

Gel pad PH01 is a gel pad used to operate the heated low frequency therapy apparatus PH01, the HCM-PH01 series.

This product is worn to transmit low frequency electric current and heat to the body. Read the Instruction Manual of the heated low frequency therapy apparatus PH01 thoroughly before using the product for therapy.

Safety Precautions (Be sure to always follow these precautions)

Read the following precautions thoroughly to prevent property damage or harm to you or other people.

The degree of the possible damage or risk you may cause if you misuse this product against these precautions are described in the following categories:

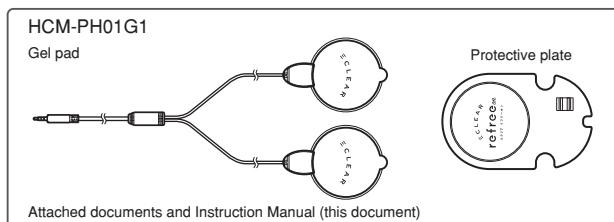
⚠ WARNING indicates matters that have "high probability of death or serious injury can be anticipated".	⚠ CAUTION indicates matters that have "probability of injury or physical damages only can be anticipated".
🚫 indicates matters that are "prohibited".	! indicates matters that are "compulsory" and must be performed.

⚠ WARNING	
🚫	Do not use the product for purposes other than treatment. If there is any, it will cause accidents, problems and malfunctions.
🚫	Do not use the product while the gel pad is in contact with any metal objects, such as a watch or necklace or the like. It will cause accidents or injuries.
🚫	Do not use the product when the surface of the gel pad is missing or deteriorating. If there is any, it will cause accidents, problems and malfunctions.
!	Always make sure that the power has been shut down prior to connecting or removing the gel pad from the base unit or when pasting, replacing or peeling the gel pad to the body. Doing so can cause electric shocks and malfunctions.
🚫	Do not disassemble, repair or modify. It will cause a fire or electric shock.
🚫	This product is intended for one person use only. Do not use the product simultaneously with multiple people. Doing so can cause accidents and malfunctions.

⚠ CAUTION	
🚫	Do not use or store the product in locations described below. • Locations exposed to direct sun light and locations with high temperatures, such as near a space heater. • Locations with high humidity such as a bathroom, near water, filled with a lot of dust or subject to frequent vibrations. It will cause fire, electric shock or malfunctions.
🚫	Do not leave the gel pad on your skin for a long period of time. It will cause skin inflammation.
🚫	Do not use the gel pad when it is wet. It will cause an electric shock.
🚫	Do not use the product when two gel pads are overlapped. It will cause accidents or electric shock.
🚫	Do not use the product while in a posture that causes load to be applied on the product or with the body in a stressful posture. Doing so can cause electric malfunctions.
!	Please make sure the main unit and the gel pad are connected correctly and securely before use.
!	Stop using the product and consult a physician if the use of the product causes strong irritation, or rash, reddening, itch or other anomalies with the skin. It will cause accidents or health problems.
🚫	Do not touch gel pads with wet hands. Doing so can cause electric shocks and accidents.
🚫	Do not store this product in a place where children can reach it. Consult a physician immediately in the event an infant swallows the base unit. It might cause an accident.
🚫	Follow guidance of local municipal government where you live when disposing of the product. Do not disassemble when disposing.

Package contents

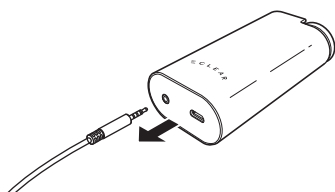
Inquire the retailer for details on the product.



Method for Replacing Gel Pad

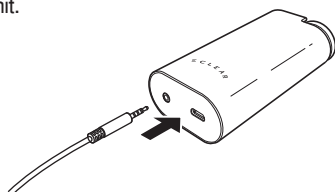
① Verify that all LED lamps on the base unit have turned off and that the power to the base unit has been shut off.

② Remove the plug on gel pads from the base unit.



③ Take gel pads out of the bag
(Do not remove the protective film on the gel pad yet.)

④ Securely connect the plug on a gel pad to a connection terminal on the base unit.



Hold onto the plug and insert securely as far as it goes.

Handling and servicing the product

■ Handling of gel pads

- Do not touch the surface of the attaching side on gel pads.
- Do not bend gel pads.

■ Care of the gel pad

To care for the gel pad, disconnect it from the main unit.

The gel pad needs to be cared for in the following situations:

- Gel pad adhesion is weakened
- Stimulation during operation is weakened
- Tingling sensation is felt during operation
- Gel pads are contaminated
- Gel pads do not stick to the protective plate

Replace the gel pad if you feel there is not enough/too much stimulus during use even after caring for the gel pad.

① Drip a few drops of water and rub with the ball of a finger to remove lifted contaminants

*Do not pour too much water. It will cause loss of adhesive strength or damage to the adhesive surface.

* Do not scrape the surface with a nail or a brush.

* Do not use any detergent or the like.

* Prevent dripping water drops on a plug, electrode cord or handle.



② Hold on the handle and thoroughly eliminate water and dry naturally with pad surface facing up, ensuring that no water drop drips onto the handle.

* With insufficient drying, the adhesive strength becomes weak.

*Never wipe the adhesive surface with tissue paper or a cloth.

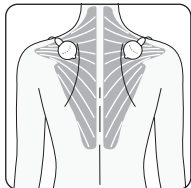
*Avoid direct sunlight.

Example of gel pad attachment

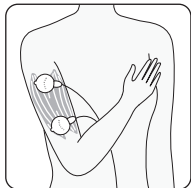
■ For low frequency, heat or heat and low frequency therapy course

Attach the gel pads on locations of the body where pain or stiffness is felt.

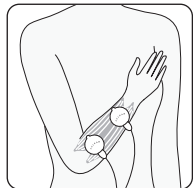
Shoulder: Trapezius muscle



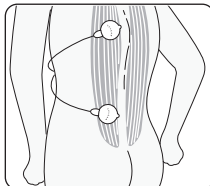
Upper arm: Brachial muscles



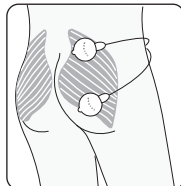
Arm: Flexor of forearm muscles



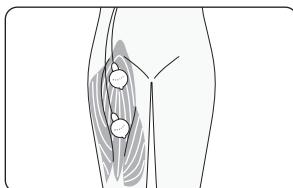
Back and hips: Erector spine muscle



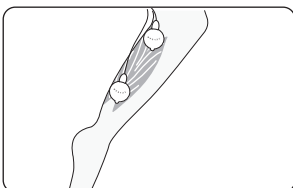
Buttocks: Gluteus maximus muscle



Thighs: Hamstring muscle



Calf: Triceps surae muscle



⚠ CAUTION:

- Do not use the product simultaneously on the bottom of the left and right feet or in arrangement that puts the heart between two sites of applications when performing the low frequency course or the heated low frequency course.
- Do not use the product when two gel pads are overlapped.

How to store

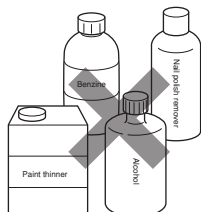
Store this product in an environment meeting the following conditions:

Storage temperature: -10 ° C to 60 ° C

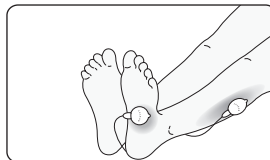
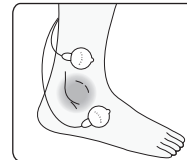
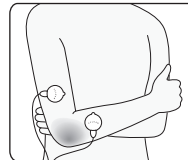
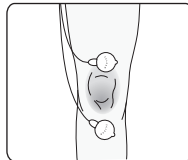
Storage humidity: 20 - 85% RH

■ Caution when Maintaining and Storing

- Do not use any benzene or paint thinner to service the product.
- Do not store the product in locations described below.
- Locations that are exposed to direct sun light.
- Locations with high temperature, high humidity, near water or a lot of dust.
- Locations with frequent vibration.
- Locations where chemicals are stored or where corrosive gases are generated.
- Place the product at a location that is out of reach of infants.



Attach the gel pads to sandwich the joint with pain.

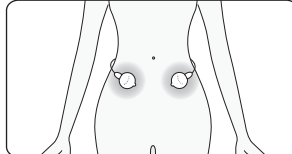


Attach one on the bottom of a foot and the other on the calf or ankle of the foot.
* Do not treat both legs at the same time.

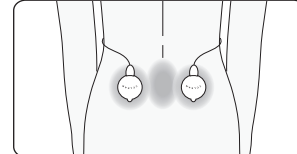
■ For heat course

Attach gel pads for heat therapy course by referencing following attachment examples aside from attachment examples for low frequency or heated low frequency courses.

Apply on left and right sides of the stomach



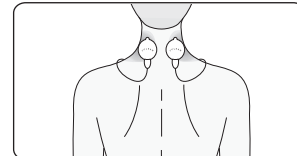
Apply on left and right sides on the back



Apply on the bottom of both feet



Apply on the back of the neck



Ratings & Specifications

Brand name	Gel Pad PH01
Classification	Equipment 78 Electric therapy apparatus for household use
General name	Electrode of low frequency therapy apparatus for home use (JMDN code 71008000)
Type of medical equipment	General medical device
Medical Instrument Notification Number	27B2X00293000002
Dimensions	Pad section dimensions: Approx. 60 mm dia. Cable length: Approx. 1,100mm
Weight	Approx. 33 g
Manufacturer and seller	Elecom Healthcare Co., Ltd. LA Tower 8F, 4-1-1 Fushimicho, Chuo-ku, Osaka City, Osaka Prefecture
Manufacturer	Zhangzhou Easepal Industrial Corporation
Made in	China

This manual has been prepared according to laws pertaining to medical products and equipment in Japan. Customers are requested to refer to a manual intended for the country in which the product was purchased.
www.elecom.co.jp/global/download-list/

Customers who purchased the product in a country other than Japan are requested to inquire with a retailer in the country where it was purchased. No responsive action to any inquiry or support requests regarding a purchase or use of the product in countries other than Japan can be provided by Elecom Co., Ltd. Furthermore, support services cannot be provided in languages other than Japanese. Responsive actions for replacement of products will be provided according to the Warranty Provisions, however, no responsive actions can be provided for products from outside Japan.