

## iRelieve® Percussion Massager Equine Instructions Manual

### Product Features

- Lightweight, deep tissue massager designed to reduce muscle tension, fatigue, and stiffness.
  - Promotes muscle relaxation, circulation, and range of motion.
  - Low-noise output for minimal disturbance.
  - Powered by 4 lithium batteries, offering up to 7 hours of use per charge.
  - One-button control: Power on/off and intensity adjustment.
  - **3 intensity levels** (1,800–3,200 RPM):
    - **Low Speed** – Warm-up and maintenance (always start here).
    - **Medium Speed** – Cool-down and muscle tension relief.
    - **High Speed** – Large muscle groups only (hips, gluteals).
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### Recommended Uses

- Pre-event warm-up
  - Post-work recovery
  - Therapeutic muscle relaxation
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### Massage Head Attachments

- **Large Head** – Large muscle groups: neck, shoulders, back, hips, sacroiliac (SI), stifles.
- **Bullet Head** – Targeted use: knees, hocks, fetlocks (not directly on joints).
- **Flat Head** – Larger muscle groups and sensitive areas such as the jaw.
- **Fork Head** – Use gently over the spine.

## **Application Instructions**

### **General Guidelines**

- Massage muscles from the center outward and top to bottom.
- Always begin at low speed and increase only if tolerated.

### **Recommended Durations**

- Large Muscles (neck, shoulders, back, hips, SI):  
30–60 seconds per area, repeat up to 3 times per session
- Smaller Muscles (stifles, gaskins, forearms):  
20–30 seconds per area, repeat up to 3 times session
- Spinal Area (using fork head):  
20–30 seconds per section, repeat up to 2 times session
- Small Joints (knees, hocks, fetlocks – using bullet head only on not directly over the joint space)  
15–20 seconds, repeat up to 2 times per session
- A full-body session should not exceed 20 minutes.
- Use up to 3 times per week.
- Always allow at least 24 hours of recovery before reworking the same area.

### **Important Safety Information**

- Do not use on the horse's face or directly over joints or bones.
- Always begin at the lowest speed to allow your horse to acclimate.
- Stop use immediately if the horse shows signs of discomfort or stress.
- Allow 24 hours of recovery before reworking the same area.
- Consult a veterinarian or equine specialist for use on horses with injuries or chronic conditions.