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PANASONIC EP1060 Owner's Manual

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**Panasonic Consumer
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www.panasonic.com/massage

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English See page 3-28

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SAFETY PRECAUTIONS

WARNING: To avoid the risk of injury, follow these precautions:

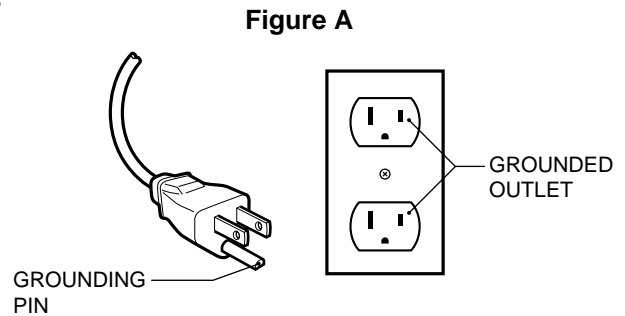
1. Pregnant women, people who are ill, in poor physical shape or undergoing medical treatment, and people suffering from back, neck, shoulder or hip pain should consult their doctor before using the unit. If you have a pacemaker, defibrillator, or other personal medical device, consult with the manufacturer of your device before using the unit. Your physician may be able to assist you in obtaining this information.
2. Sit down slowly after checking the position of the massage heads. Never put any part of your body between the massage heads as the squeezing action of the massage heads may cause injury. Never put your fingers or feet in the gap between the backrest and seat, the backrest and the armrest, the seat and cover under the armrest, or the gap between the legrest and the footrest. Do not place your fingers or any part of your body in the mechanical section of the legrest located under the seat.
3. Do not use the unit against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the massager may irritate the skin.
Do not use the unit while wearing anything hard on your head like a hair accessory, etc.
4. Do not use the unit for massaging the head, abdomen, elbows or knees.
5. Always check that the shoulder position is correct. If it is not correct, use the Neck Roller Position Adjustment Button to adjust it properly (In programmed operation).
6. Do not stretch the back muscles for more than approximately 15 minutes at a time. To avoid overstretching the muscles which may result in discomfort, do not use the unit for more than 5 minutes when first using it. You can gradually increase the duration and intensity of the massage as you become used to it.
Do not massage any one point for more than 5 minutes at a time.
To prevent excessive massaging, do not use the massager for more than a total of 15 minutes each session. After approximately 15 minutes, the massage heads will be retracted and stop moving.
7. While using the unit, if you start feeling sick or if the massage seems painful, stop using it immediately. While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped at any time by pressing the Stop Button.
8. Do not go to sleep while using the unit. Do not use the unit after drinking alcohol.
9. When the seat 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 legrest as the unit may fall over.
10. Do not allow children or pets to play on or around the unit, especially during operation.
11. Do not unplug the unit or turn it off during operation. Unplug the unit immediately if there is a power interruption.
12. For those who are trying the massage for the first time, it is recommended to start on the gentle massage program. The shiatsu massage is stronger and should be enjoyed after one has gotten accustomed to the chair.

GROUNDING INSTRUCTIONS

- The product must be grounded. If it should malfunction, grounding provides the path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product even if it does not fit the outlet. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug shown in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.



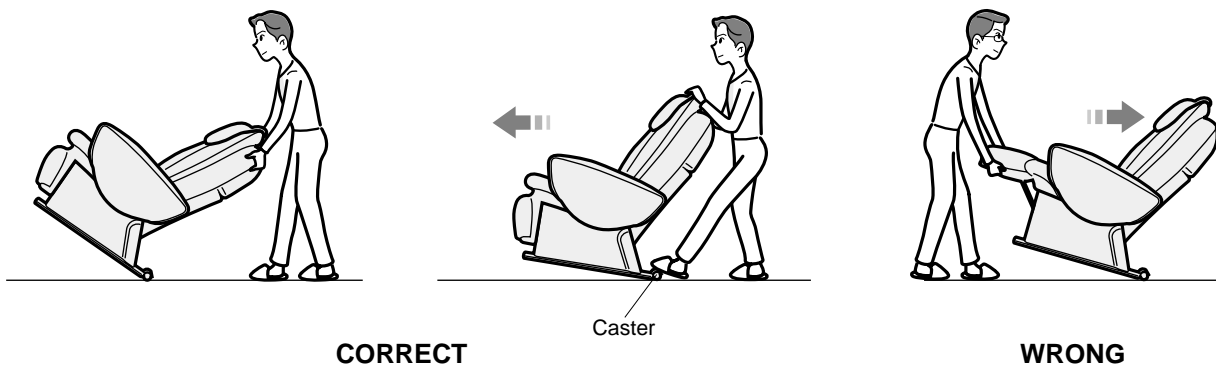
HOW TO MOVE THE CHAIR

CAUTION

Do not move the chair while someone is sitting in it.
Failure to observe this point may cause the chair to tip over, possibly resulting in personal injury.

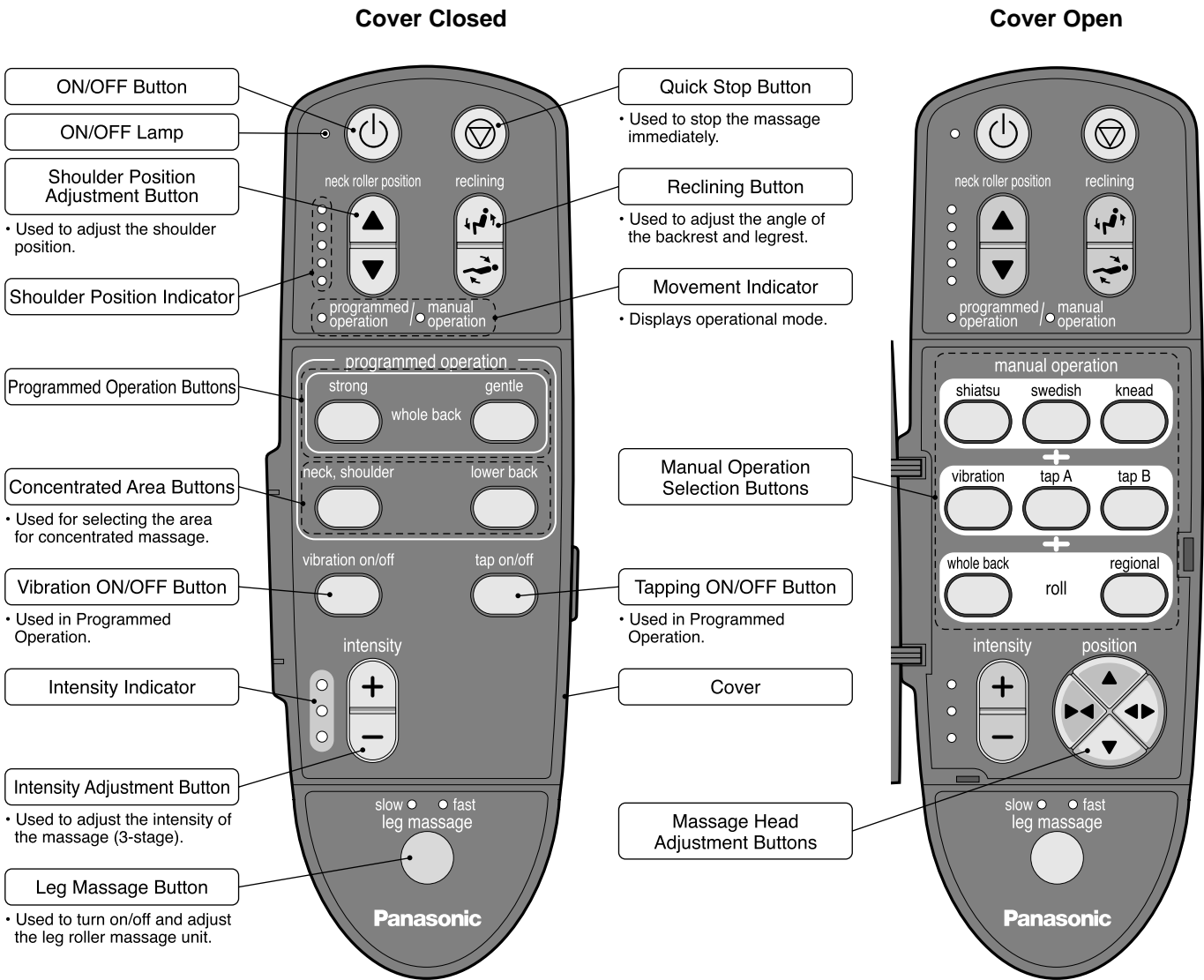
Use the casters to move the chair.

- Do not attempt to move the chair by lifting from the front (right illustration). The correct way to move the chair is by putting your foot on the caster and pushing down from behind the chair (left illustration).
- It is easier to move the chair if the massage heads have been moved to their resting positions and the backrest reclined.
- Moving the chair may damage easily marked floor surfaces, therefore, place a mat or cloth on the floor and move the chair slowly.
- Before pushing down the chair, prepare yourself for its weight and exercise caution when moving it.

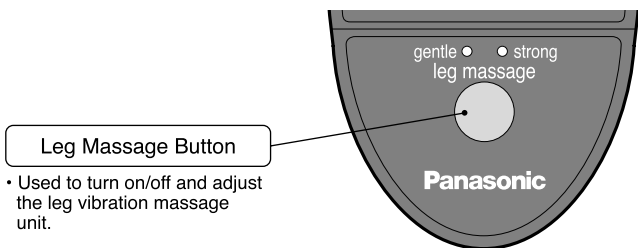


PART NAMES AND FUNCTIONS

CONTROLLER (EP1061)



CONTROLLER (EP1060)

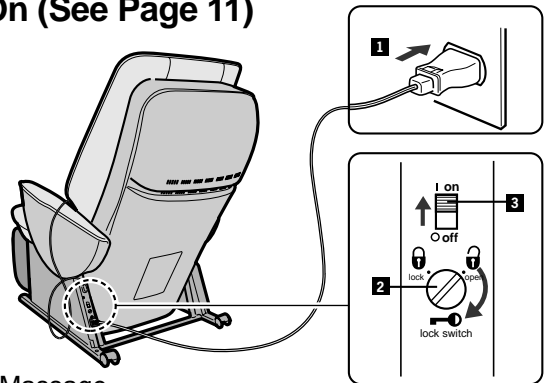


HOW TO USE THE MASSAGE LOUNGER — INTRODUCTION


• Here you will find an overview of how to use the massage lounger. Please refer to the pages shown for further details.

1. After Carrying Out Safety Checks, Turn the Unit On (See Page 11)

- 1** Plug the power plug into the power socket.
 - 2** Turn the lock switch to the “open” position.
 - 3** Turn on the power switch on the back of the unit.
- Please always check for the following before using the unit.
 - Check that there is no person, pets, or obstacles around the unit.
 - Check that there are no rips in the fabric.



2. Press button.

- When you press  button, the Programmed Operation and Leg Massage Buttons will flash. If the cover of the controller is open, then the Manual Operation Selection Buttons will flash.

3. Select the Desired Program or the Desired Movement on the Manual Operation (See details on page 14)


Programmed Operation

- Ideal for people who feel tired all over.
- Ideal for people who want to operate the massage lounger simply.

- 1** Select the required program.
- 2** Press the Neck/Shoulder or Lower Back Buttons if you want to focus on a particular area.
- 3** The chair will recline to the optimum angle for the massage. The massage will then begin and continue until the end of the selected program is reached, at which time the massage will automatically stop. An average program massage is 15-17 minutes.

Manual Operation

- Used for selecting a particular massage movement or area to be massaged.
- Ideal for people who want to adjust movement and location during the course of a massage.
- Ideal for people who want just a little more on the shoulders at the end of their massage.

- 1** Open the cover of the controller and select the massage required.
- 2** The seat will automatically recline to the optimum massage position.
- 3** Adjust the position and intensity of the massage rollers.
- 4** Press  button to complete the massage.



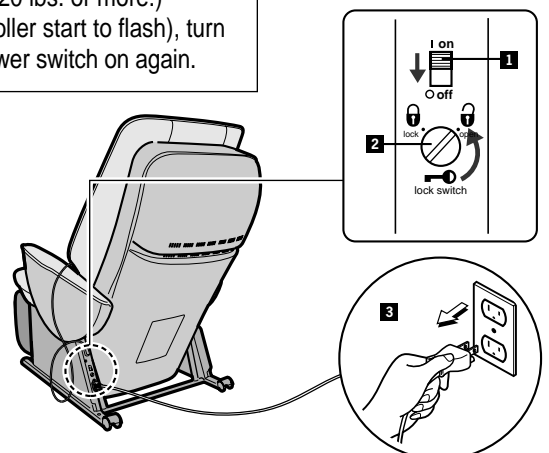
4. Adjust the Angle of the Backrest and Legrest (See Page 13)

- **Adjust the angle of the backrest and legrest to the most comfortable position.**
 - When retracting the backrest, as the massage heads must be retracted in the interests of safety there may be a slight delay before the backrest actually starts to retract. Please continue to hold down the Reclining Button until the backrest is fully retracted.

If excessive pressure is applied to the massage heads during upper body massage, in the interests of safety the massage heads may stop moving. If this occurs, raise your body slightly before restarting it. (This may happen more frequently for people with a weight of 220 lbs. or more.) If the massage mechanism stops (or if all markings and buttons on the controller start to flash), turn off the power switch, wait for approximately 10 seconds, and then turn the power switch on again.

5. Turn the Power Off to Finish the Massage (See Page 20)

- 1** Turn the power switch to the “off” position.
- 2** Turn the lock switch the “lock” position.
- 3** Unplug the power cord.





ADJUSTING THE SEAT

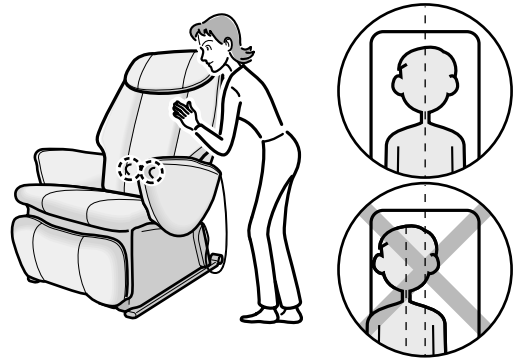
BEFORE SITTING DOWN

CAUTION


- **Slowly sit down after checking the position of the massage heads.**

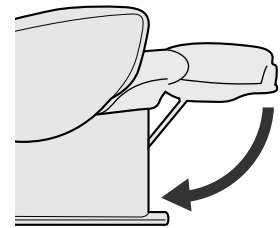
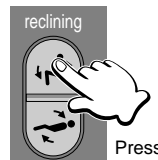
Do not exceed the maximum user weight of 264 lbs. (120kg). Before sitting down, you must first check the position of the massage heads with your hands. If you do not check the position of the massage heads then this can lead to injury or the cause of the unit to malfunction.

- The massage heads are normally in the retracted position (to the left and right at the lower part of the backrest).
- Do not sit down if the massage heads are not in the retracted position. Instead, push  button twice to retract the massage heads to the proper position. (If  button is pushed during the massage, then the massage heads will not be retracted.)
- Please do not sit on the controller as the reclining button may be pressed causing the seat to automatically recline.



Sit Down Only When the Legrest is Lowered

- If you sit on the unit when the legrest is raised, there is the possibility that it may fall over and you may be injured.
- When the legrest is raised, press  button to lower the legrest before sitting down.



WARNING:

To avoid the risk of personal injury, do not put your fingers or any part of your body in the mechanical section of the legrest.

ADJUSTING THE PILLOW

- When the massage does not feel strong enough, lift up the pillow and carry out the massage again.
- To make the massage even stronger, the center cushion with integrated pillow can also be flipped up after unclipping it at the bottom.



MASSAGE FOR SOLES OF FEET

- To open the leg massager for a soles feet massage, grab the top of part of the ottoman on both sides and fold out and away from you.

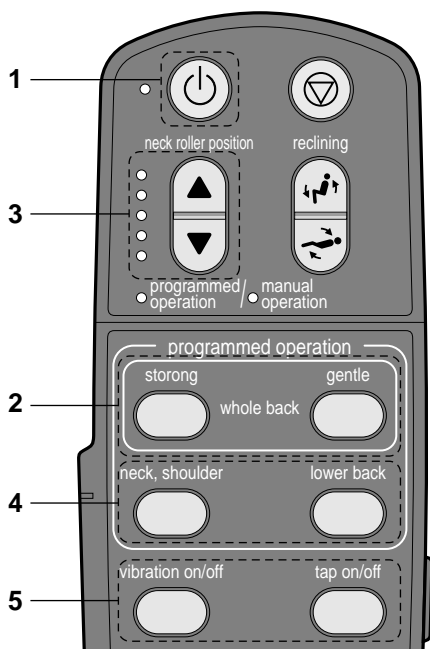
NOTE:

- DO not sit on or get off the lounger by standing on the legrest while it is folded down. Always remove your feet from the massager prior to standing.
- DO not open or close leg massager while reclining.



PROGRAMMED OPERATION

• Please check that there are no children or pets in the vicinity of the unit before use.



1. Press button

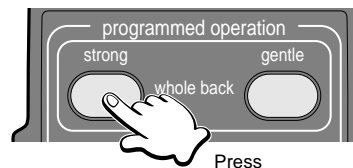
- The ON/OFF lamp will come on.
- You can now select either strong or gentle or one of the manual settings that can be accessed by opening the cover of the controller.

2. Select the Program You Want

- See Page 21 for details regarding the content of each of these programs.

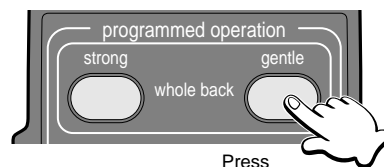
Vigorously Massage the Whole Back

- Strong uses mainly a kneading massage and Shiatsu massage to relax stiff muscles.
- This type of massage is ideal for people with stiff muscles throughout their entire back.
- Massage starts out predominantly in the upper back.



Gently Massage the Whole Back

- This type of massage is ideal for people who are feeling tired or weary.
- It is gentler than shiatsu massage - more like a Swedish palm massage.

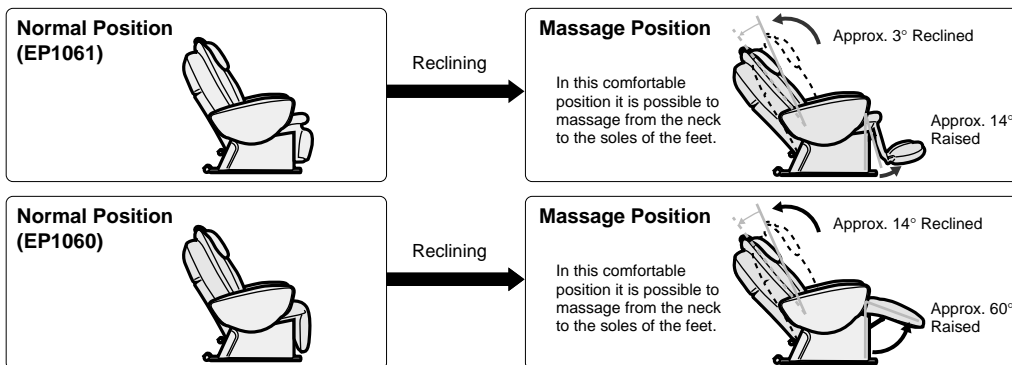


The Selected Program will Start

- It is possible to change the program selected and the desired movement mid-way through a massage.
- In Programmed Operation, the leg massage begins at the same time. It is possible to stop or change the intensity of the leg massage during the program. (Please see Page 18.)
- When retracting the backrest, as the massage heads must be retracted in the interests of safety there may be a slight delay before the backrest actually starts to retract. Please continue to hold down the Reclining Button until the backrest is fully retracted.

The Seat Automatically Reclines to the Massage Position

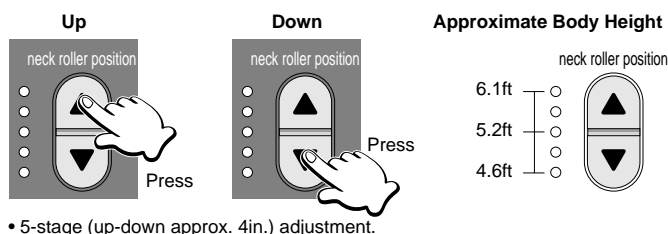
- Initial position if auto recline is for both back and open ottoman operation. (for soles and feet.)
- To recline further, please use the recline button, but it is not recommended to keep the ottoman open.



3. Adjusting Shoulder Position

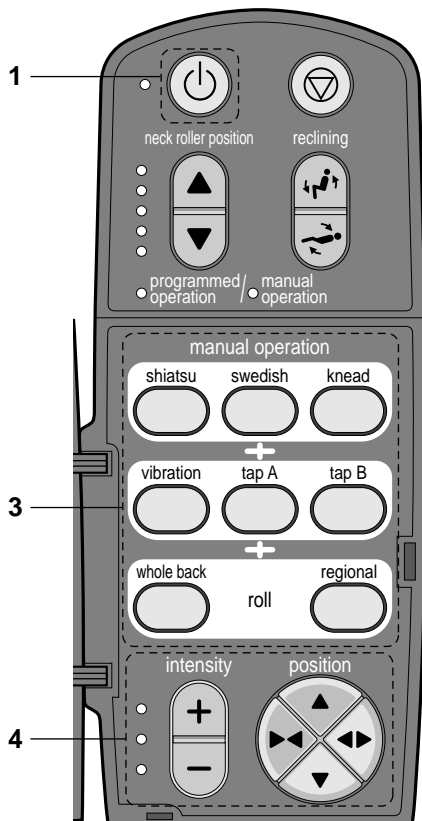
- When programmed operation begins, the seat automatically reclines to the massage position where the massage heads carry out a Shiatsu massage in the area around the shoulders. During the time that the Shoulder Position Indicator is flashing (approx. 20 seconds), use the Shoulder Position Adjustment Button to adjust the position of the massage heads, limiting how high they will go. Approximate positions for adjusting the position of the rollers are shown below.

- It is possible to change the position of the rollers during the massage.
- As the position of the shoulders will change when the reclining angle is changed during a massage, please readjust the shoulder position every time you change the reclining angle.



MANUAL OPERATION

MANUAL OPERATION FOR THE UPPER BODY

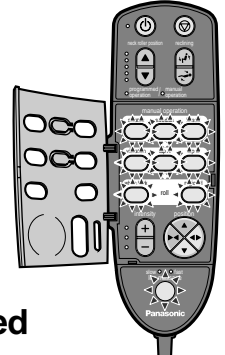


1. Press button

- The ON/OFF lamp will come on.
- You can now select either Strong or Gentle or one of the manual settings that can be accessed by opening the cover of the controller.

2. Open the Cover of the Controller

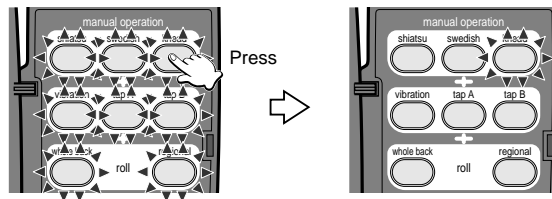
- All of the manual operation buttons will start to flash.



3. Selecting the Massage Type Required

- Press the button of the massage you require. The button will be lit.
- The seat will automatically recline to the massage position.

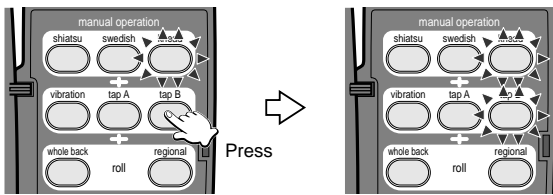
E.g. Selecting Knead.



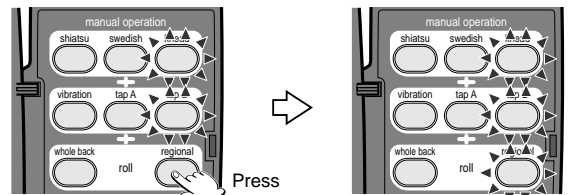
Combining Messages

- It is possible to combine message types.
- It is not possible to combine message types in the same category.

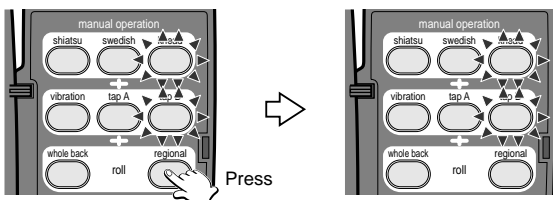
E.g.1 Adding Tap B when Knead is selected.



E.g.2 Adding Roll to the selection.

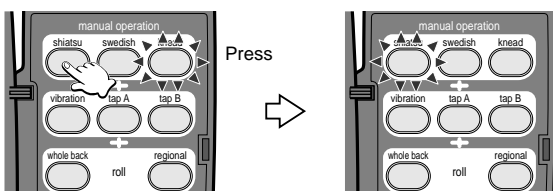


E.g.3 Toggling off Roll pressing it again.



Changing Massage Types

E.g.1 Changing message types in the same category. (Changing to Shatsu when Knead is selected.)



LEG MASSAGE IN MANUAL OPERATION (EP1061)

- The leg massager has two functions.
The massager can also massage the soles of the feet.

1. Press button

- The programmed operation and leg massage button will flash.


2. Press the Leg Massage button

- The leg massage will start.
- The speed of the massage will be displayed.
- It is possible to adjust the reclining angle during the massage.

3. Adjusting Massage Speed

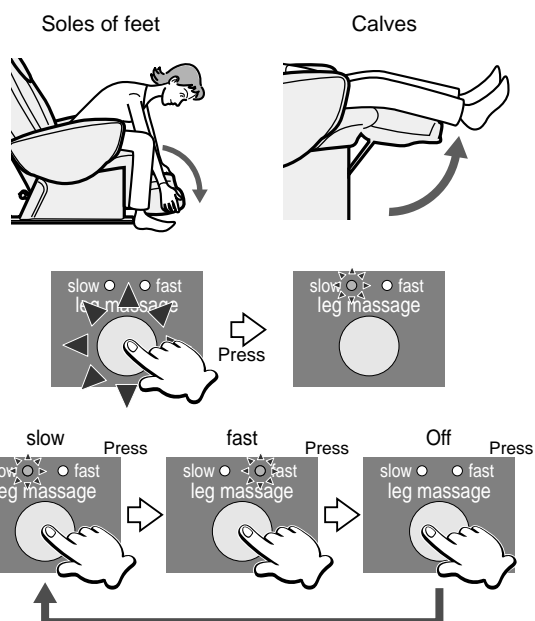
- Leg massage intensity can be adjusted in 2-stages.

4. Leg Massage Auto Stop

- A timer will automatically stop the unit approximately 15 minutes (15–17 minutes) after the massage started.
- If you want to start another massage, please press .

5. STOPPING MANUAL OPERATION

- Press  button to stop the leg massage.



LEG MASSAGE IN MANUAL OPERATION (EP1060)

- If your calves are not in the correct position in the legrest, please adjust your legs so that they are.

1. Press button

- The programmed operation and leg massage button will flash.


2. Press the Leg Massage button

- The vibration massage will start.
- The strength of the massage will be displayed.
- It is possible to adjust the reclining angle during the massage.


3. Adjusting Massage Intensity

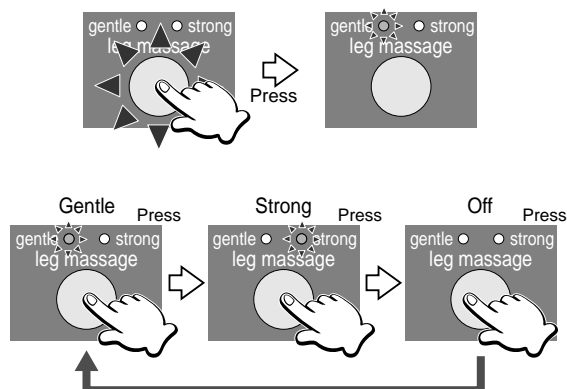
- Leg massage intensity can be adjusted in 2-stages.

4. Leg Massage Auto Stop

- A timer will automatically stop the unit approximately 15 minutes (15–17 minutes) after the massage started.
- If you want to start another massage, please press .

5. STOPPING MANUAL OPERATION

- Press  button to stop the leg massage.



NOTE:

(EP1061) DO NOT sit on or get off the lounge by standing on the legrest while it is folded down. Always remove your feet from the massager prior to standing.

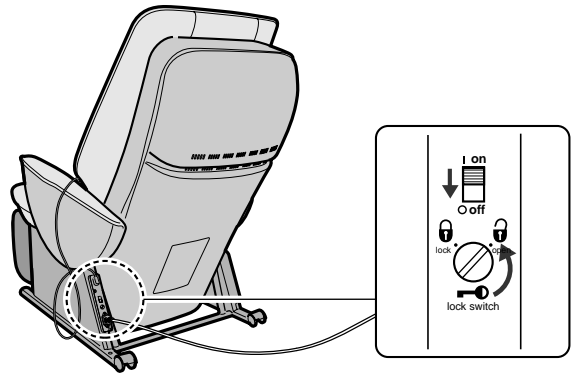
(EP1060/EP1061) Integrated Timer to Prevent Overuse

- An integrated timer prevents overuse of the unit.
- When using manual operation, the timer automatically stops operation after 15 minutes (15–17 minutes).
- * If you want to continue to use the unit, please ensure that you have a break of at least 10 minutes between massages to allow your body to rest.

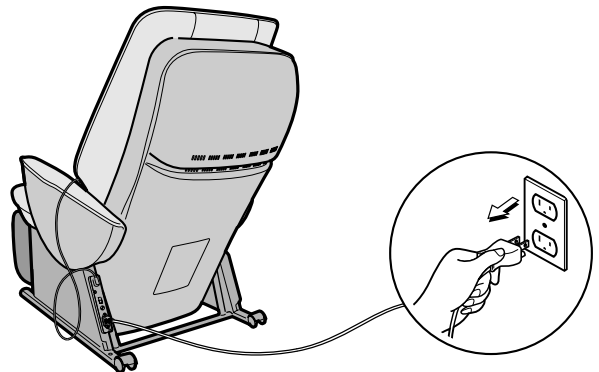
DISCONNECT THE POWER

1. Turn Off the Power

- 1 Turn the power switch to the "off" position.
- 2 Turn the lock switch to the "lock" position.



2. Unplug the Power Cord

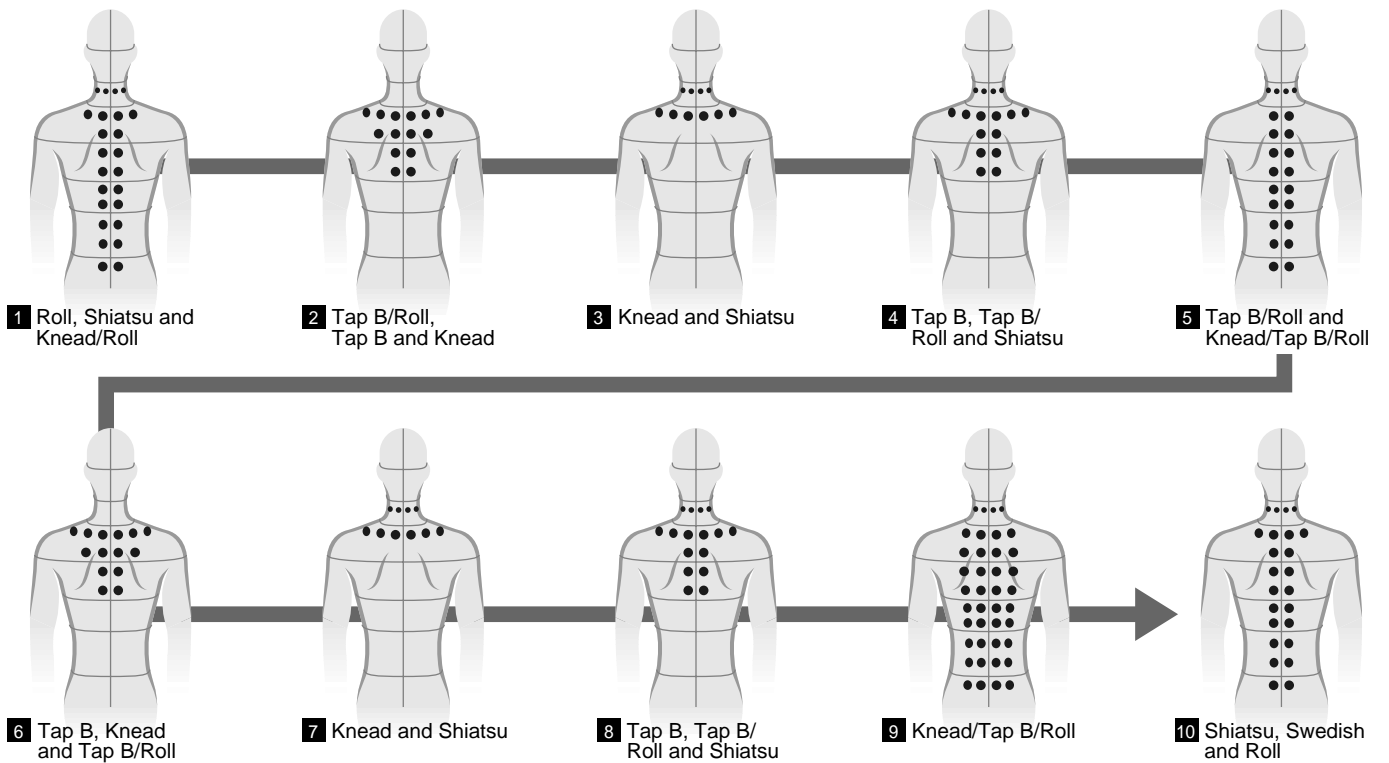


CAUTION

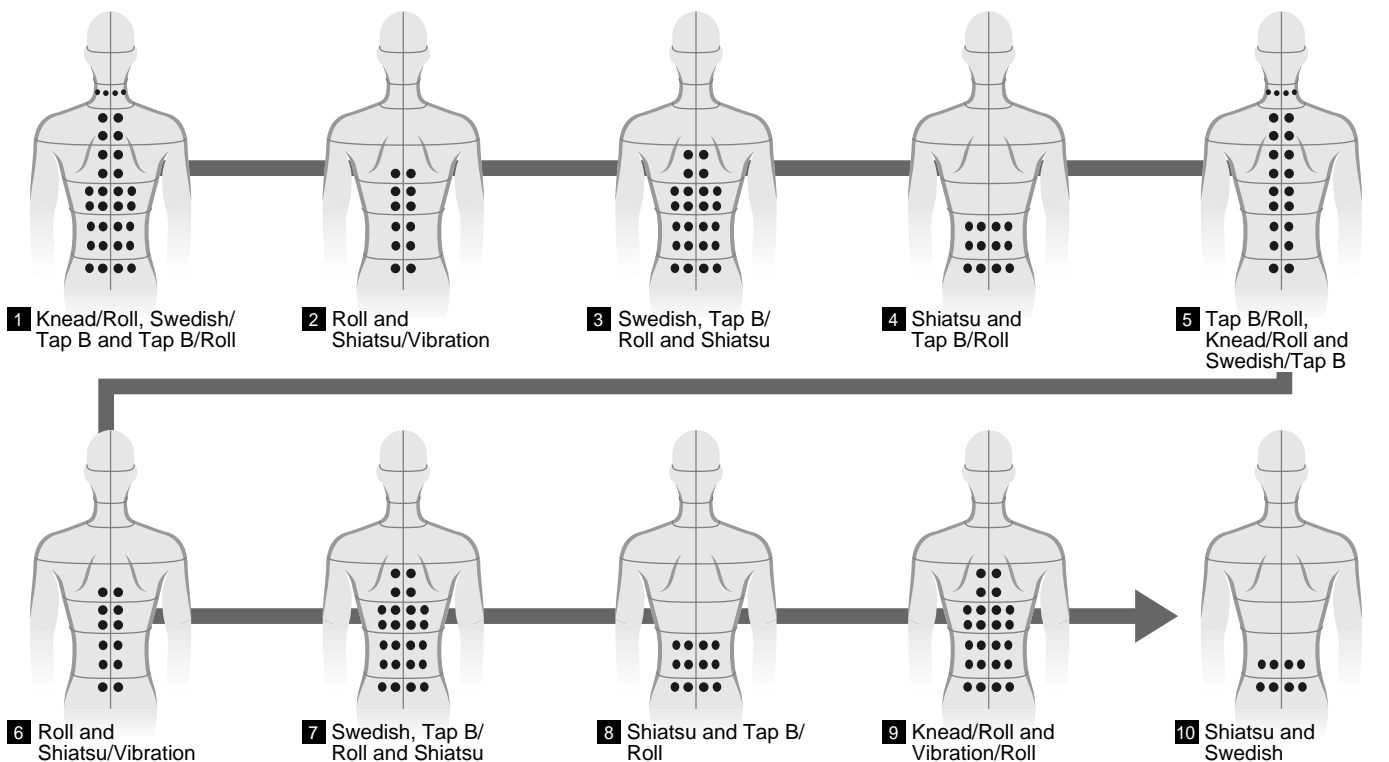
- Always turn the power switch to the "off" position and the lock switch to the "lock" position. Failure to do so may lead to accidents if children play with the unit.
- Do not pull on the power cord when unplugging the unit from the power supply. Always hold the power plug itself. Failure to do so may lead to electric shock or short-circuits.
- Always unplug the unit from the power supply when not in use. Failure to do so may lead to insulation deterioration due to dust or moisture, which may in turn lead to short-circuits or fire.

- The movements below are shown in simplified form for the sake of illustration.
- When the programs have finished the unit will automatically stop. (Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)

STRONG/NECK & SHOULDER COMBINATION



STRONG/LOWER BACK COMBINATION



DETAILS REGARDING MANUAL OPERATION

Shiatsu



This feels as though the thumbs of both hands are being used to work on the acupressure points. The initial strong push is followed by a short pause to give the impression of a professional shiatsu masseur. This type of massage is ideal for people with tight muscles and pain who want a point massage.

Tap A



This motion resembles the outer edge of the fingers being used to tap in a rhythmic motion that is designed to penetrate into the body and relax the muscles. It is ideal to use on the fine muscles of the neck or as a finishing massage.

Swedish



This motion is like the palms of both hands being used to press and rub over a wide area from both sides of the body. This type of massage is ideal for someone wanting a broad massage on the back or lower back.

Tap B



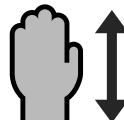
This motion is like a fist used in a rhythmic pattern to provide a solid tapping that is designed to eliminate stubborn stiffness and tiredness. This kind of massage is ideal for thick muscles such as those found in the shoulders.

Knead



With this massage, a strong push is followed by a quick release in a rhythm that is designed to relax stiff muscles. It is ideal for loosening stiff muscles in the neck and shoulders.

Whole Back Roll



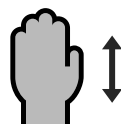
The massage heads become rollers that roll over the back up and down from the neck to the lower back to stretch the back muscles and relieve tension. It is ideal to use at the beginning of a massage as it is relatively soft.

Vibration



The minute vibrations are designed to relax even the tensest body. Combined with a rolling massage, etc., this type of massage is ideal for the whole back.

Regional Roll



The massage heads become rollers that roll over the back muscles, but this time in a specified location. It is ideal for combining with Knead, Tap B and Vibration.

TROUBLESHOOTING

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, call us at 1-800-338-0552 to locate the servicer near to you.

Problem	Cause and Remedy
<p>Motor Noises</p> <ul style="list-style-type: none"> • The motor gets louder when it comes under load. • There is excessive noise during Tapping. (The noise is louder at the top of the unit.) • The motor sounds louder when adjusting massage intensity and width. • There is a rubbing sound produced by the massage heads rubbing on the seat fabric. • There is a rubbing sound produced by fabric rubbing on fabric. 	<p>▶ These sounds are perfectly normal and will not have any effect on the operation of the unit.</p>
<p>The massage heads stop during operation.</p>	<p>▶ <u>When the massage heads are raised or lowered, if they come into contact with a wall or other obstruction, in the interests of safety the massage heads may stop moving.</u> In such a situation, move the chair or remove the obstruction and start the massage again. If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p> <p>▶ <u>If excessive force is applied to the massage heads during operation, in the interests of safety the massage heads may stop moving.</u> If this occurs, raise your body slightly before restarting it. If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p>
<p>Nothing can be felt when using Tap A, Tap B or Vibration.</p>	<p>▶ If the massage heads are not touching your body then you will, of course, feel nothing. Therefore, please make sure that your body comes into close contact with the massage heads.</p>
<p>The massage heads do not come up to the shoulder or neck.</p>	<p>▶ The position of the shoulders is incorrect. (See Page 14)</p>