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PANASONIC EP1005 Owner's Manual

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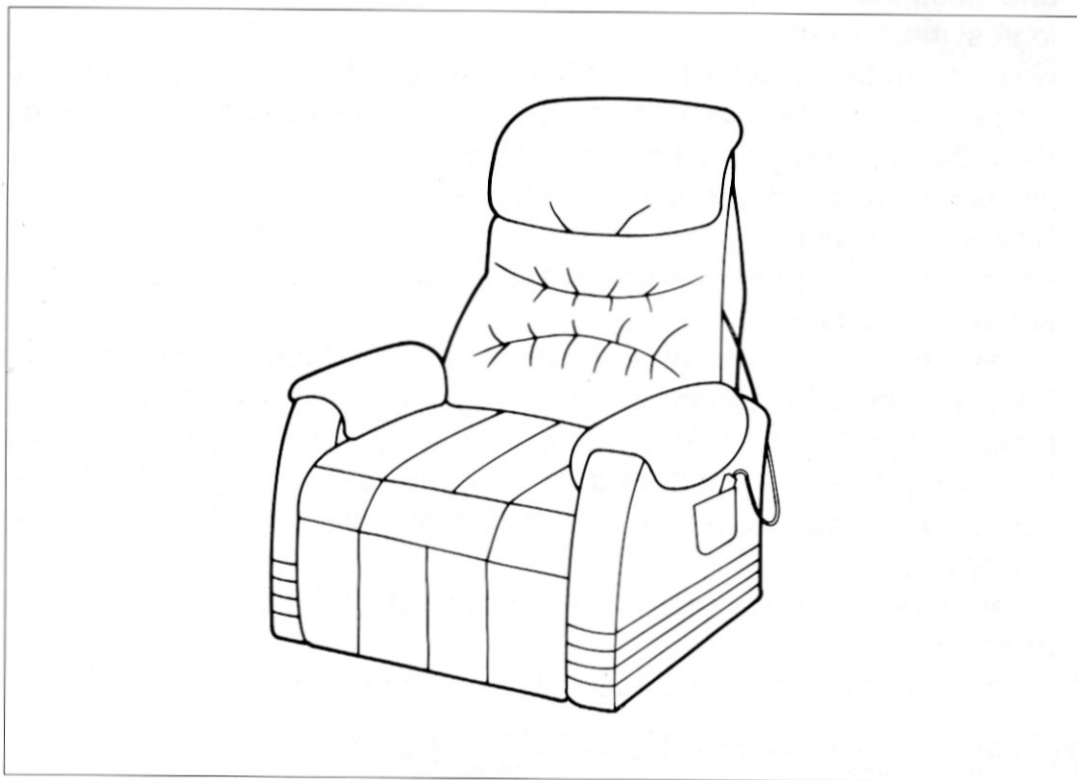
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----- Manual continues below -----

Operating Instructions

Household
Massage Lounger

EP 1005



Panasonic

Thank you for purchasing the Massage Lounger. Before connecting, operating or adjusting this unit, please read these instructions thoroughly.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following

Read all instructions before using the massage lounger

DANGER –To reduce the risk of electric shock

- 1 Always unplug this appliance from the electrical outlet immediately after using and before cleaning

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

- 1 An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- 2 Close and continuous supervision is necessary when this appliance is used by invalids or disabled persons.
- 3 Use this appliance only for its intended use as described in this manual
- 4 Do not use on or near children. Keep children away from massage lounger. To avoid possible injury to children or pet, always return chair to an upright position and close the leg massager carefully. Make sure nothing can be caught in the legrest mechanism
- 5 Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your nearest servicer for repair
- 6 Keep the cord away from heated surfaces
- 7 Never drop or insert any object into any operating
- 8 Do not use outdoors
- 9 Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 10 To disconnect, turn all controls to the off position; then remove plug from outlet
- 11 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.
- 12 To avoid possible injury to children, always return the chair to an upright position and close leg massager.
- 13 Do not use attachments not recognized by manufacturer

SAVE THESE INSTRUCTIONS

– CUSTOMER'S RECORD –

Please note both the model and serial numbers of this product in the spaces provided. Retain this book along with a copy of your purchase receipt for future reference

Model Number _____

Serial Number _____

Dealer's Name _____

Date Purchased _____

SAFETY PRECAUTIONS

1. This product should not be used by pregnant or menstruating women, persons who are ill, or persons with back, neck, shoulder or hip pain or conditions of any kind without consulting a physician prior to use. Do not use on any area that has received medical treatment without consulting a physician prior to use.
2. Never put any part of the body between the massage heads. The squeezing action of the heads may injure them. Never put any part of the body between the leg massager set lever and the armrest or between the armrest and the chair back. Do not place hands in mechanical portion of leg massager located under the seat. Do not use on children.
3. Do not use without clothing. Thin clothing increases the effectiveness of the massage, but exposing the skin directly to the massager can irritate the skin.
4. Do not use for massaging the head, abdomen, elbows or knees.
5. Do not stretch the back muscles for more than 15 minutes at one time.
To avoid overstretching of muscles and resultant discomfort on first using the chair, use only at gentle setting and do not use for more than 5 minutes. You can gradually increase duration and intensity as you adjust to the chair.
Do not massage any one point for longer than 5 minutes. Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect. To prevent excessive massaging, the massager comes with an automatic 15 minute timer. After 15 minutes, the massage heads will return to the restored position and stop.
6. While using the massager, if you start feeling sick, or if the massage seems painful, stop use immediately. Do not tap your head with massage heads. While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped by pressing the stop button.
7. When the chair back is in a reclined position, do not sit on it or sit with your legs resting on the headrest. Do not sit on the leg massager. The chair may fall over.
8. Do not allow children to play on or around the chair, especially during operation.

CAUTIONS

1. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the armrest and the chair back.
2. Do not treat the chair roughly, such as forcing the reclining lever or the leg massager extending lever, turning the chair on its side, turning the chair over and standing on it.
3. Do not treat the covering roughly.
 - Keep sharp or pointed objects away from the cloth of the chair. Be careful not to drop lit ashes or matches on the chair.
 - Exposure to direct sunlight can cause fading or a change in color of the covering.
4. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized servicer.
5. Do not attempt to repair the massager yourself.
6. Do not repeatedly operate any switch at short intervals. It may cause the switch to malfunction.
7. Some sounds may be heard coming from the massager while in use. This is due to the structure of the massager. This is a normal condition.
8. The chair back, where the massage heads are located, is a very delicate and important section of the massager so it should be handled with care when assembling.
9. Make sure that there are no obstacles behind the chair when reclining it. The chair can be reclined to the maximum angle of 160°. If the back hits a wall or pillar, it may malfunction. Be sure to have ample space behind the chair.
10. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, the body weight may stop the heads movement. In such case, slightly lift the body and let the heads move up.
11. After each massage, slide power switch in rear of massager to "off" position and turn the lock switch to "lock" position.

NOTE: Maximum user weight is 264 lbs (120kg)

CARING FOR THE MASSAGER

- If the upholstered portion becomes soiled, use damp cloth to clean the surface.

Do not use thinner, benzene or other solvent type cleaners.

FEATURES

1 Professional quality massage

- ① Shiatsu (Kneading) Massage
- ② Rolling (Stretching) Massage
- ③ Tapping (Pounding) Massage

2 Three preprogrammed massage courses

- ① Upper back course
- ② Neck and shoulder course
- ③ Lower back course

3 Adjustable massage intensity

- ① Removable thin pad
- ② Removable thick pad

4 Other convenient functions

- ① Built-in 15-minute auto shut-off timer
- ② 3 levels of ON/OFF for child safety
- ③ Manual mode to customize massage

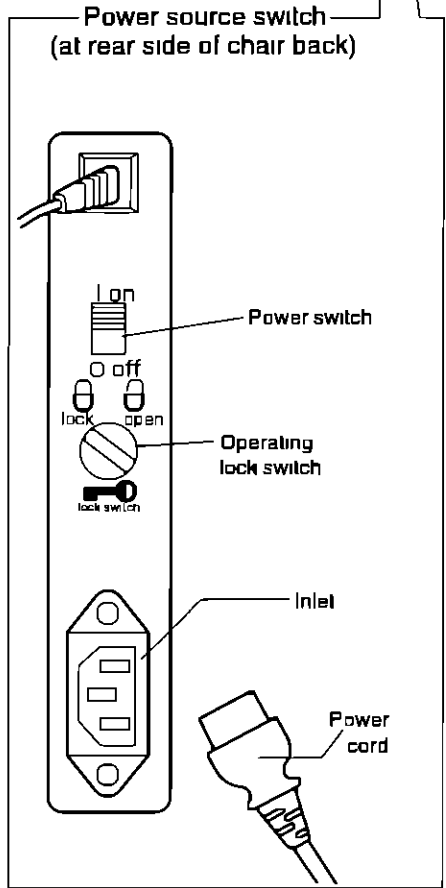
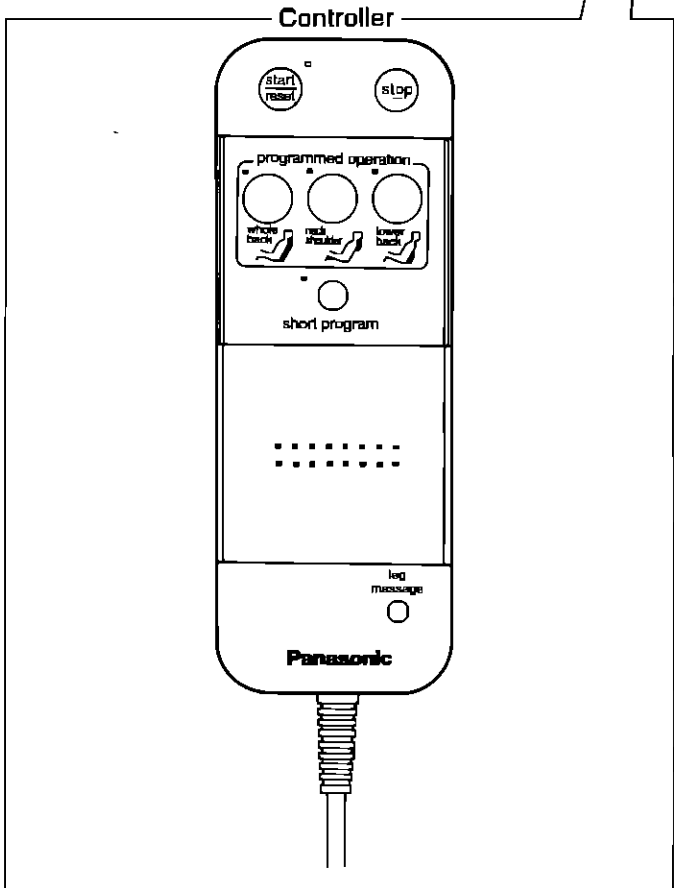
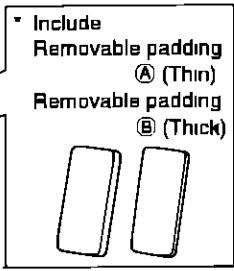
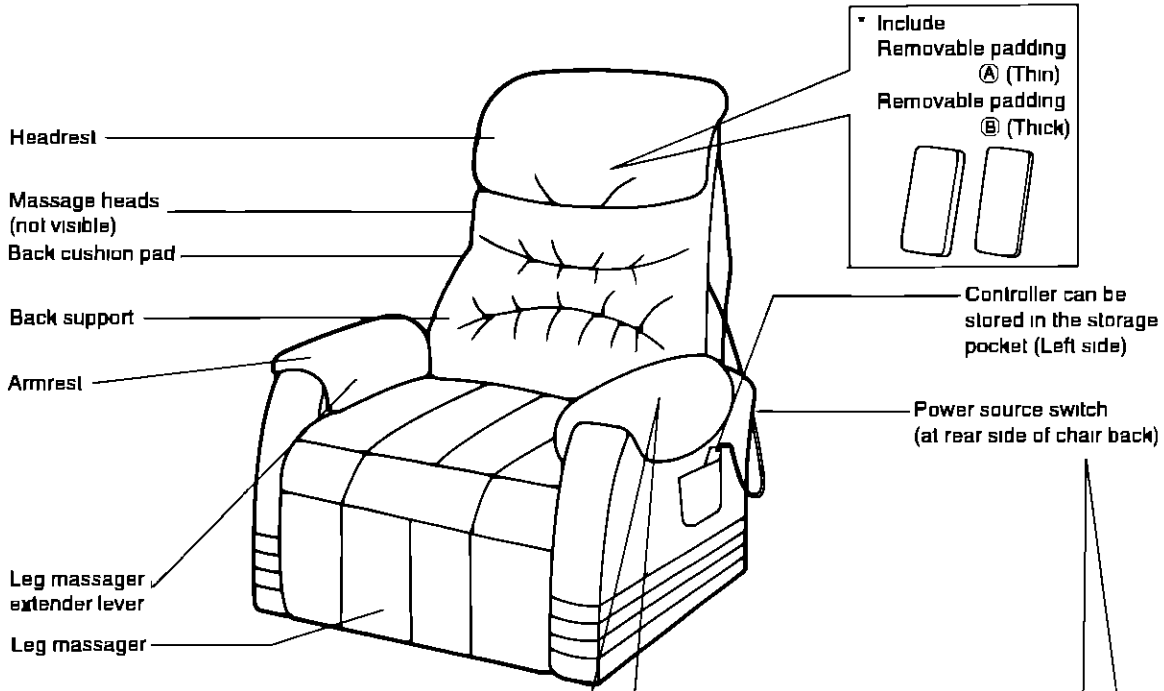
5 Excellent as recliner

- ① Two reclining positions
- ② 6-inch wall-proof reclining mechanism
- ③ Built-in ottoman with vibration
- ④ Casters for maneuverability
- ⑤ Fine combination of genuine leather
- ⑥ Elastic seat with 3-layer cushion

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	2
SAFETY PRECAUTIONS	4
CAUTIONS	4
CARING FOR THE MASSAGER	4
FEATURES	5
PARTS IDENTIFICATIONS	6
TURNING ON THE POWER	7
TO START/STOP MASSAGE ACTION	8
CONTROLLER	9
PREPROGRAMMED MASSAGE	10-11
MANUAL MASSAGE	12-14
LEG MASSAGER OPERATION	14
MASSAGING HEADS RANGE MOVEMENT	15
RECLINING THE CHAIR BACK	16
RAISING THE CHAIR BACK	16
SPECIAL FEATURES	17
SPECIFICATIONS	17
TROUBLESHOOTING GUIDE	18

PARTS IDENTIFICATION



TURNING ON THE POWER

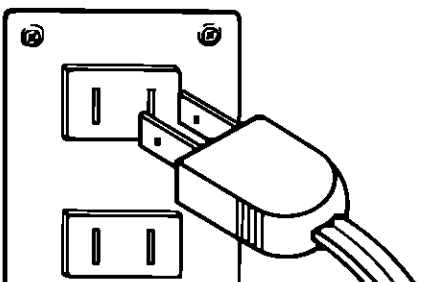
First read and familiarize yourself with safety precautions.

Chair is equipped with removable padding that allows backrest thickness to be easily adjusted to your comfort level. 2 separate pads (A & B) are located in back of backrest inside pocket. Thinner padding will increase massage intensity. Gradually remove padding as body adjusts to the massage. Follow the steps below.

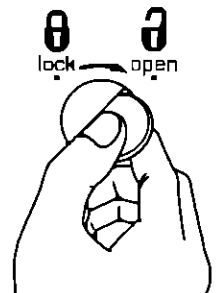
- | | |
|--|---|
| <p>Most Gentle Massage</p> <p>↑</p> <p>Strongest Massage</p> | <p>STEP 1 Both pads inserted (Chair as is)</p> <p>STEP 2 Remove thin pad (A), keep thick pad (B)</p> <p>STEP 3 Remove thick pad (B), insert thin pad (A)</p> <p>STEP 4 Remove both pads</p> |
|--|---|

NOTE When using chair after removing a pad, do not press back hard against rollers. If pressure is too great at any point in time, stop massage action and add padding and/or reduce pressure against backrest.

1 Plug the power cord into inlet.
Plug the power cord into an AC outlet (120V).
Be careful not to pinch the cord under the leg frames of the chair.



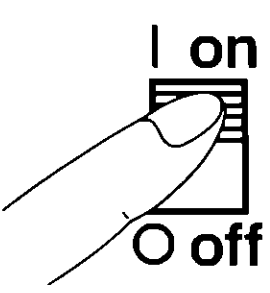
2 Insert a coin or similar object into the lock switch and turn to "lock".



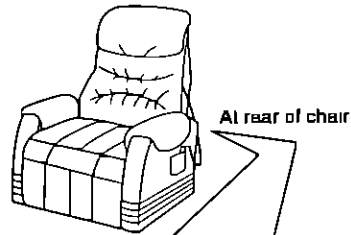
lock ← open

Prevents unit from being turned "on" when switch is in the "lock" position.

3 Slide the power switch to "on".



When the operating lock switch is on "lock", the power switch cannot be moved to the "on" position.



Power source switch

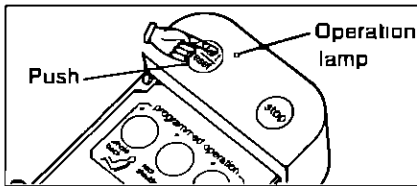
- After each use**
- Be sure to turn the power switch to "off".
 - To prevent children from using this unit, safety lock the power switch by moving the operating lock switch to the "lock" position.
 - As a further caution, unplug the power cord from the outlet after each use.

TO START/STOP MASSAGE ACTION

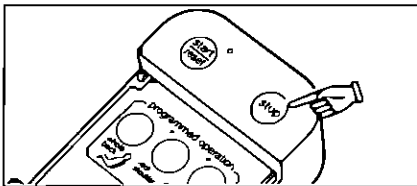
Before using, first read all of the instructions including the warnings and safety precautions as well as the section on programmed and manual massage

<BEGINNING OPERATION>

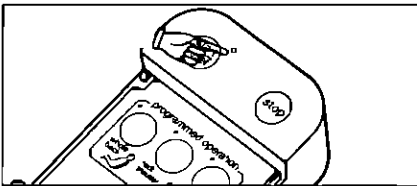
- 1 To operate the massage, push left side buttons
 - Check to be sure the operation indicator lamp is lit



- 2 If you wish to stop the massage temporarily, push right side button
The massage heads will stop where they are
 - Check to be sure the operation indicator goes out

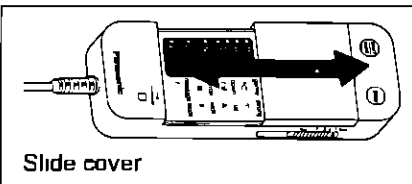


- 3 After final use, push left side button
 - The massage heads will go up, spread out and stop in the restore position. With the heads in this position you can sit comfortably, using the massager as a regular chair
 - Be sure to store the controller in the pocket on the side of the left armrest when not in use



- 4 Do you want programmed or manual operation?
 - If you wish to select the programmed massage, move the slide cover to lower position completely
 - If you wish to select the manual massage, move the slide cover to upper position (See NOTE)

NOTE: Be sure to check position of slide cover
For manual operation, slide cover must depress the sensor pin located at upper left of the slide track



Slide cover

Automatic timer for massage lounger

- To prevent excessive massaging, there is a built-in timer which after 15 minutes of operation will automatically turn the massage heads to the "restore" position and stop their motion
- Turning on the operation switch while the massage heads are moving to the restore position will reset the time for another 15 minutes (approximately)
- If the programmed massage button is pushed, the unit will stop after finishing the program

CONTROLLER

Operation buttons

- To start, push left side button
- To stop, push right side button

Programmed/manual message selector sensor pin

Programmed message course selector buttons

Slide cover "down" position

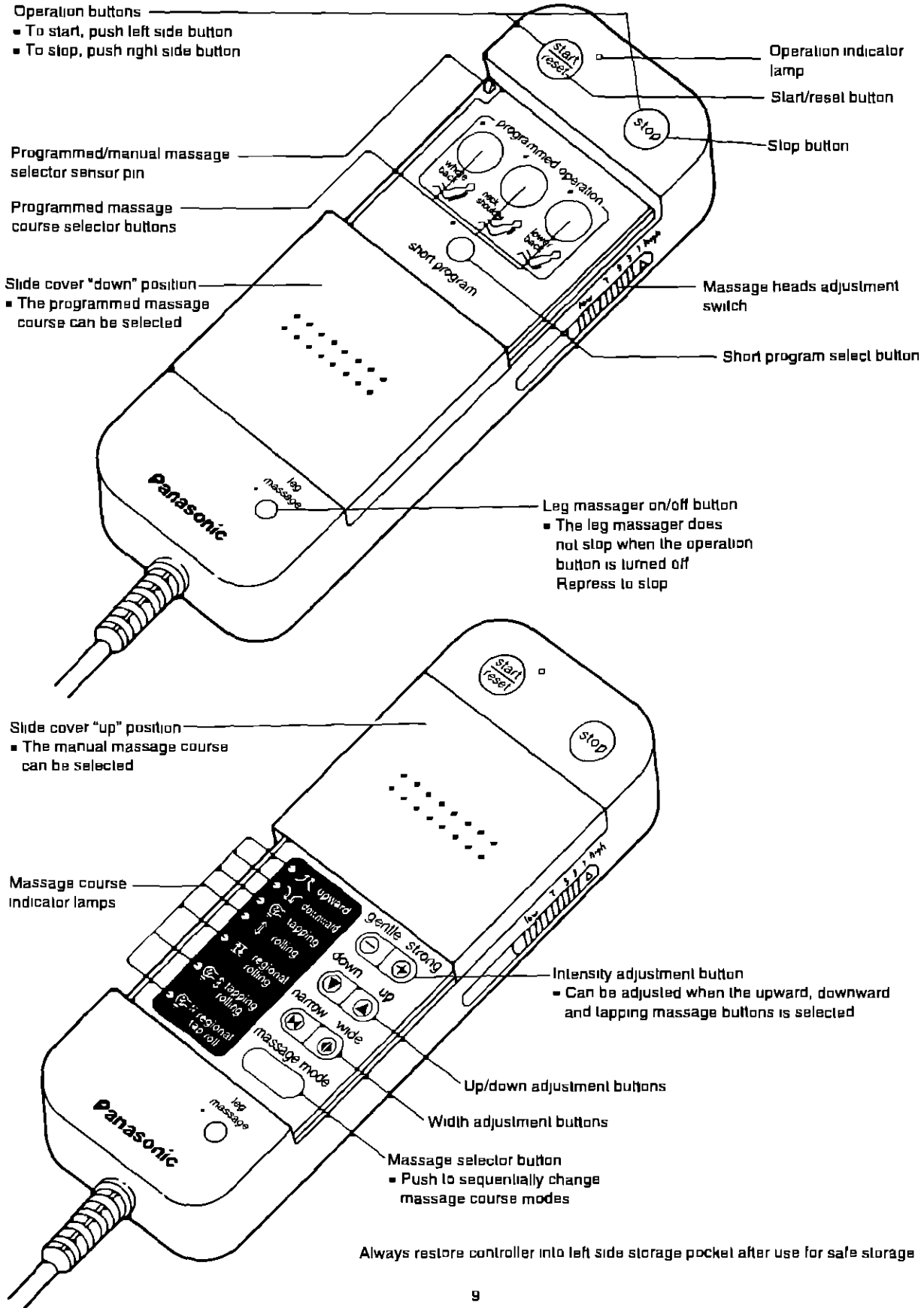
- The programmed message course can be selected

Slide cover "up" position

- The manual message course can be selected

Message course indicator lamps

Always restore controller into left side storage pocket after use for safe storage



Operation indicator lamp

Start/reset button

Stop button

Message heads adjustment switch

Short program select button

Leg massager on/off button

- The leg massager does not stop when the operation button is turned off
- Repress to stop

Intensity adjustment button

- Can be adjusted when the upward, downward and lapping message buttons is selected

Up/down adjustment buttons

Width adjustment buttons

Message selector button

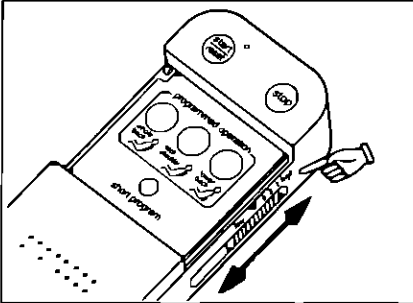
- Push to sequentially change message course modes

PROGRAMMED MESSAGE

First read and familiarize yourself with the safety precautions.

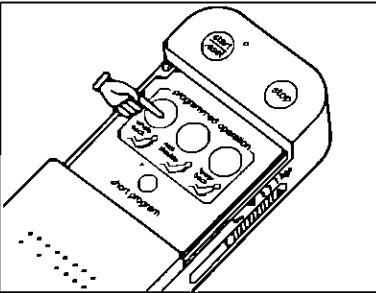
<HOW TO PRESET THE MESSAGE HEAD POSITION>

- 1 Turn on the operation button and move the slide cover to lower position completely
- 2 Set the message heads adjustment switch to "7" position
Then adjust the message heads to your shoulders while moving the adjustment switch
The message heads operation lamp flashes while moving the message heads
- 3 You can adjust the message heads position while massaging
NOTE When you find your favorite position, memorize the number which is printed near the switch

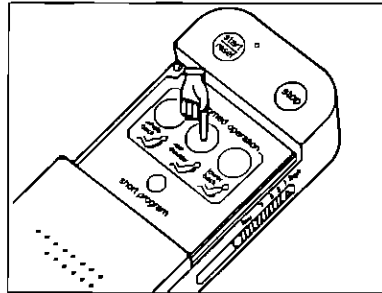


<HOW TO SELECT THE PROGRAMMED MESSAGE COURSE>

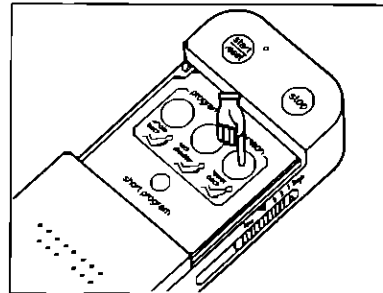
- 1 If you wish to massage your whole back, push the "whole back" button
- 2 If you wish to massage your neck and shoulder mainly, push the "neck-shoulder" button
- 3 If you wish to massage your lower back, push the "lower back" button
 - Massage will operate automatically for 12 to 14 minutes after pushing the button
 - NOTE** Check to be sure the course indicator lamp is lit
 - If you wish to change the massage course, push any button you want
You may change the massage course at any time during operation without harm
Your new instructions will just override any previous ones
 - If you do not press the button, the programmed massage course will start automatically after 40 seconds



<Whole back>

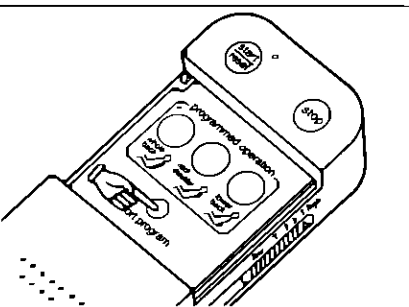


<Neck-Shoulder>



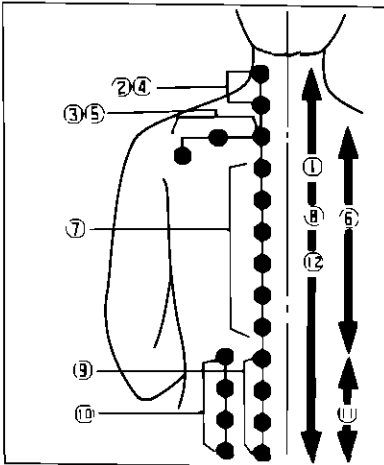
<Lower back>

- If you wish to shorten the massage course, push "short program" button
Then massage will operate for 5 to 6 minutes while lighting the indicator lamp
- If you wish to stop the short massage course, push "short program" button again



PROGRAMMED MASSAGE

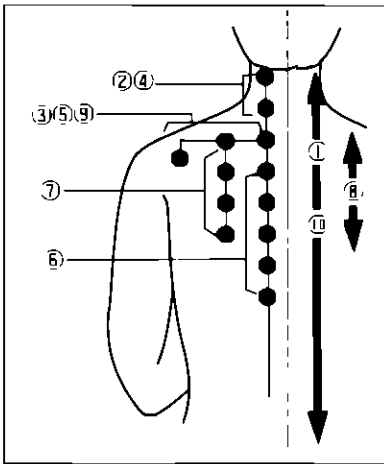
<WHOLE BACK COURSE >



- ① Whole back (rolling massage)
- ② Neck (upward massage)
- ③ Shoulder (downward & tapping massage)
- ④ Neck (upward massage)
- ⑤ Shoulder (downward & tapping massage)
- ⑥ Back (rolling massage)
- ⑦ Back (upward massage)
- ⑧ Whole back (rolling massage)
- ⑨ Inside lower back (upward massage)
- ⑩ Outside lower back (upward massage)
- ⑪ Lower back (tapping & rolling massage)
- ⑫ Whole back (rolling massage)

REGULAR PROGRAMMED COURSE (approx 12 min)	SHORT PROGRAMMED COURSE (approx 5 min)
①	-
②	-
③	-
④	④
⑤	⑤
⑥	⑥
⑦	⑦
⑧	-
⑨	-
⑩	⑩
⑪	-
⑫	-

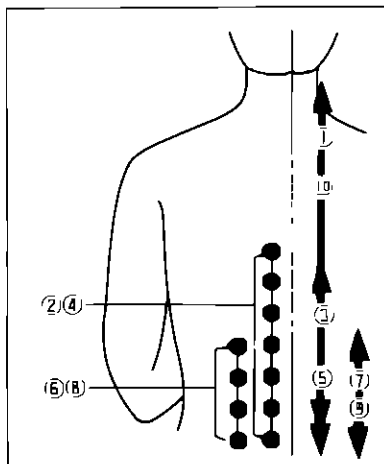
<NECK AND SHOULDER COURSE>



- ① Whole back (rolling massage)
- ② Neck (upward massage)
- ③ Shoulder (downward & tapping massage)
- ④ Neck (upward massage)
- ⑤ Shoulder (downward & tapping massage)
- ⑥ Inside back (upward massage)
- ⑦ Outside back (downward massage)
- ⑧ Outside back (rolling massage)
- ⑨ Shoulder (Tapping massage)
- ⑩ Whole back (rolling massage)

REGULAR PROGRAMMED COURSE (approx 12 min)	SHORT PROGRAMMED COURSE (approx 5 min)
①	-
②	-
③	-
④	④
⑤	⑤
⑥	⑥
⑦	-
⑧	-
⑨	⑨
⑩	⑩

<LOWER BACK COURSE>

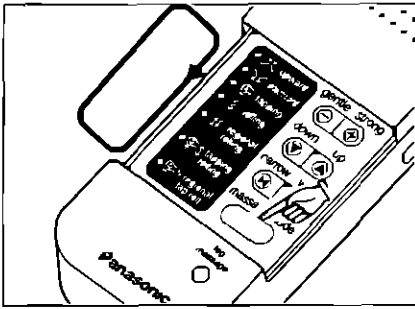


- ① Whole back (rolling massage)
- ② Inside lower back (upward massage)
- ③ Inside lower back (regional tapping massage)
- ④ Inside lower back (upward massage)
- ⑤ Lower back (rolling massage)
- ⑥ Outside lower back (upward massage)
- ⑦ Outside lower back (regional tapping & rolling massage)
- ⑧ Outside lower back (upward massage)
- ⑨ Outside lower back (rolling massage)
- ⑩ Whole back (rolling massage)

REGULAR PROGRAMMED COURSE (approx 12 min)	SHORT PROGRAMMED COURSE (approx 5 min)
①	-
②	②
③	③
④	-
⑤	-
⑥	⑥
⑦	-
⑧	-
⑨	⑨
⑩	⑩

MANUAL MASSAGE

First read and familiarize yourself with the safety precautions.



- 1 Push the operation switch buttons and set the slide cover to the manual "up" position
- 2 Push the massage selector button
 - Massage operation can be changed by pushing the massage selector button progressively as follows

- 1 Upward massage
- 2 Downward massage
- 3 Tapping massage
- 4 Rolling massage
- 5 Regional rolling massage
- 6 Tapping and rolling massage
- 7 Regional tapping and rolling massage

<MASSAGING>

- ① Select the upward massage or downward massage mode to begin massaging in any position
- ② To adjust to the desired position, use the up, down, wider or narrower buttons
- ③ To adjust the intensity of massage, use the intensity adjustment button

NOTE. Do not massage any one point for more than 5 minutes. Do not stretch the back muscles for more than 15 minutes at one time. A continuous massage in the same area may result in soreness.

<MESSAGE INTENSITY ADJUSTMENT>

- Adjust the massage intensity in the upward massage, downward massage and tapping massage position
- Hold your finger on the button to choose the massage intensity desired
- When you adjust the massage intensity, the massage heads position may change. Adjust the massage heads position again.
- The massage heads stop automatically when they reach the most/least intensity positions. Release your finger from the button and operation will resume.

<ROLLING MESSAGE>

- ① Select the rolling massage mode
 - The massage heads move to the most gentle position and the narrowest position and start the rolling massage
- ② Use narrow or wide adjustment button to adjust the width of the massage heads
- ③ To raise the massage heads, push the up button. To lower them, push the down button
 - When you wish to stretch only a certain part of your back, use the up button to raise the massage heads or down button to lower them

MANUAL MASSAGE

<REGIONAL ROLLING MASSAGE>

- ① Select the regional rolling massage mode
 - The massage heads move to the most gentle position and the narrowest position and start the regional rolling massage
- ② Use narrow or wide adjustment button to adjust the width of the massage heads
 - To raise the massage heads, push up button To lower them, push the down button

<TAPPING MASSAGE>

- ① Select the tapping massage mode
- ② Use narrow or wide adjustment button to adjust the width of the massage heads
 - To raise the massage heads, push up button To lower them, push down button
- ③ Use the intensity adjustment buttons to adjust the intensity of massage

<TAPPING AND ROLLING MASSAGE>

- ① Select the tapping & rolling massage mode
 - The massage heads move to the most gentle position and the narrowest position and start the tapping & rolling massage
- ② Use narrow or wide adjustment button to adjust the width of the massage heads
- ③ To raise the massage heads, push up button To lower them, push down button
 - When you wish to stretch only a certain part of your back, use the up button to raise the massage heads or down button to lower them


<REGIONAL TAPPING AND ROLLING MASSAGE>

- ① Select the regional tapping & rolling massage mode
 - The massage heads move to the most gentle position and the narrowest position and start the regional tapping & rolling massage
- ② Use narrow or wide adjustment button to adjust the width of the massage heads
 - To raise the massage heads, push up button To lower them, push the down button

For safety reasons, the massage heads move to the most gentle position and start massage in the rolling massage, the regional rolling massage, the tapping & rolling massage and the regional tapping & rolling massage positions. Massage intensity cannot be adjusted for these massages.

<MESSAGE HEADS UP-DOWN AND WIDTH ADJUSTMENT>

- Use the up or down adjustment button to adjust the up or down direction of the massage heads
To raise the massage heads, push the up button To lower them, push the down button
Use the wider or narrower buttons to adjust the width between the massage heads
- When the massage heads have reached desired position, remove finger from the button and heads will stay in that position
- When the massage heads reach the upper or lower limits, or the wide or narrow limits, they will automatically come to a stop
This will also resume massage action

NOTE Since considerable power is required with kneading motion while adjusting width or intensity, the power may become weak Please raise your back slightly for smoother operation
If the massage heads are forcibly locked, they will stop for safety and the controller panel will warn you with beeping sounds and flashing lamps
To restart, press the start button ()

LEG MASSAGER OPERATION

- Press the leg massager on/off button to turn the leg massager on If you wish to turn off the leg massager, press this button again
NOTE: The leg massager does not stop when the operating switch is turned off

Automatic timer for leg massager

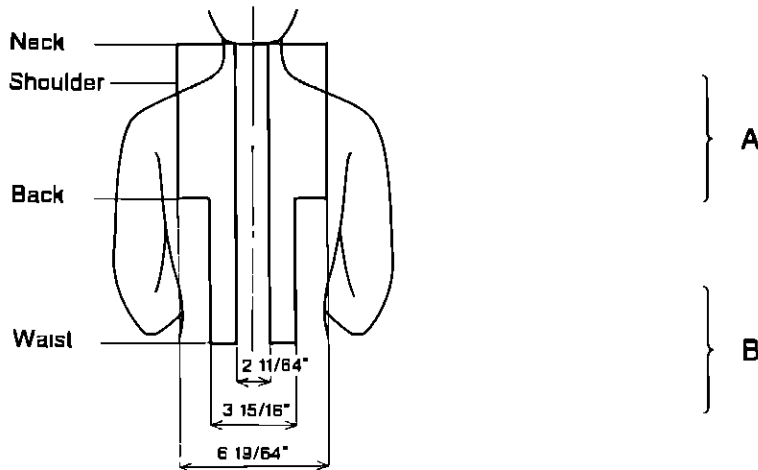
- To prevent continuous running when the leg massager has been turned on, there is a built-in timer which after 30 minutes of operation will automatically turn off

MASSAGING HEADS RANGE MOVEMENT

The width between the massage heads can be adjusted for massaging, lapping massage, tapping & rolling massage, regional tapping & rolling massage, rolling massage and regional rolling massage. The heads can be set at different widths for a wide range, giving you a varied massage any place you like from the neck to the hips.

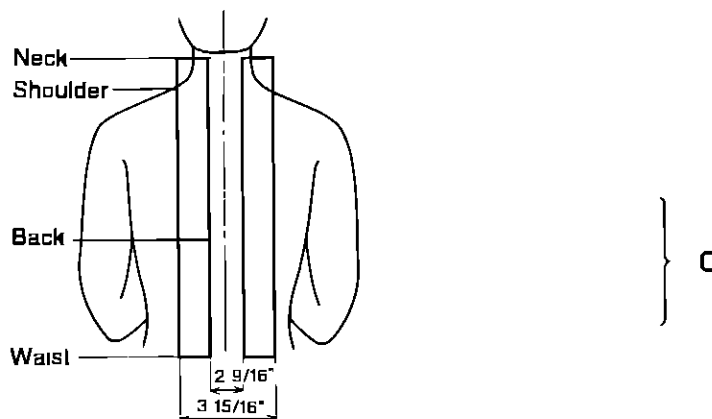
<UPWARD, DOWNWARD AND TAPPING MASSAGE>

- Massage range width**
- A { from shoulder to back
2 11/64" (55 mm) - 6 19/64" (160 mm)
 - B { From back to hip
2 11/64" (55 mm) - 3 15/16" (100 mm)
- Intensity adjustment.**
Can be adjusted (Variable)



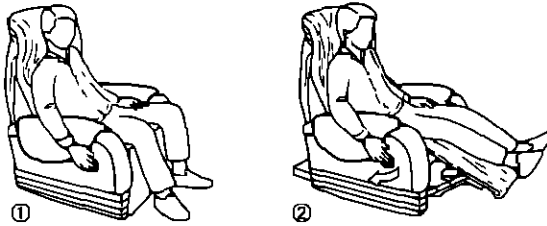
<ROLLING, REGIONAL ROLLING, TAPPING ROLLING AND REGIONAL TAPPING ROLLING MASSAGE>

- Massage range width:**
- C { from shoulder to back
2 9/16" (65 mm) - 3 15/16" (100 mm)
- Intensity adjustment**
Preset in weak position
Can not be adjusted



RECLINING THE CHAIR BACK

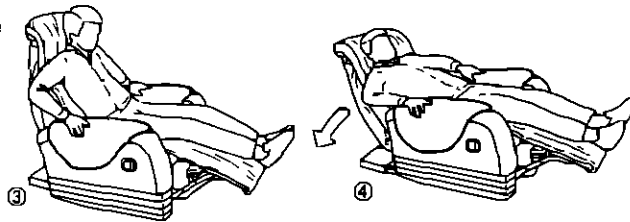
- 1 Sit in the Massage Lounger and pull the Ottoman Lever backward. The ottoman will extend outward. This is comfortable for viewing.



- 2 To completely recline the chair, grasp both armrests at the rear ends and lean back, imposing your weight to the chair back and firmly pushing the chair back.

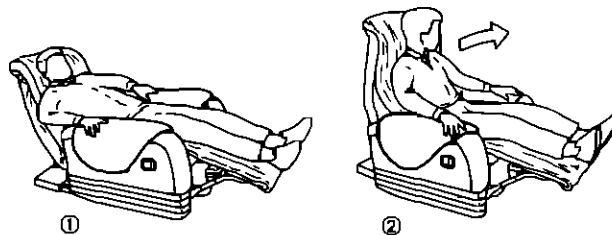
NOTE: Angle of the chair back can be changed so the body weight and the massage heads will work together to determine the strength of the massage.

Try changing the angle of the chair back to find a comfortable massage of a strength that is most suitable for your own comfort. Replaceable pad may also be used in conjunction with the back cushion.



RAISING THE CHAIR BACK

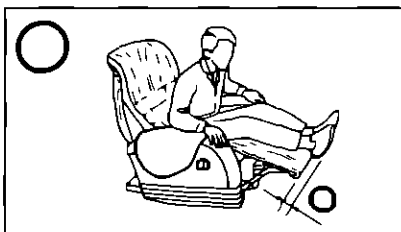
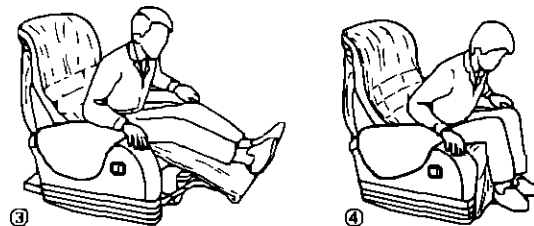
- 1 Just return to a sitting position and the chair back will rise to the TV-viewing position.



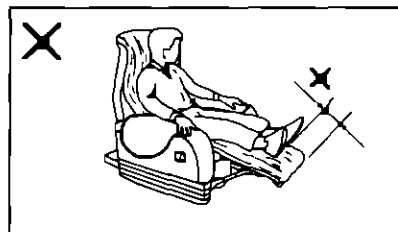
- 2 To return ottoman to the closed position (See last paragraph of page 18),

- a return chair back to upright position (See Fig ① and ②)
- b position body forward to get better leverage (making sure feet hang beyond ottoman) (See Fig ③ through ⑥)
- c grasp both armrests at the front ends and push down on ottoman with your feet and/or heels.

NOTE: Keep children and pets away from the massage lounger when storing the leg massager to prevent injury.



⑤



⑥

SPECIAL FEATURES

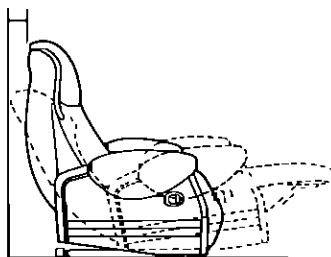
1 Caster

The Massage Lounger has casters under the chair base and can be moved easily by tilting the front end up. Be careful not to allow the power cord to become entangled around the casters.



2 6-inch wall-proof reclining mechanism

Only 6 inches are needed between the chair back and the wall because the seat shifts forward when the back is reclined.



SPECIFICATIONS

Power source	120V AC, 60 Hz
Power consumption	150W
<Massage Lounger>	
Rotating speed (Massage Head)	Approximately 28 times/min
Massaging width (Shoulder to Back)	2 11/64" - 6 19/64 (55 - 160 mm)
(Back to Lower Back)	2 11/64" - 3 15/64 (55 - 100 mm)
Tapping speed (One way)	Approximately 500 times/min
Rolling massage cycle	Approximately 1 cycle every 33 sec
Rolling massage width	2 9/16" - 3 15/64 (65 - 100 mm)
Regional rolling massage range	Approximately 4 23/32" (approximately 120 mm)
Massage travel up and down from neck and shoulder section to waist section	21 1/2" (approximately 565 mm)
Massage heads adjustment	7 steps
Massage heads extension	Approximately 1 3/16" (30 mm)
Automatic shut-off timer	Approximately 15 min
Programmed operation time	12 - 14 min
Short Program time	5 - 6 min
<Leg Massager>	
Speed	Approximately 3,200 rpm
Automatic shut-off timer	Approximately 30 min
Maximum user weight	264 lbs (120 kgs)
Weight	146 lbs (65.63 kg)
Dimensions	Not reclined and Leg Massager folded 45" (H) x 42 1/8" (W) x 35 1/2" (D) 1143 (H) x 1070 (W) x 902 (D) mm Reclined and Leg Massager extended 34 1/2" (H) x 42 1/8" (W) x 68 1/2" (D) 877 (H) x 1070 (W) x 1740 (D) mm
Accessories	Back cushion

TROUBLESHOOTING GUIDE

Before requesting service for this unit, check the table below for the possible cause of the problem. Some simple checks or minor adjustment on your part may eliminate the problem and restore proper operation. If you are in doubt about some of the check points, or if the remedies indicated in the chart do not solve the

problem, refer to the directory of authorized service centers (see the service center list included) to locate a convenient service center, or consult your Panasonic dealer for instructions. (in U.S.A. consult MSC Authorized Servicers for detailed instructions.)

Problem	Probable cause(s)	Suggested Remedy
Message does not start	The power cord is not plugged in	Plug the power cord into an AC outlet (120V)
	The power source switch is at the "off" position	Slide the power switch to "on"
All lamps on controller flash with beeping sounds and massage heads stop	If the massage heads are forcibly locked, they will stop for safety	Raise your back slightly and push the start button
Kneading massage cannot be changed immediately to a rolling massage	The massage heads must move to the narrowest position for a rolling massage	Wait until the massage heads reach the narrowest position
Desired manual massage does not start	The slide cover of controller is not moved to the upper end completely	Slide the cover upward until it snaps firmly in place
Massage heads don't reach your shoulders	Shoulder level adjustment switch is not set correctly	Slide the shoulder level adjustment switch until the massage heads reach your shoulder position
	Your shoulders are too high	Shift your waist forward and recline the chair back
The positions of right and left massage heads are slightly different	It is structural difference and is not a faulty condition	/
Can not return ottoman to the closed position	Without raising the chair back, you cannot return ottoman to the closed position	<ol style="list-style-type: none"> 1 Return chair back to upright position 2 position body forward to get better leverage (making sure feet hang beyond ottoman) 3 grasp both armrests at the front ends and push down on ottoman with your feet and/or heels