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PANASONIC EP573 Owner's Manual

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Operating Instructions

Instrucciones de funcionamiento

Household Massage Lounger
Silla de masaje para el hogar

EP573



Panasonic

Before operating this unit, please read these instructions completely.
Antes de utilizar esta unidad, lea completamente estas instrucciones.

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 attachments not recommended by manufacturer.
5. Do not use on or near children. Keep children away from massage lounger. To avoid possible injury to children or pets, always return chair to an upright position and close the legrest carefully. Make sure nothing can be caught in the legrest mechanism.
6. 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 authorized service center for repair.
7. Keep the cords away from heated surfaces.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol spray products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. To avoid possible injury to children, always return the chair to its upright position and close legrest.
13. Connect this appliance to a properly grounded outlet only.
See Grounding Instructions.
14. To avoid the risk of electric shock or personal injury, do not attempt to open or disassemble any part of this massage lounger. Never insert hands in areas of moving parts. There are no user serviceable parts.

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

WARNING: To avoid risk of injury

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 massage heads may injure them. Never put any part of the body between the arm rest and the chair back.
Do not place hands in mechanical portion of legrest located under the seat.
Do not use on children.
3. Do not use without clothing.
Thin clothing increases the effectiveness 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 approx. 15 minutes at one time.
To avoid overstretching of muscles and resultant discomfort on first using the chair, 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 at a time.
Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect.
To prevent excessive massaging, do not use the massager for more than a total of 15 minutes per session. After approx. 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.
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 head rest.
Do not sit on the legrest
The chair may fall over.
8. Do not allow children or pets to play on or around the chair, especially during operation.
9. Do not remove the back pad without first reading instructions on page 15.

CAUTION: To avoid damage to the chair

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 arm rest and the chair back.
2. Do not treat the chair roughly, such as forcing the reclining 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 servicenter.
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. Make sure that there are no obstacles behind the chair when reclining it. The chair can be reclined to the maximum angle of 170°. If the back hits a wall or pillar, it may malfunction. Be sure to have ample space behind the chair. Recline chair slowly so that an obstacle can be noticed quickly.
9. 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.
10. After each massage, slide power switch on side of massager to "off" position and turn its lock switch to "lock" position.
NOTE: Maximum user weight is 264 lbs (120 kg).

CARING FOR THE MASSAGER

- Always unplug chair before cleaning.
- If the covering becomes soiled, dampen with liquid, soap and then brush the surface, wipe with a cloth dampened with water. Allow to dry naturally. If the plastic portions become soiled use lukewarm water, with liquid soap on a soft cloth to clean the surface.
- Do not use thinner, benzene or other solvent type cleaners.

GROUNDING INSTRUCTIONS

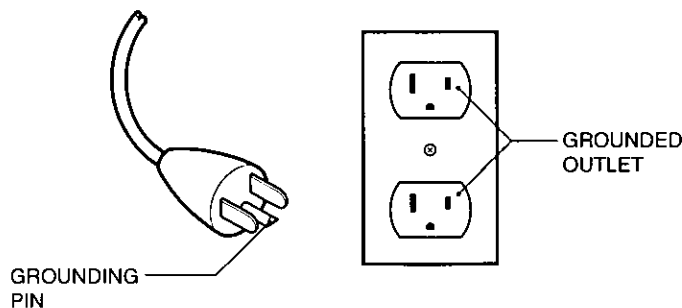
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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 or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product-if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

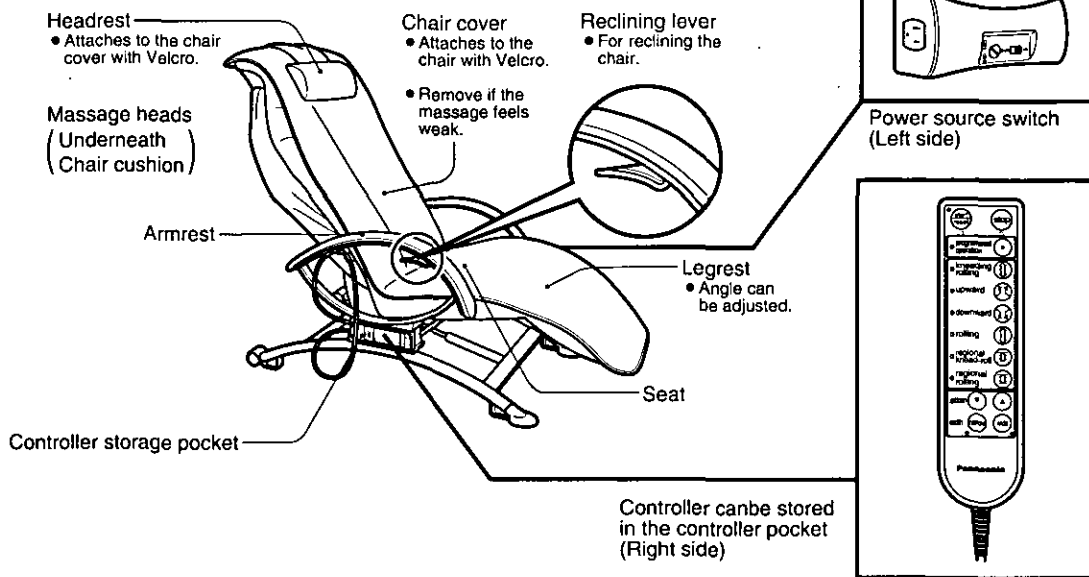
This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure A



PARTS IDENTIFICATION

Massage lounger



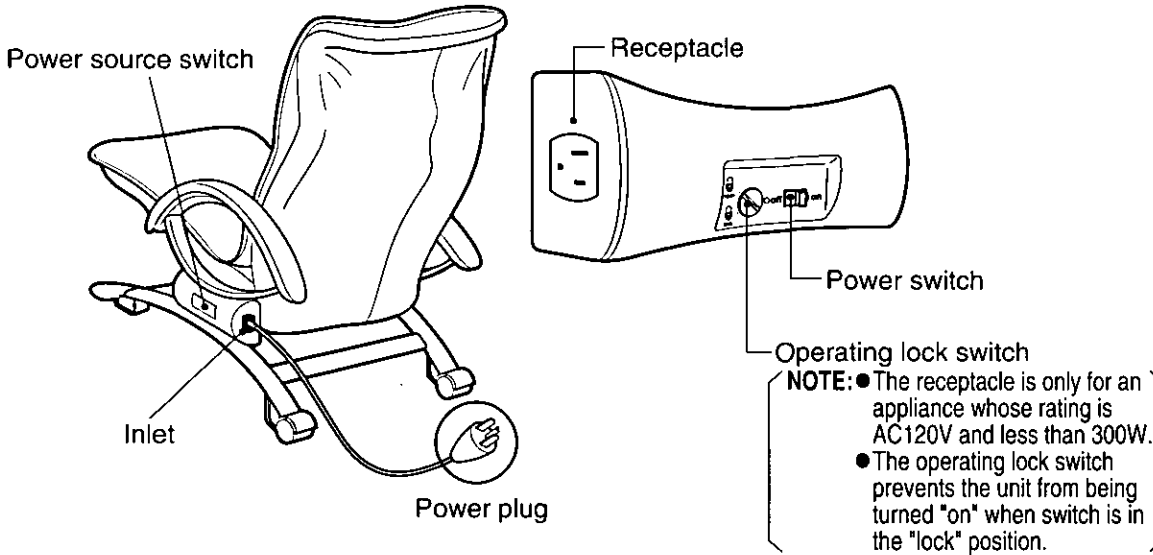
SPECIFICATIONS

Power source:	120V AC, 60Hz
Power consumption:	110W
〈Massage lounger〉	
Rotating Speed (Massage head):	Approx. 28 times/min.
Massaging width:	2 3/4" (70mm)
Rolling massage:	Approx. 1 cycle every 33 sec. 2 3/4" or 3 15/16" (70mm or 100mm)
Regional rolling massage:	Approx. 4 23/32" (120mm)
Massage travel up and down:	Neck and shoulder section to waist section approx. 1'10 1/4" (565mm)
Automatic shut-off:	Approx. 15 min
Reclining angle:	130°-160°
Programmed operation time:	approx. 12 min.
Maximum user weight:	264 lbs (120kg)
Weight:	82 lbs (37kg)
Dimensions:	Not reclined and legrest restored 3'1 25/32" X 2'25/32" ~ 3'10 29/64" 960(H) ~ 630(W) ~ 1,180(D) mm Reclined and legrest extended 2'3 18/32" ~ 2'25/32" ~ 5'1 11/32" 700(H) ~ 630(W) ~ 1,560(D) mm
Accessories:	Chair cover Headrest

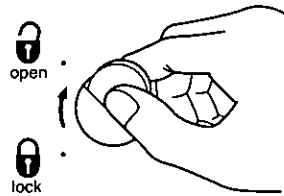
TURNING ON THE POWER

First read and familiarize yourself with the safety precautions.

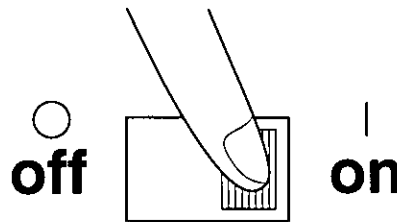
- Plug the power cord into the inlet located at rear of chair.
Plug the power cord into an AC outlet.
Be careful not to pinch the cord under the leg frames of the chair or any other items.
- To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). 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.



1. Using a coin or similar object, insert into the lock switch and turn to "open".



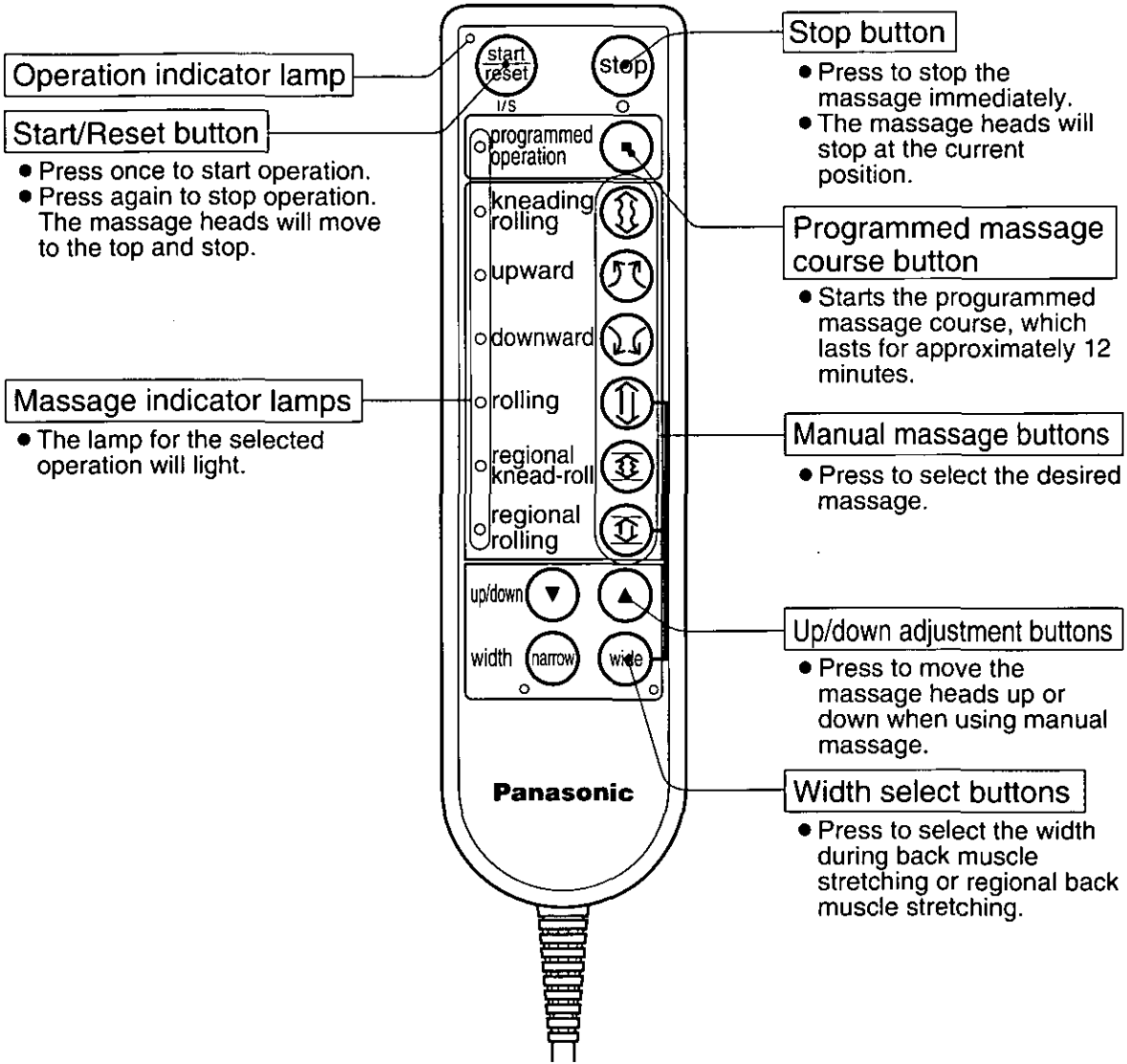
2. Move the power switch to "on".
 - When the operating lock switch is on "lock", the power switch cannot be moved to the "on" position.



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.

CONTROLLER



Operation indicator lamp

Start/Reset button

- Press once to start operation.
- Press again to stop operation. The massage heads will move to the top and stop.

Massage indicator lamps

- The lamp for the selected operation will light.

Stop button

- Press to stop the massage immediately.
- The massage heads will stop at the current position.

Programmed message course button

- Starts the programmed message course, which lasts for approximately 12 minutes.

Manual message buttons

- Press to select the desired message.

Up/down adjustment buttons

- Press to move the massage heads up or down when using manual massage.

Width select buttons

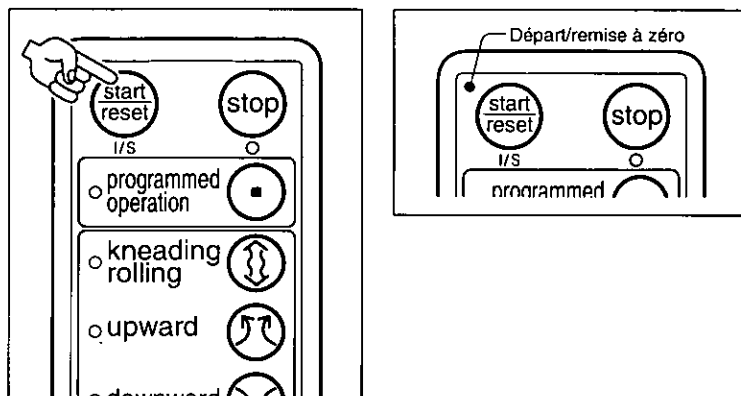
- Press to select the width during back muscle stretching or regional back muscle stretching.

TO START/STOP MESSAGE ACTION

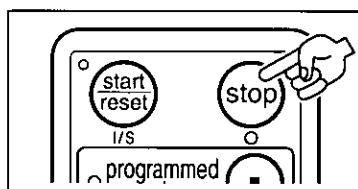
Before using, first read all of the instructions including the warnings and safety precautions as well as the section on programmed and manual massage.

(BEGINNING OPERATION)

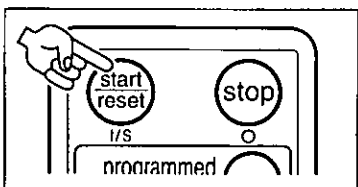
1. To operate the massage, push left side button.
 - Check to be sure the operation indicator lamp is lit.



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. To resume massage press left side button.



3. After final use, push the left side button to restore massage heads.
 - 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 right armrest when not in use.



IMPORTANT NOTE: If you have never had a massage, we suggest you start in the manual mode.

Automatic timer for massage lounger

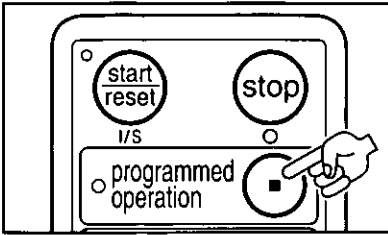
- To prevent excessive massaging there is a built-in timer which after approx. 15 minutes of operation will automatically turn the massage heads to the "restore" position and stop their motion.
- Turning on the operation switch while the massage heads are moving to the restore position will reset the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

PROGRAMMED MESSAGE

First familiarize yourself with the safety precautions.

Push the automatic course button.

- Massage will operate automatically for approximately 12 minutes after pushing the button.



NOTE: Check to be sure the course indicator lamp is lit.

- If you do not press the button, the programmed massage course will start automatically after 40 seconds.

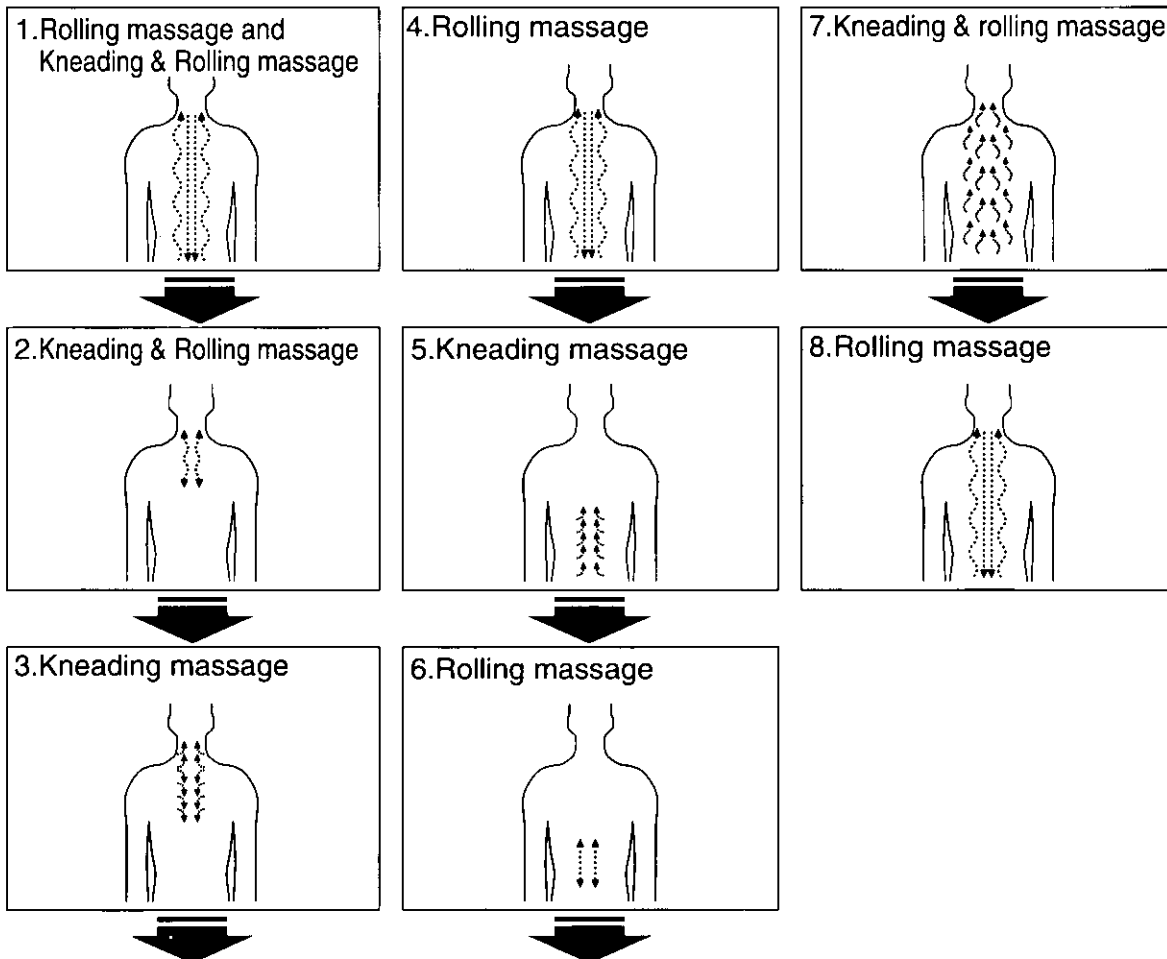
After the automatic course has finished, the massage heads will automatically move to the restore position and stop.

- To perform massage again, press the Start/Reset button on the controller again.

PROGRAMMED MESSAGE

Details of automatic course

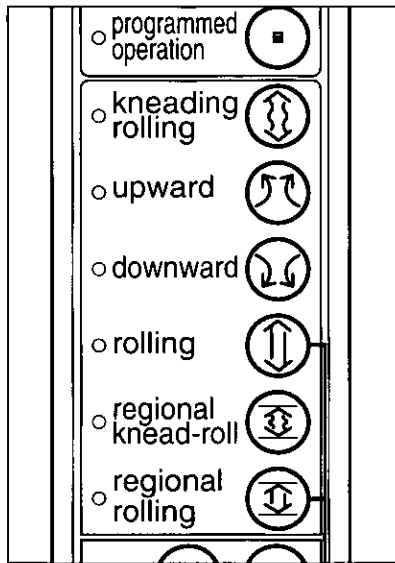
(approx. 12min.)



※The above diagrams have been abbreviated to enable easy understanding of the massage action.

MANUAL MASSAGE

First read and familiarize yourself with the safety precautions.



Push the button for the desired massage.

- The currently operating massage is indicated by the message indicator lamps.

Kneading and rolling massage

- ① Select the kneading & rolling massage mode.
 - The massage heads start the kneading & rolling massage.
- ② 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.

Massaging (Upward & Downward)

- ① Select the upward massage or downward massage mode to begin massaging.
- ② To adjust to the desired position, use the up or down buttons.

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

Rolling massage

- ① Select the rolling massage mode.
 - The massage heads move to the narrow position and start the rolling massage.
- ② Use narrow or wide select button to select 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 MESSAGE

Regional kneading and rolling massage

- ① Select the regional kneading & rolling massage mode.
 - The massage heads start the regional kneading & rolling massage.
- ② To raise the massage heads, push the up button. To lower them, push the down button.

Regional rolling massage

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

Adjustability for Manual Massage

Manual Mode	Up/Down Adjustment	Width Adjustment
Upward	Yes(1'10 1/4")	No (2 3/4")
Downward	Yes(1'10 1/4")	No (2 3/4")
Rolling	Yes(1'10 1/4")	Yes (2 3/4" or 3 15/16")
Regional Rolling	Yes(1'10 1/4")	Yes (2 3/4" or 3 15/16")
Kneading/Rolling	Yes (1'10 1/4")	No (2 3/4")
Regional Knead/Roll	Yes(1'10 1/4")	No (2 3/4")

Massage heads up-down and width adjustment

Adjust the vertical position of the massage heads.

- 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.
- The massage heads will move while a button is held pressed.
- When the massage heads have reached the desired position, remove finger from the button and heads will stay in that position.

Select the width of the massage heads.

Use the narrow or wide buttons to select the width between the massage heads (available only in the rolling massage and regional rolling).

**NOTE: If the massage heads are forcibly locked, they will stop for safety and the controller panel will warn you with flashing lamps.
Raise your back slightly and push the start button.**

RECLINING THE CHAIR

First read and familiarize yourself with the safety precautions.

To avoid possible tipping of the chair, do not sit or lean on backrest while chair back is in a reclined position.

The 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.

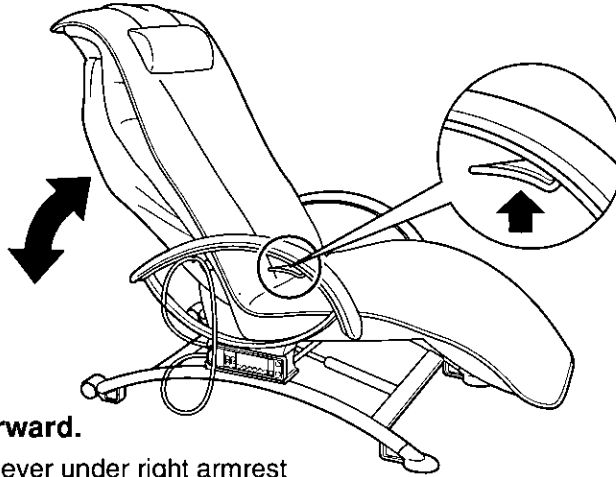
Try changing the angle of the chair back to find a comfortable massage of a strength that is most suitable for your own comfort. Towels may be used in conjunction with the back cushion to lessen intensity if desired.

Leaning back

Squeeze the reclining lever and lean your body back.

When the chair back is at the desired angle, release the reclining levers.

- If it is difficult to lean back, move the massage heads to the top of their travel.



Returning to upright

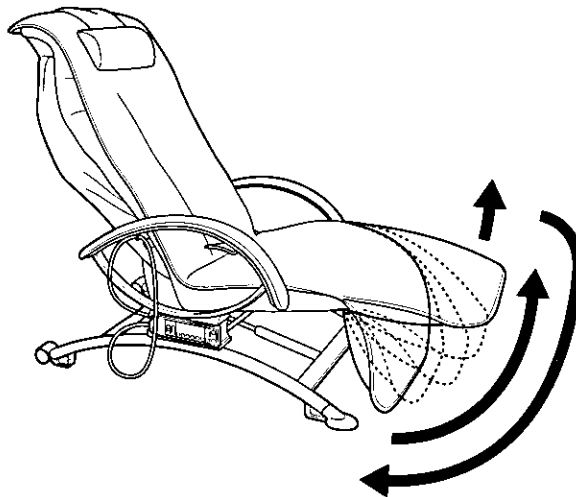
Squeeze the reclining lever and lean forward.

- For easier exiting out of the chair: Squeeze lever under right armrest while simultaneously grasping both armrests and pulling forward. Exit off the chair while pushing from armrests.
- If it is difficult to return the chair to the upright position, move the massage heads to the bottom of their travel.
- To get the maximum benefit from the massage, let your body relax and recline in a comfortable manner.
- Make sure the back of the chair is kept clear of walls and objects.

HOW TO EXTEND THE LEGREST

Lift the legrest until you hear a click.

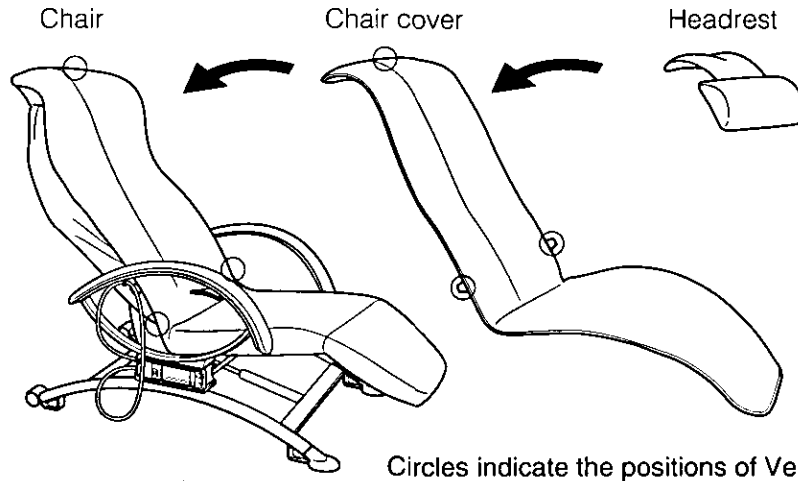
- The footrest can be adjusted to four positions legrest.
- Lifting the footrest above horizontal will allow it to return to the bottom.
- If you lift the footrest to too high an angle, return it to the bottom once and then readjust the angle.



NOTE: Keep children and pets away from the massage lounger when lowering the legrest to prevent injury.

CHAIR COVER & HEADREST

- Attach the cover using the Velcro tape.



- When performing a massage, it is recommended that the headrest be removed.
- If the massage seems weak, remove the chair cover when performing the massage.

HOW TO CLEAN

- Wipe the cover with a mild detergent, diluted in plain or warm water. Then, repress with plain water and let dry.
- Do not use bleach or solvents such as benzene or alcohol. Chemicals can discolor or damage the material.

PLACE OF USE

- Do not use the Massage Lounger where exposed to direct sunlight for long periods of time. Overexposure to harsh light can discolor or harden the cover.
- Do not use the Massage Lounger in hot or humid places or places where wet by rain, splashing or dripping water, etc. Water and heat can cause discoloring and mildew.

NOTE: This massage lounger is capable of providing a vigorous "shiatsu" massage with which most Americans are not familiar. The rolling and massaging are very strong, and that massage is not for people who have not previously experienced a shiatsu massage. For that reason a foam cushion is provided to cover and soften the effect of the massage. The pad can be removed for a full shiatsu massage, but care should be taken. The first time you try it - if you decide to - sit in a relaxed, not tense, manner and do not try it for more than two minutes. After that you should be able to decide whether or not you prefer a massage with the pad in place.

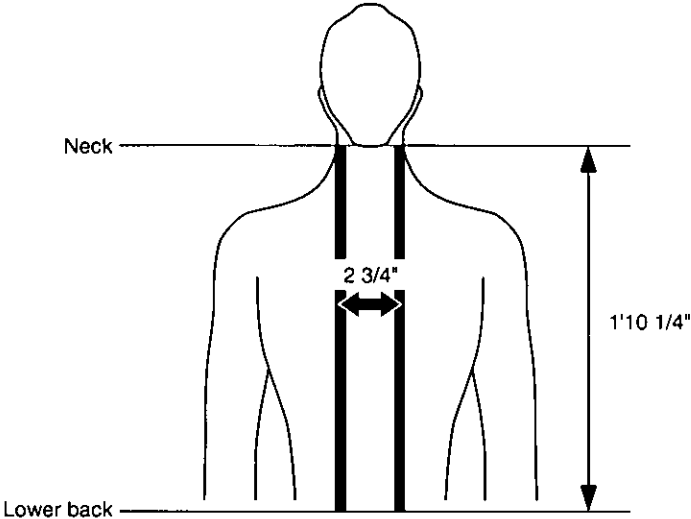
MASSAGING HEADS RANGE MOVEMENT

The width between the massage heads can be adjusted for rolling massage and regional rolling massage.

The heads can be set at different widths for a wide range, giving you a massage any place you like from the neck to the lower back.

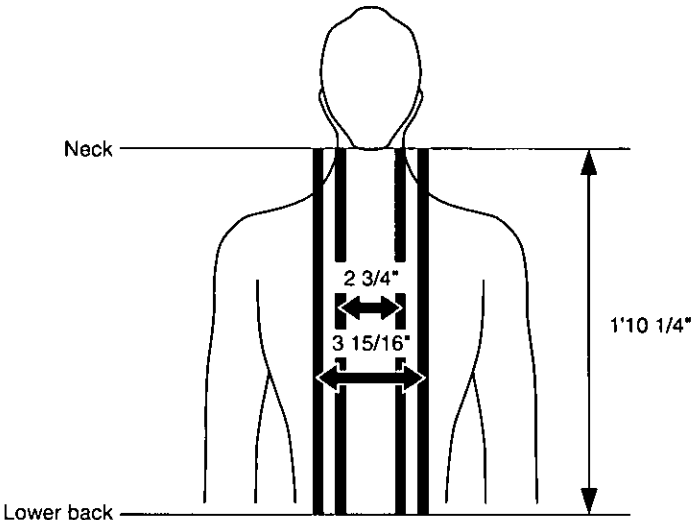
<UPWARD, DOWNWARD, KNEADING ROLLING AND REGIONAL KNEADING ROLLING MASSAGE>

Massage range width: 2 3/4" (70 mm)(Width cannot be adjusted)



<ROLLING, REGIONAL ROLLING>

Massage range width: 2 3/4" or 3 15/16" (70 mm or 100 mm)



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 servicer (see the servicer list included) to locate a convenient servicer, or consult your Panasonic dealer for instruction. (in U.S.A. consult MSC Authorized Servicers for detailed instructions.)

Problem	Probable cause(s)	Suggested Remedy
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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.
Massage heads don't reach your shoulders.	Your shoulders are too high.	Shift your waist forward and recline the chair back.

Executive office
Panasonic Personal and Professional
Products Company
Appliance Products Div.
One Panasonic Way #4A-3
Secaucus, New Jersey 07094

Oficina Ejecutiva
Panasonic Personal and Professional
Products Company
Appliance Products Div.
One Panasonic Way #4A-3
Secaucus, New Jersey 07094