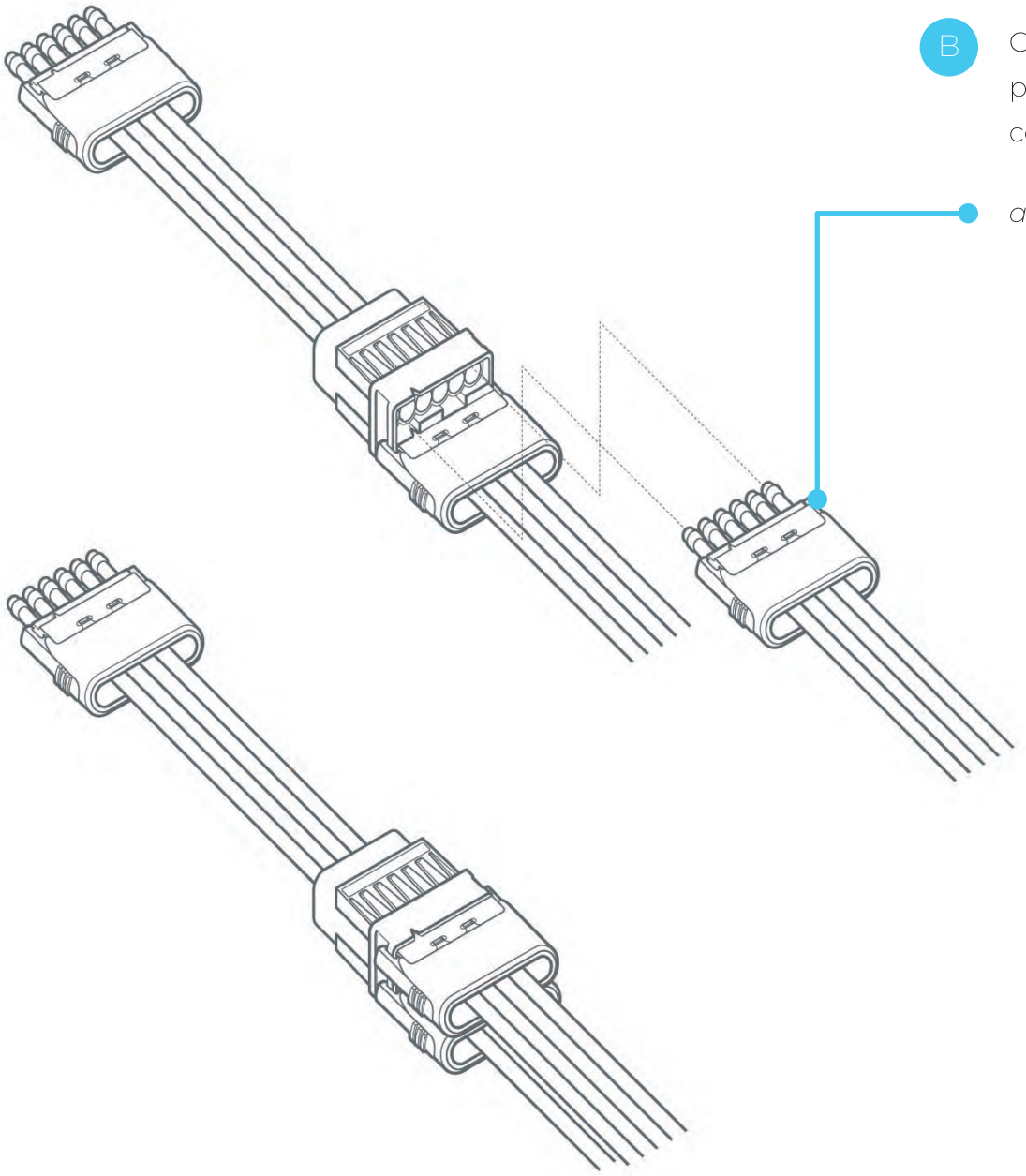
Comments:

- Use only the power supplies included in the kit
- Do not use the device while charging the battery



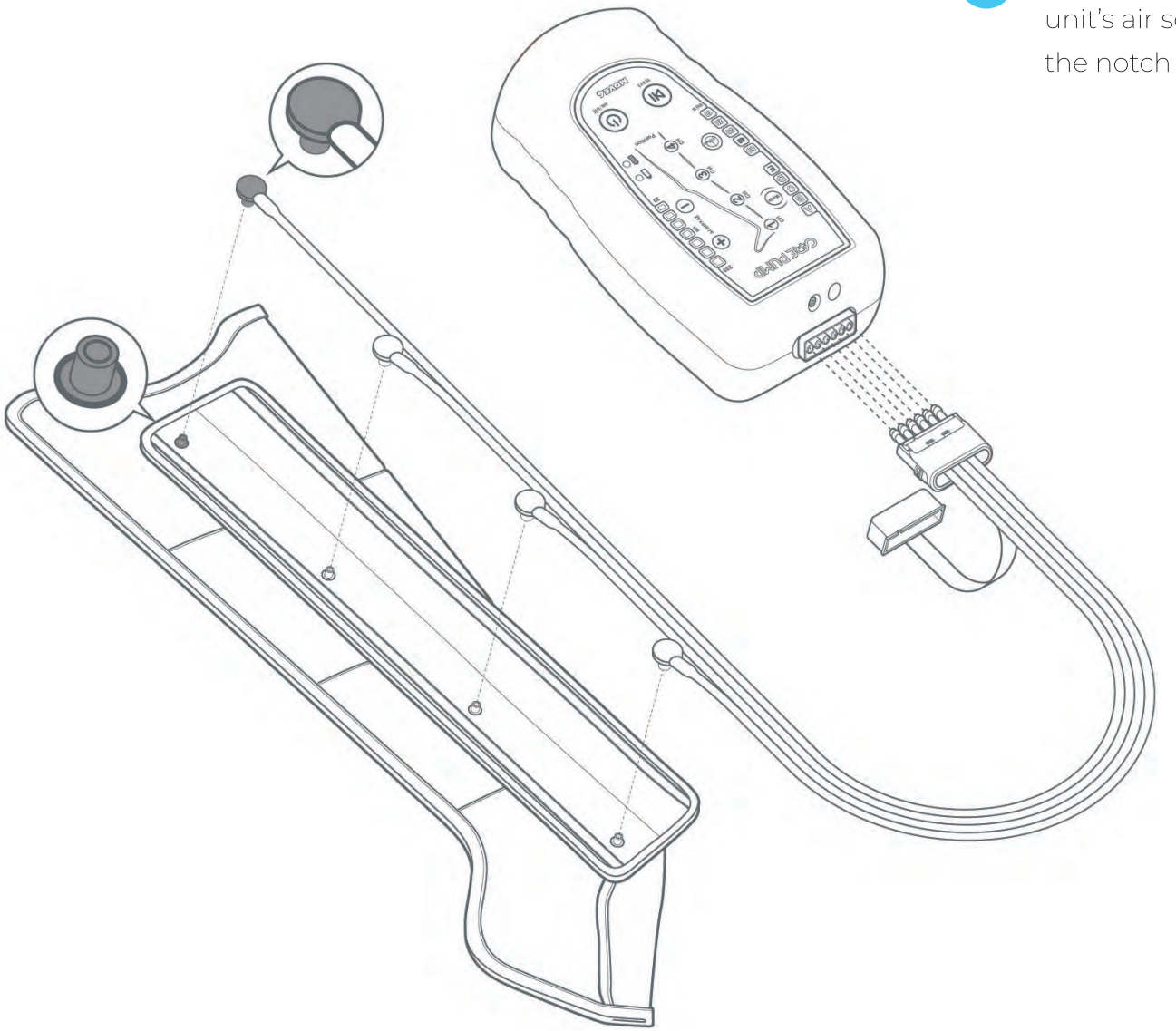
3.1. Connecting the air ducts

A Insert the plug of the cuff air distributor into the socket of the central unit, located on the back of the device, paying attention to the notch, which indicates the correct connection.

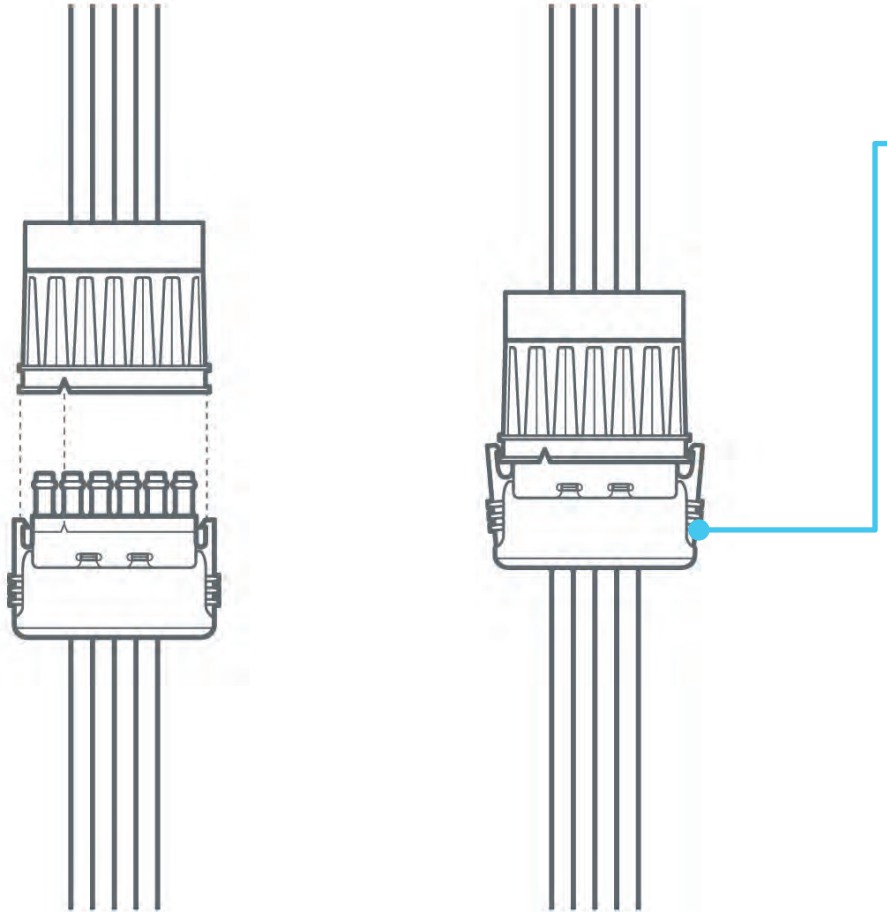


B Connect the single cuff wires to the dual splitter socket, paying attention to the notch that indicates the correct connection.

air hose connector with cuff



C If you use only one cuff, connect its cable directly to the unit's air socket on the back of the unit, paying attention to the notch that indicates the correct connection.

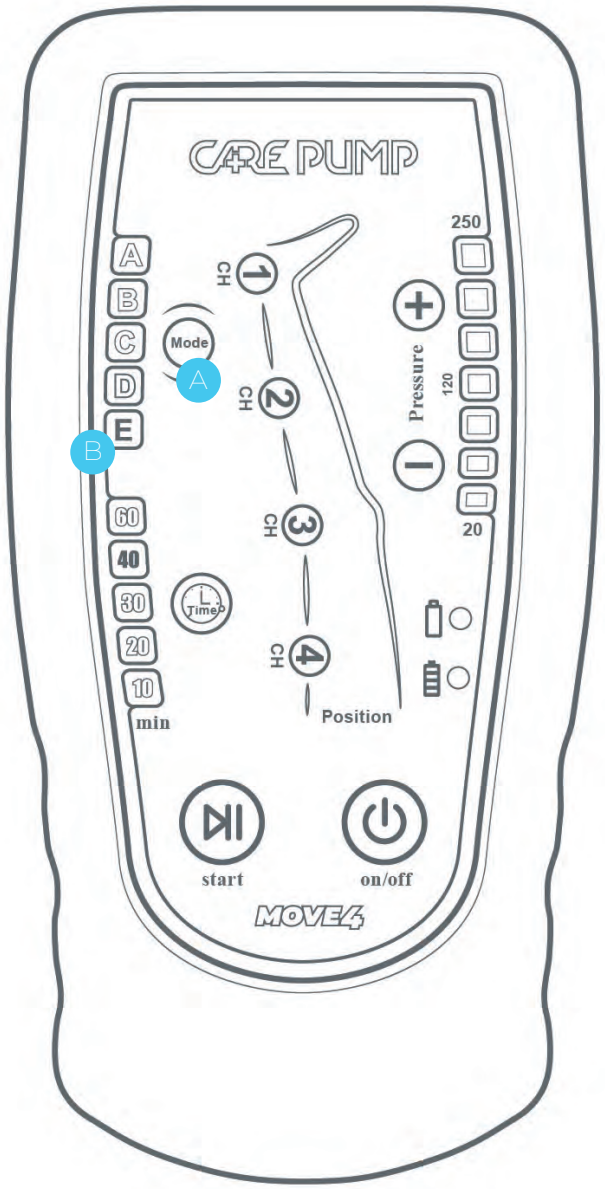


D To connect the air tube, push it into the correct socket so that you hear the latch of both side buttons. To disconnect the air tube, press two buttons on both sides of the plug at the same time.

disconnect buttons

After the above steps have been taken, the device is ready for use. Press the ON/OFF button. After a while, the blue backlighting of the buttons on the panel will light up, signalling the correct operation of the device.

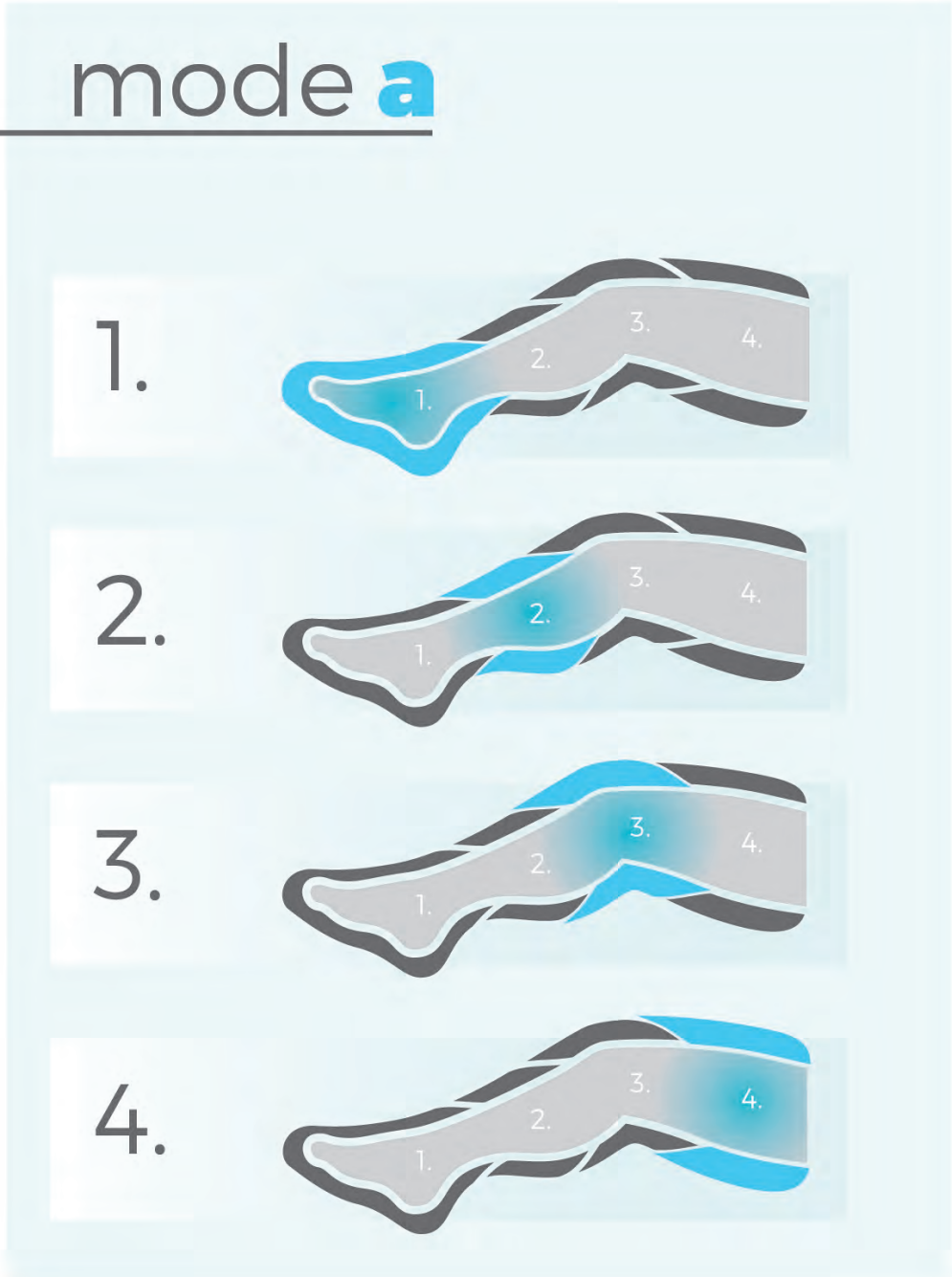
If the device remains inactive after switching on by pressing the ON/OFF button, it will automatically switch off after 5 minutes to save batteries.



4. Basic operations of the device

4.1. Mode settings

Pressing the mode button A selects the operating mode of A,B,C,D or E. When the MODE button is pressed, the indicator B lights up the selected option in blue. Subsequent presses switch between operating modes A ->B .... ->E.

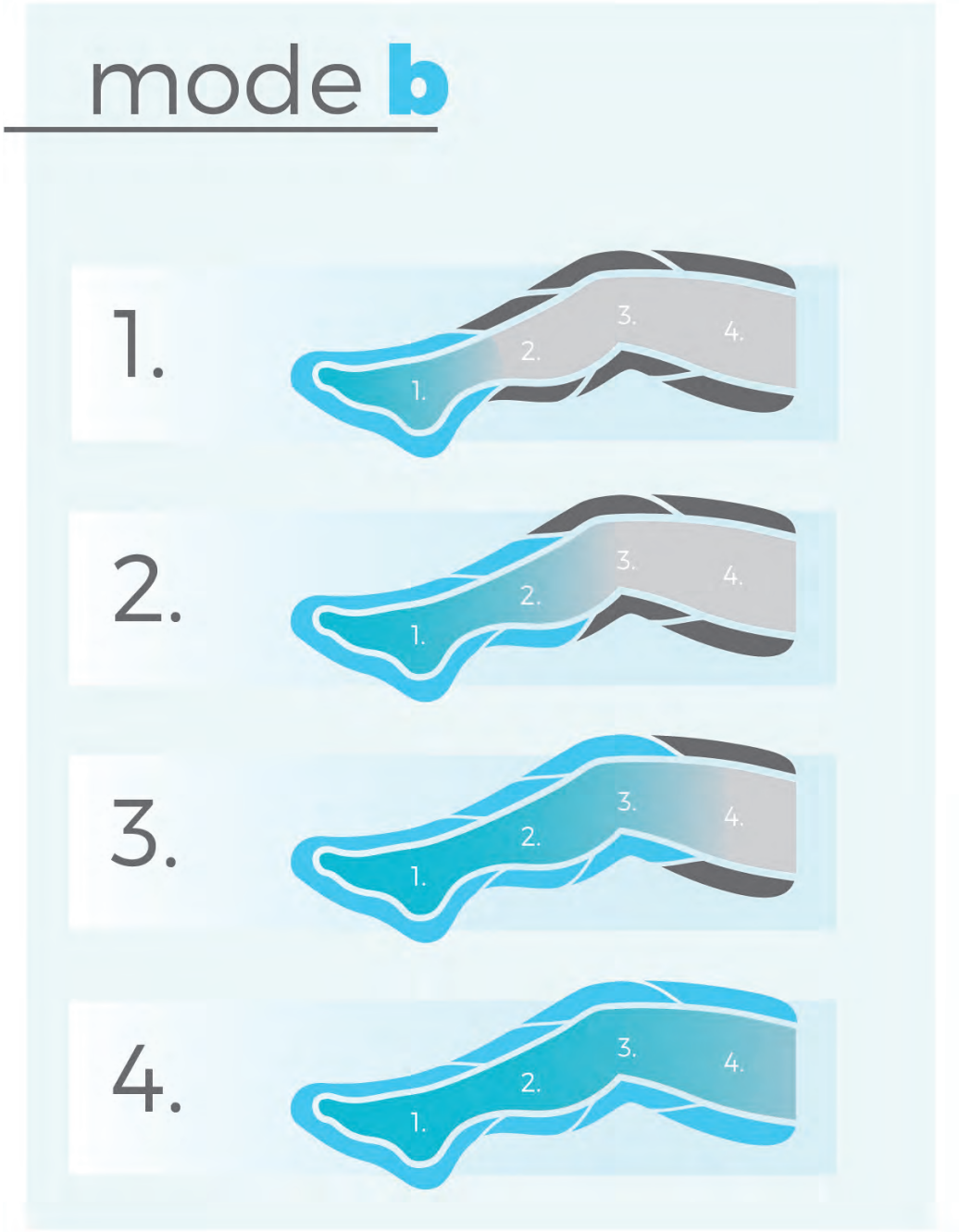


Mode A

sequential massage one chamber each

Mode A is the initial, preparatory mode and is therefore more delicate and less noticeable than the other modes. Even if you set the right pressure it is lower, about 20-30% mmHg less noticeable than the other modes.

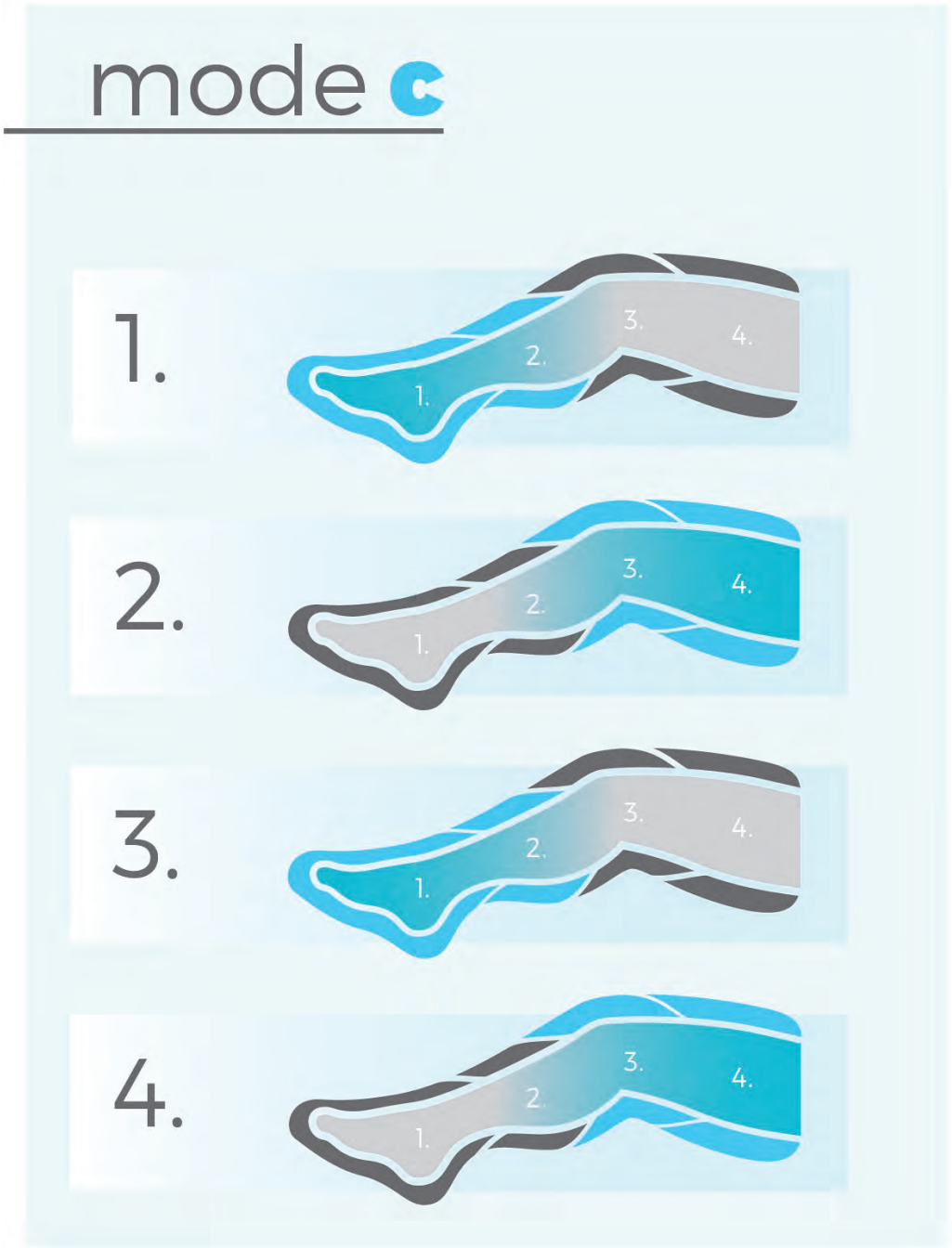
The massage is performed from the foot (1st chamber) to the thigh (4th chamber) sequentially.



Mode B

compression massage

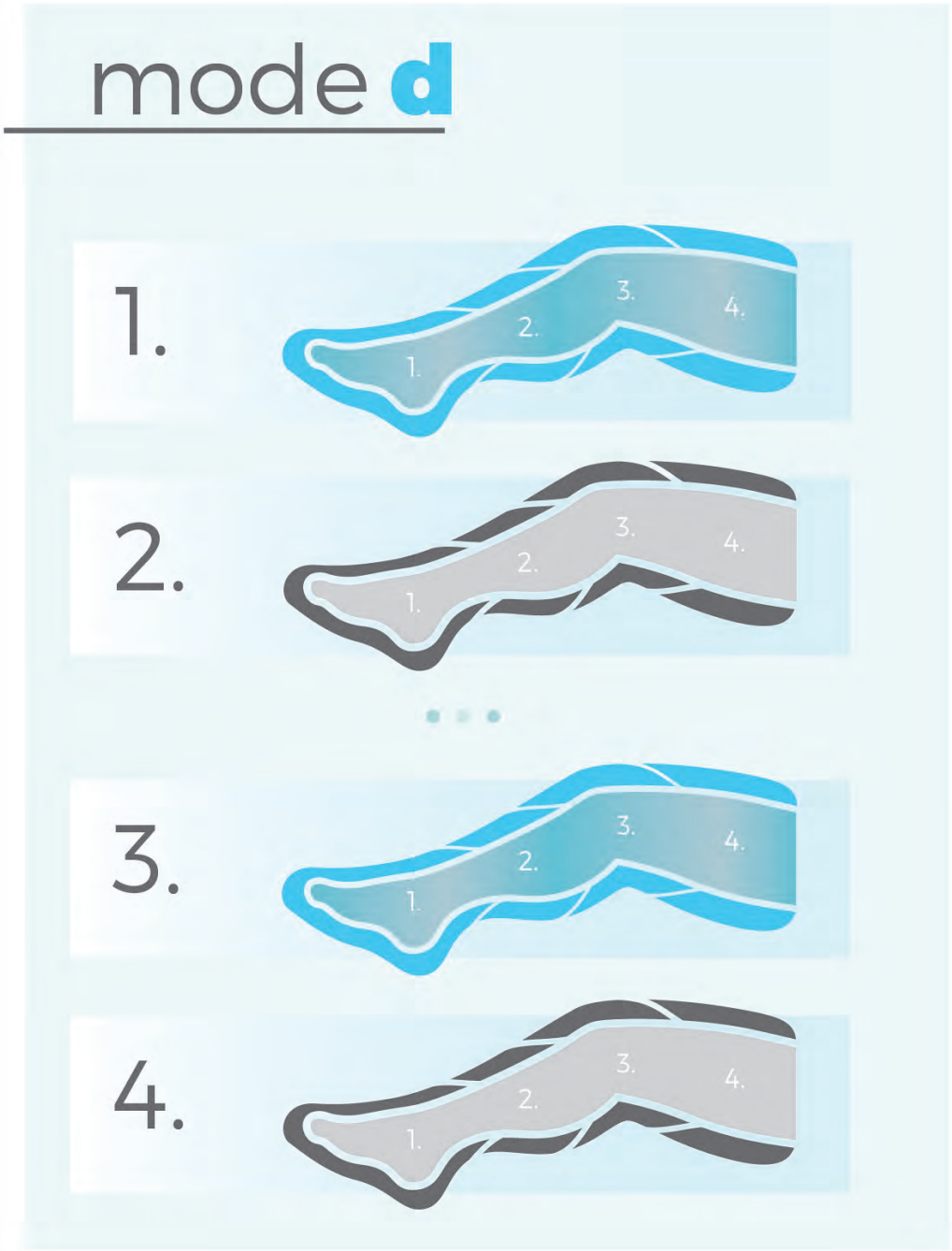
The massage is performed in the direction from the foot (1st chamber) to the thigh (4th chamber) with keeping the air in the previous chambers, after all the chambers are inflated, the air is discharged simultaneously from all of the chambers.



Mode C

sequential massage in two chambers

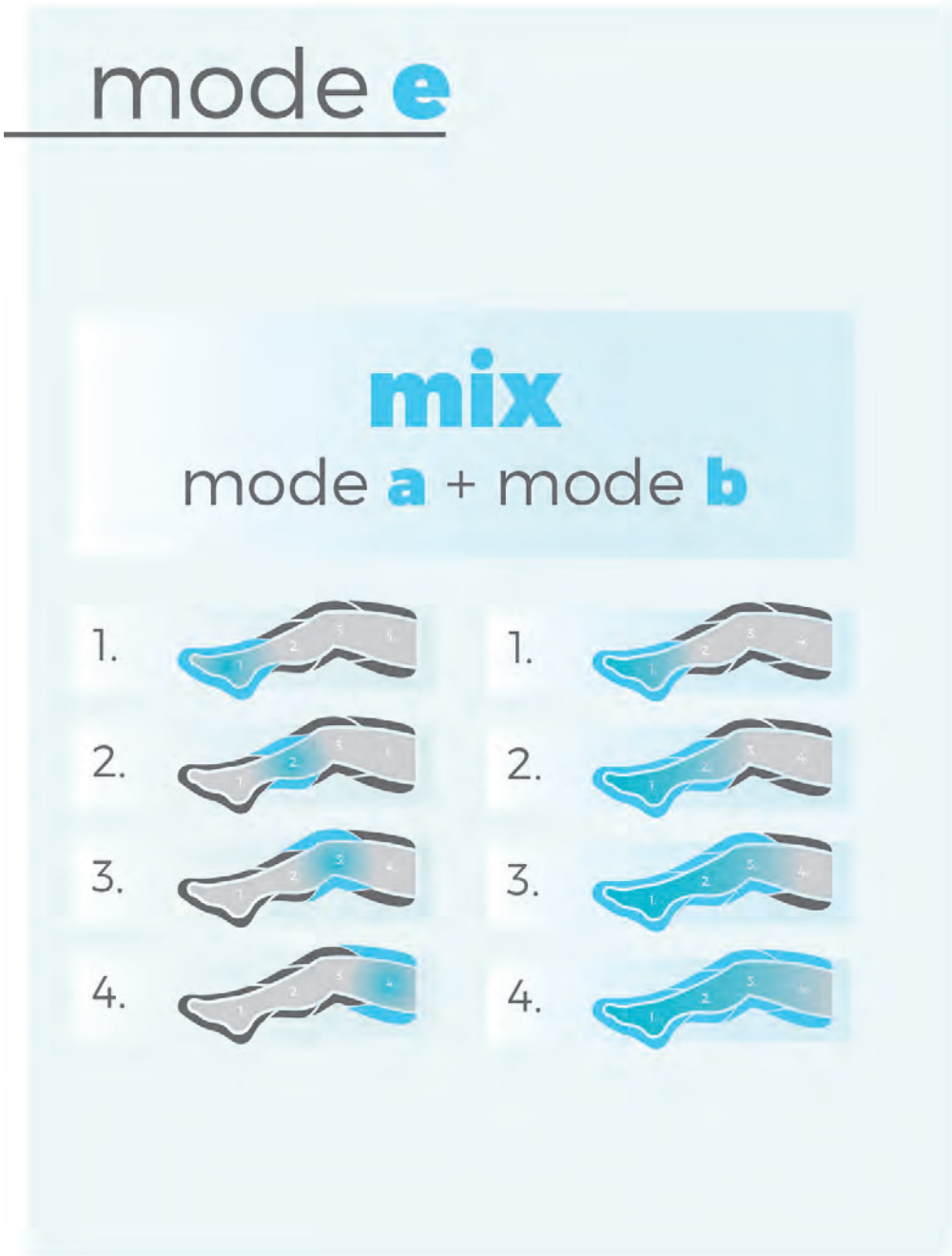
The massage is performed in the direction from the foot (1+2 chamber) to the thigh (3+4 chamber) in sequence of 2 chambers simultaneously: 1+2 -> 3+4.



Mode D

sequential overall compression

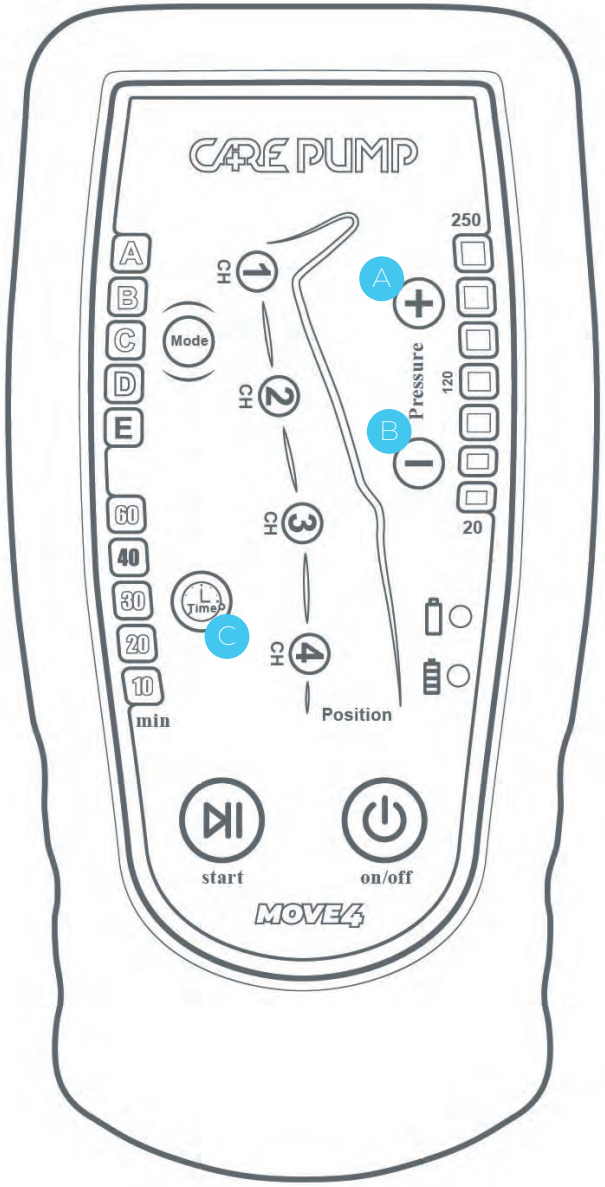
The massage is performed by inflating all chambers 1-4 at the same time, and then simultaneously releasing air from them all.



Mode E

mode A and mode B combined

The massage combines two modes alternately, mode A with mode B, a sequential massage in one chamber with a compression massage.



4.2. Pressure setting

- pressing the button (+) A increases the pressure by 25 mmHg.
- when the (-) button B is pressed, the pressure is reduced by 25 mmHg.
- the indicator light shows the set pressure.
- pressure range is from 20 to 250 mmHg.

4.3. Time setting

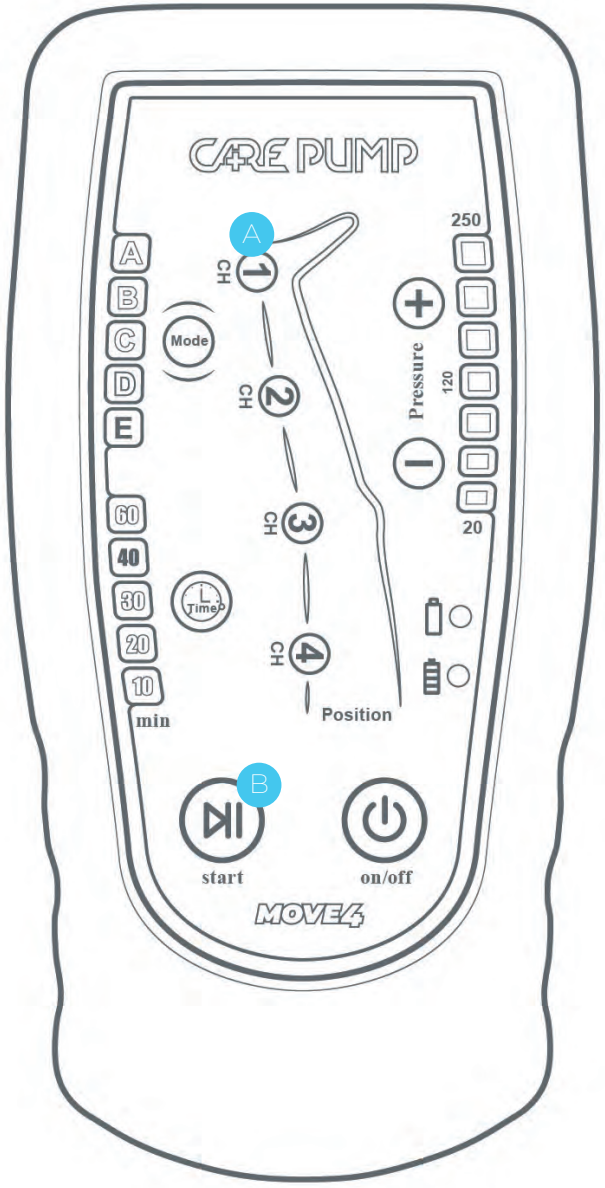
When you press the Time button C, the operating time of the set mode increases by 10 minutes.

After reaching 60 minutes, pressing the TIME button again returns and sets the time output value (10 minutes).

The set time is shown on the indicator.

The time range is between 10 minutes and 60 minutes.

The device automatically stops the massage when the set time is reached, and also gives an acoustic signal.



4.4. Chamber selection setting

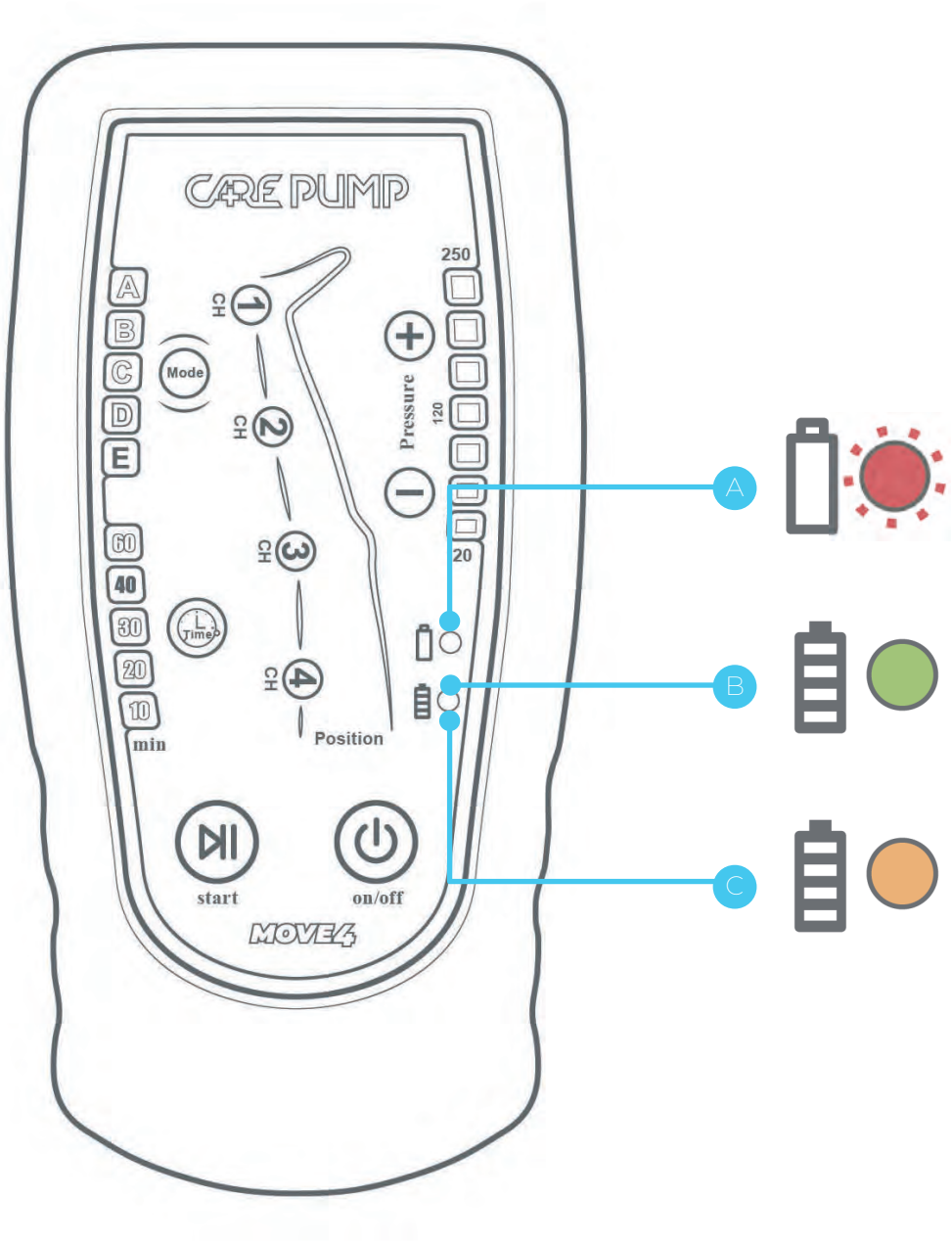
After pressing the chamber number A on the indicator, the given chamber number lights up blue and the chamber is pumped, pressing again switches off the backlight of the given chamber number, which means it is turned off and will not be taken into account and pumped during a given massage.

4.5. START/PAUSE

After setting the above functions, we start work by pressing the START button B, we can interrupt the cycle selected by us by pressing the START button again.

4.6. Battery charging

The device is equipped with a rechargeable battery that allows the treatment to be carried out in a place without access to the 230V network. The operation in the „battery" mode gives the possibility of performing treatments for



about an hour, depending on the set parameters and modes. The battery charge status is represented by graphic and light symbols and is as follows:

A red flashing battery light - battery discharged,

B green battery indicator - battery charged,

C orange battery indicator - battery in charge.

When the red indicator lights up, complete the treatment at the scheduled time and connect the device to the charger. When the red indicator lights up, complete the treatment at the scheduled time and connect the device to the charger. When the device is charged (the green light comes on), further procedures can be performed. Do not perform treatments while the battery is charging (with the charger plugged into the device) because this may cause irreparable damage. The battery is a consumable component and its service life is limited by the number of charging cycles and is not less than 500. The charging cycle is understood by connecting the charger to the device each time. In order to extend the life of the battery, it should be discharged until the red light comes on and a full charging cycle should be performed again.

5. Safety notes

5.1. Electrical safety

The device is powered from the 230 V mains. Before connecting to the mains, check that the mains parameters are as indicated on the nameplate A. In order to increase the user's safety, it is recommended to use an electrical system equipped with a residual current circuit breaker. Failure to do so may result in fire, electric shock, or damage of the device. If the unit starts to swell, disconnect it from the mains immediately by pulling the plug from the wall socket. Do not leave the unit with the plug plugged into a wall outlet when not in use. Unplug the unit from the mains in a thunderstorm or lightning strike. When unplugging the unit from the mains, always hold the plug in your hand and never pull on the cable. Do not connect or disconnect the unit from the mains with wet hands. Do not twist or retract the power cord, as this may damage it more quickly. Do not use the unit if the power cord is broken or cut.

5.2. Possible injuries

The device may not be used in children under 15 years old. Wearing a child in a cuff and inflating the cuff can cause very serious injury. The device is not intended for use on patients:

- with an implanted artificial heart and other heart prostheses;
- with artificial joints, metal implants, etc. - compression massage can be painful for them or cause inflammation;
- with heart diseases, unbalanced arterial pressure; acute inflammatory skin diseases, cancer, rose, vascular diseases, diseases with fever, etc.
- with acute dermatitis and wounds (festering),
- with venous cancer, deep vein inflammation, venous thrombosis,
- after surgical operations until complete recovery; in the case of patients after operations on internal organs, the nervous system or the brain, they should not use the device for at least one year after leaving the hospital, as this may affect the deterioration of health, in pregnant women, with disease units showing signs of continuous fatigue.
- the device should not be used in persons under the influence of alcohol until the effects of alcohol consumption have subsided.
- the device must not be used in people who are extremely tired.

Do not insert air ducts into the nose, mouth or ears as this may cause serious injury. If you notice any disturbing symptoms while using the device, stop using it and contact your doctor.

Put the cuffs on thin clothing and always close the cuff closure and fasten the Velcro strap completely. If the zipper is not closed securely, it can disengage rapidly during use and cause skin injuries.

5.3. Safety using and maintenance

The device can be used indoors at 0-40°C. The device should be used in conditions of relative humidity 60% - otherwise there is a possibility of fire. Do not store or use the device in the vicinity of heat emitting devices or in conditions of direct sunlight - this may cause problems with the functioning of the device, its ignition or deformation. Always keep the unit in a stable position. Tipping it over may cause malfunction. It is not allowed to use the device in rooms with high humidity, e.g. bathroom, sauna. It may cause fire or electric shock. The device should not be operated by children or people who are not fully mentally competent.

The battery is a consumable, wearable component and should be replaced regularly.

The battery operating time varies depending on: the set time, the set pressure, the selected operating mode, the degree of battery consumption, the volume of the limb. The battery operating time cannot be clearly defined.

5.4. Safety using of cuffs

Before putting on the cuff, remove your watch and jewelry and empty your pockets - they may cause skin injuries or break the cuff. It is not allowed to use or store the cuffs near devices or objects that emit heat, such as ovens, cigarettes, etc. - this may cause the cuffs to leak or fire. Do not apply the cuffs directly to the body. Apply the cuffs on thin clothing. Sweat, cosmetics, sebum may reduce the durability of the cuffs. Do not use other pumping devices as this will result in damage to the cuff or personal injury. Do not inflate the cuff with air if it is not placed on the body - this may damage the cuff or reduce its durability. Do not store or use the cuff near objects such as needles or scissors, as the cuff may be damaged. Staining the cuff with oil, benzene, alcohol, gasoline and their constituent agents may reduce the durability of the cuff. When using the device and cuff, the generally accepted principles of safe handling of electrical equipment should also be observed.

6. Technical data

Pressure range: 20 – 250 mmHg,

Number of operating modes: 5 (A, B, C, D, E),

Overlapping chambers, so called Fishbone,

Treatment time: 10 – 60 min,

Additional battery power supply,

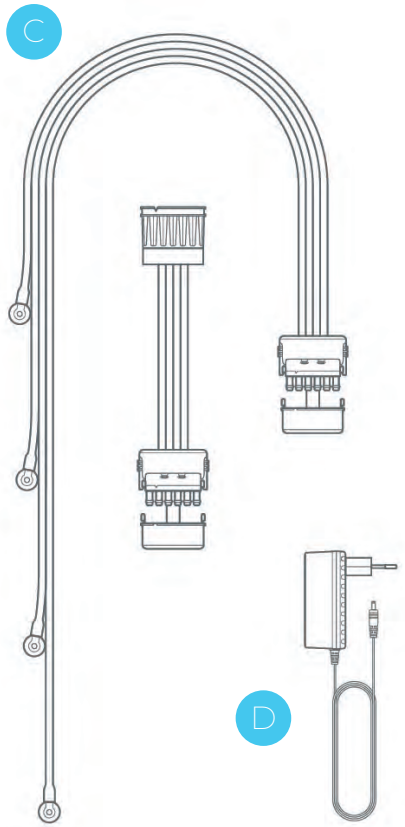
Optional switch off individual chambers,

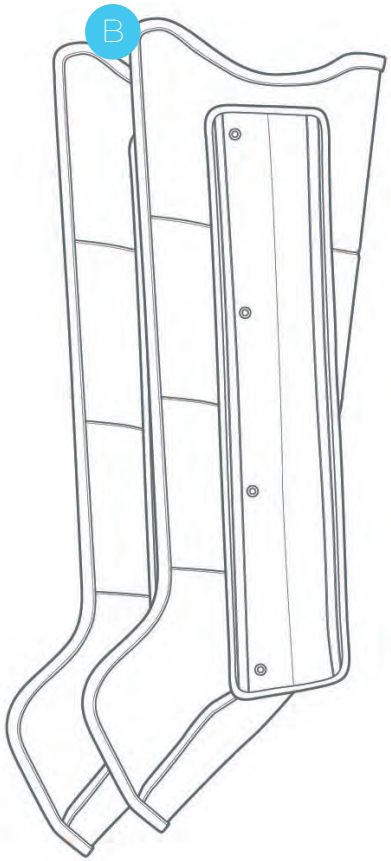
Weight: 2 Kg,

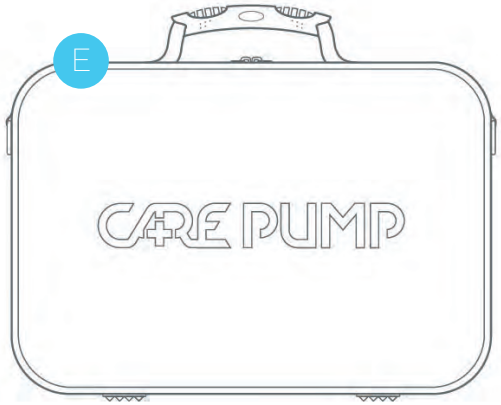
Dimensions: 26 x 13 x 9,5

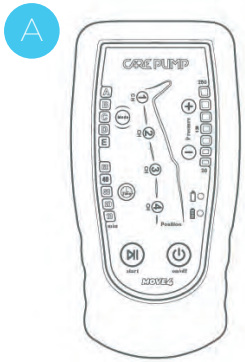
Colour: white,

Cuffs colour: gray.



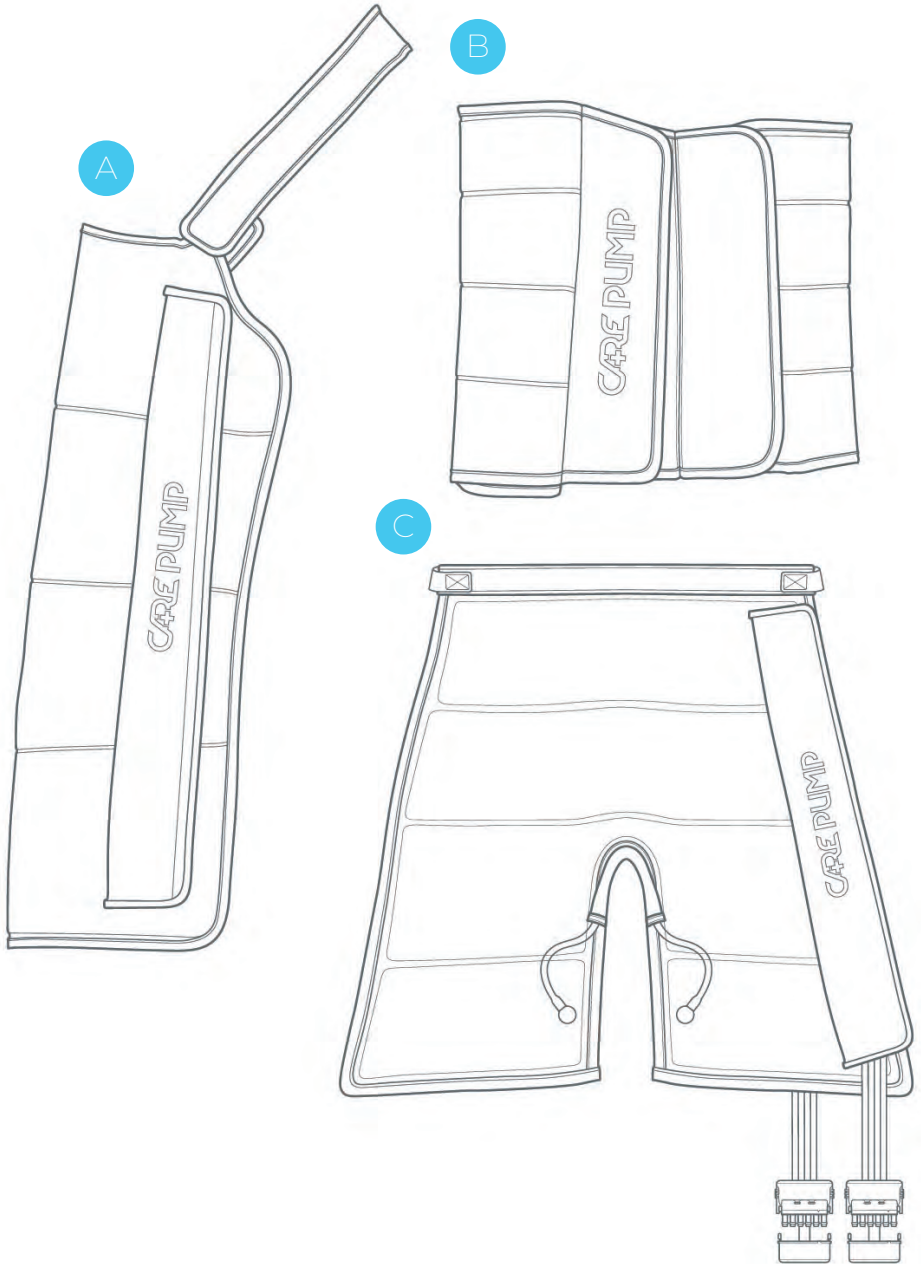






7. Set contents

- A 4-chambers CARE PUMP Move4 Device,
- B lower climb cuff – 2 pieces,
- C double air duct - 1 set,
- D power supply,
- E transport bag.



8. Optional accesories

A upper limb cuff,

B abdominal & hip belt,

C short pants.

9. Warnings on safe use

Please read the following instructions carefully before use and strictly observe the notes included in it regarding safe use

The product should only be used as described in this manual and only with the original parts included in the packaging. Otherwise the device may be damaged or its user may be injured.

Making technical changes to the device and its improper use will void the warranty.

10. Damage, repair and maintenance

- in the event of a device malfunction, damage or suspected damage, stop operation immediately.
- under no circumstances should you start a damaged device. All repairs and maintenance may only be carried out by the manufacturer or an authorized service center.
- in the event of self-repair, we are not responsible for any damages.
- the devices should be periodically checked (once every 12 months). The inspection is carried out by the manufacturer or an authorized service center.

11. Cleaning and disinfection

- clean the product with a soft, dry cloth.
- do not use abrasive substances or substances containing free chlorine and oxygen – they can cause damage
- cuffs are best cleaned with a cloth using warm water and dissolved soap.

12. Disposal

The product should be disposed of in accordance with applicable local law.

13. Warranty

The warranty, as well as liability for damage to persons or other devices, expires in the event of:

- incorrect operation or improper use,
- incorrect repairs carried out by unauthorized persons or services
- using spare parts other than original ones.

To obtain a manufacturer's warranty, please report it to the manufacturer using the service form and attached warranty card and a copy of the proof of purchase.

The implementation of any repairs under the manufacturer's warranty is carried out only on the basis of a warranty card with proof of purchase.

The warranty is 12 months.

Declaration of conformity

CE

We

Bardomed Sp. z o.o
ul. Konecznego 6/66
31-216 Kraków
https://www.bardomed.pl

under own responsibility hereby declare that the following product(s):

Type of equipment:	massage device
Type designation/models:	Carepump Move 4, Carepump Move 6, Carepump Move 8.

are in conformity with the provisions of the following EC directives:

EC Electromagnetic Compatibility (EMC) Directive 2014/30/EU

EC Low Voltage Directive (LVD) 2014/35/EU

and that the technical standards referenced below have been applied:

EN 60335-1	LVD, electrical safety
EN 60335-2-30	LVD, electrical safety
EN 61000-6-3	EMC, emission
EN 61000-6-2	EMC, immunity

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