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# PANASONIC EP574 Owner's Manual

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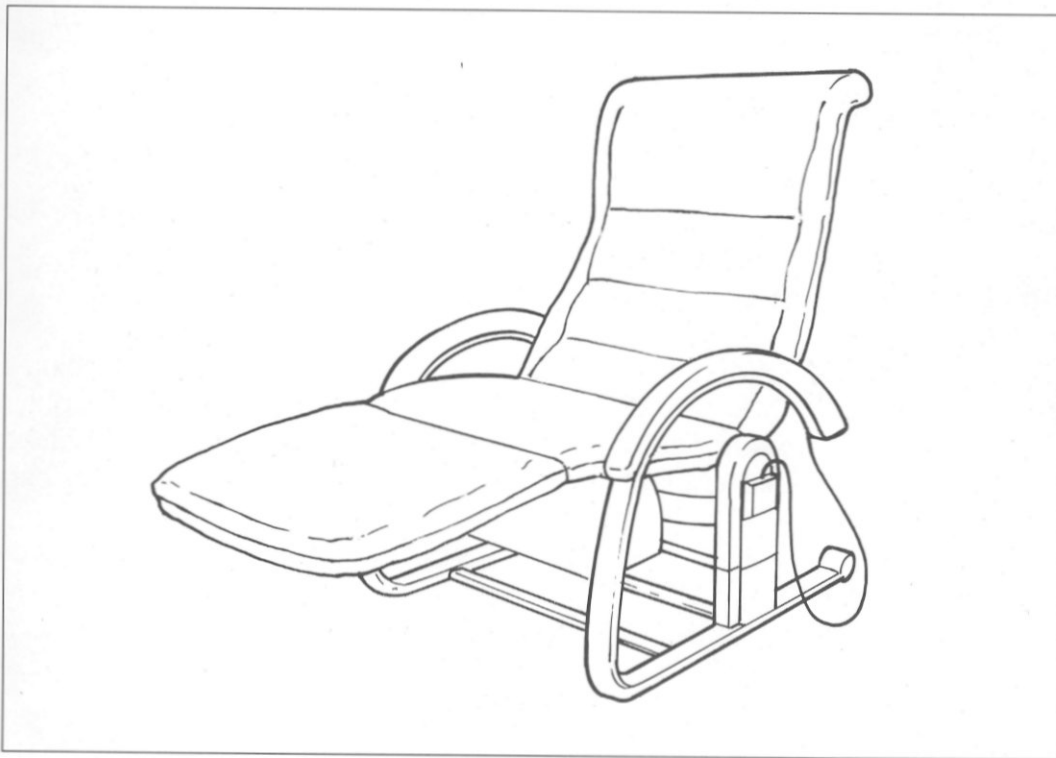


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# Operating Instructions

Household  
Massage Lounger  
**EP574**



**Panasonic**

Before operating this unit, please read these instructions completely.

# 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 pets, always return chair to an upright position and close the legrest 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 servicenter for repair
- 6 Keep the cord away from heated surfaces
- 7 Never drop or insert any object into any opening
- 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 legrest
- 13 Do not use attachments not recommended 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 WARNING TO AVOID RISK OF INJURY

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 legrest set lever and the arm rest or 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.

Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect.

To prevent excessive massaging, the massager comes with an automatic approx. 15 minute timer. 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 to play on or around the chair, especially during operation.

## **CAUTION: To avoid damage to the chair**

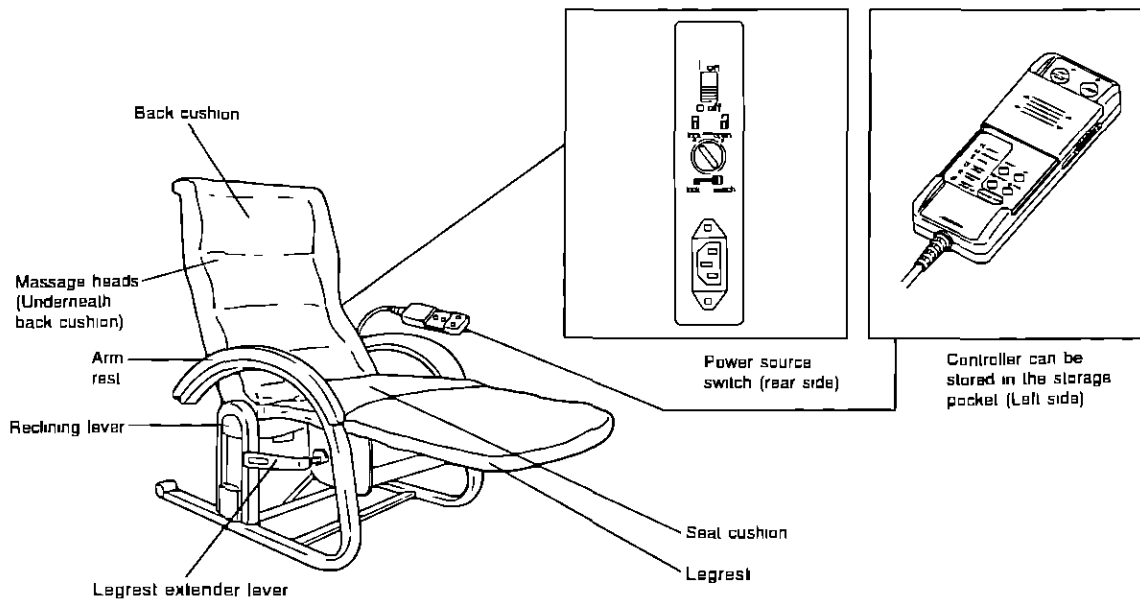
- 1 Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the arm rest and the chair back.
- 2 Do not treat the chair roughly, such as forcing the reclining lever or the legrest extending lever, turning the 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 service center.
- 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.
- 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 in rear of massager to "off" position and turn the lock switch to "lock" position.  
**NOTE** Maximum user weight is 264 lbs (120 kg)

### **CARING FOR THE MASSAGER**

- 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 luke warm water with liquid soap on a soft cloth to clean the surface.

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

## PARTS IDENTIFICATION



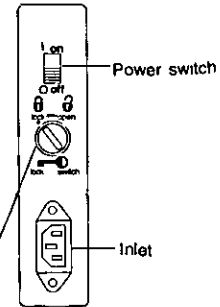
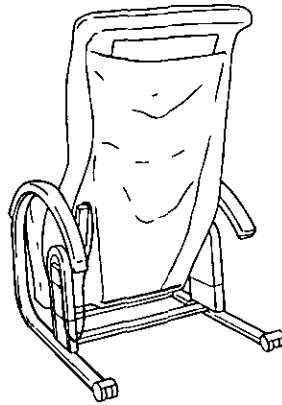
## SPECIFICATIONS

Power source	120V AC, 60Hz
Power consumption (Massage lounger)	130W
Rotating speed (Massage head)	Approx 28 times/min
Massaging width	2 61/64" (75mm)
Rolling massage	Approx 1 cycle every 33 sec
Regional rolling massage	3 11/32" or 4 21/64" (85mm or 110mm)
Massage travel up and down	Approx 4 23/32" (120mm)
Expansion of massage head	Neck and shoulder section to waist section approx 1' 10 1/4" (565mm)
Massage heads adjustment	Approx 1 3/16" (30mm)
Automatic timer	7 steps
Reclining angle	Approx 15 min
Programmed operation time	127° – 170°
Short Program time	approx 12 min
Maximum user weight	approx 5 min
Weight	264 lbs (120kg)
Dimensions	93 lbs (42kg)
Accessories	Not reclined and legrest restored 3' 6 7/64" x 2' 2 49/64" x 3' 1 25/64" 1,070(H) x 680(W) x 950(D) mm Reclined and legrest extended 2' 51/64" x 2' 2 49/64" x 5' 9 43/64" 630(H) x 680(W) x 1,770(D) mm Back cushion

## TURNING ON THE POWER

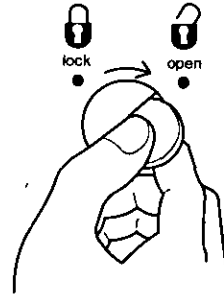
### First read and familiarize yourself with the safety precautions

- 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

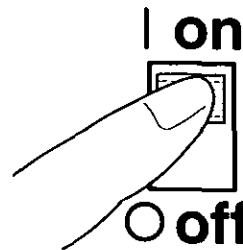


Operating lock switch  
(Prevents unit from being turned "on" when switch is in the "lock" position)

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



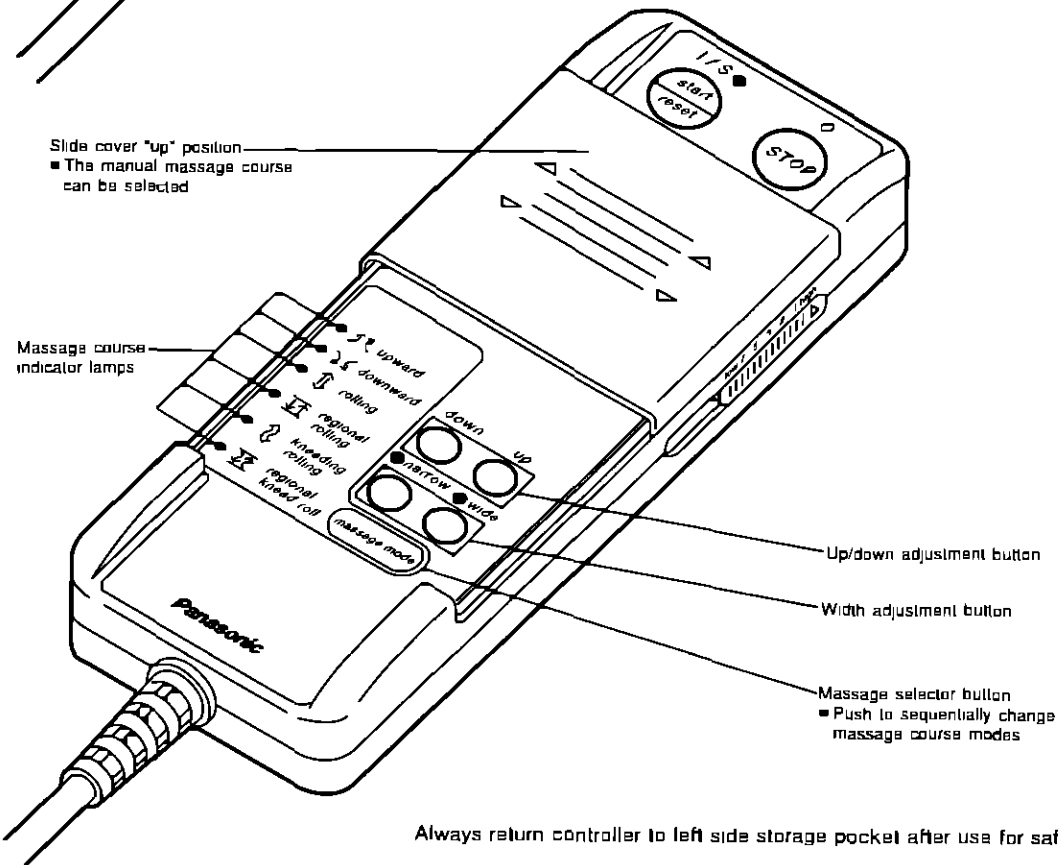
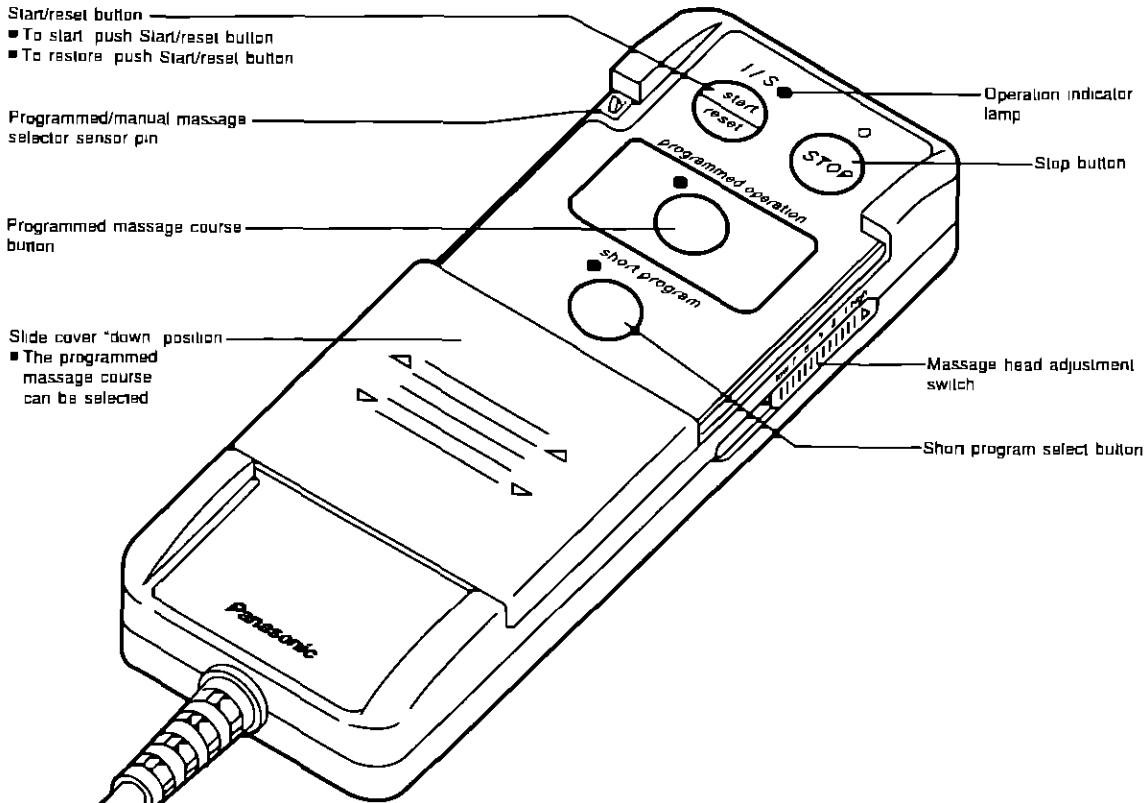
- 2 Move the power switch to "on"
  - When the operating lock switch is on "lock", the power switch cannot be moved to the "on" position



### 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



Always return controller to left side storage pocket after use for safe storage

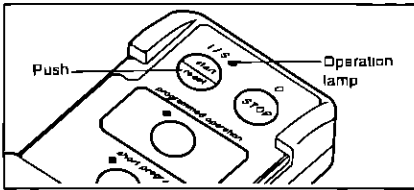


## TO START/STOP MESSAGE ACTION

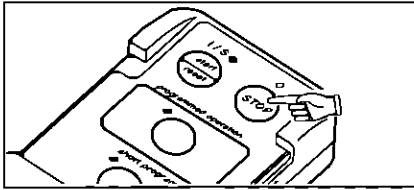
Before using, first read all of the instructions including the warnings and safety precautions as well as the section on programmed and manual massage

### (BEGINNING OPERATION)

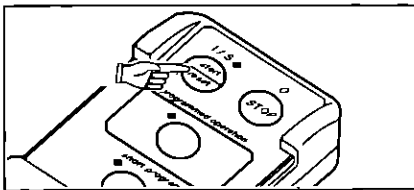
- 1 To operate the massage, push left side button
  - Check to be sure the operation indicator lamp is lit



- 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

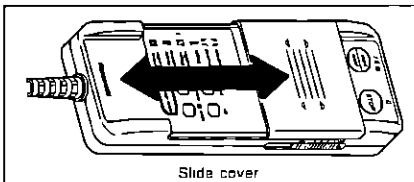


- 3 After final use, push the left side button to restore massage heads
  - The massage heads will go up, spread out and stop in the restore position With the heads in this position you can sit comfortably, using the massager as a regular chair
  - Be sure to store the controller in the pocket on the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



- 4 Do you want programmed or manual operation?

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



- 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 completely (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

### 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

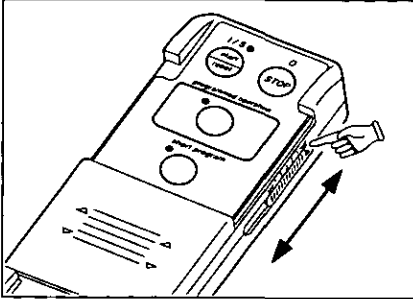
## PROGRAMMED MESSAGE

First familiarize yourself with the safety precautions

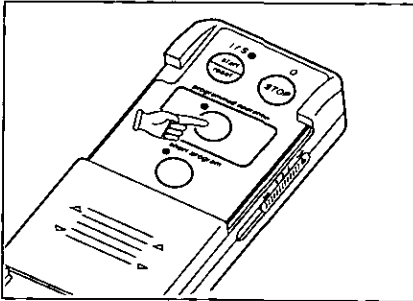
### (HOW TO PRESET THE MESSAGE HEAD POSITION)

- 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
- 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

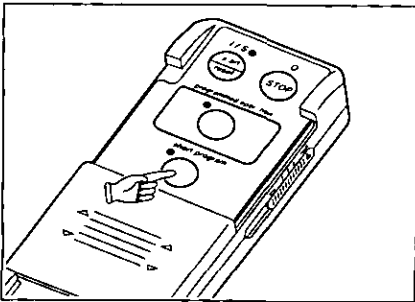


- Message will operate automatically for approximately 12 minutes after pushing the button



**NOTE** Check to be sure the course indicator lamp is lit

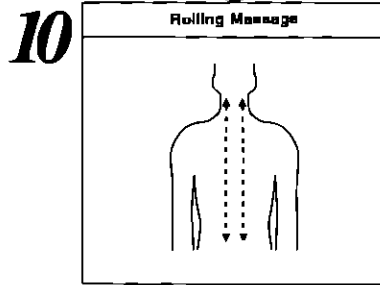
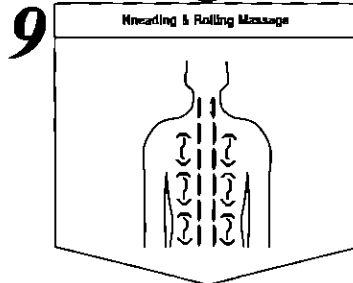
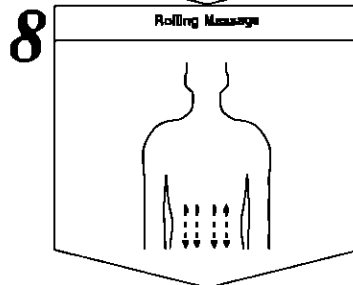
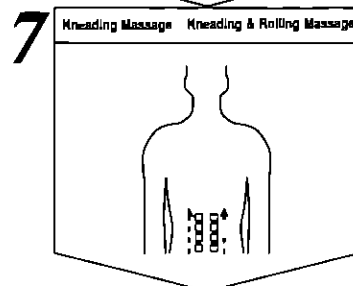
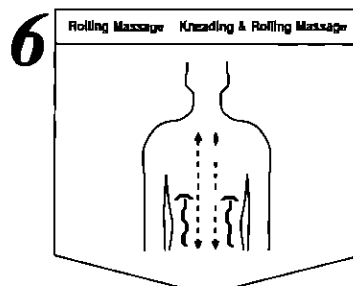
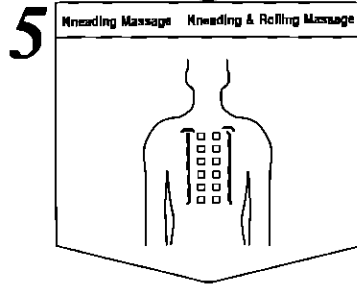
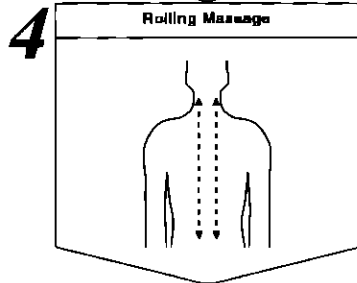
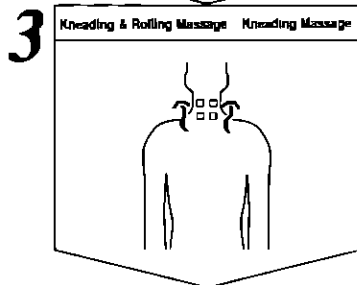
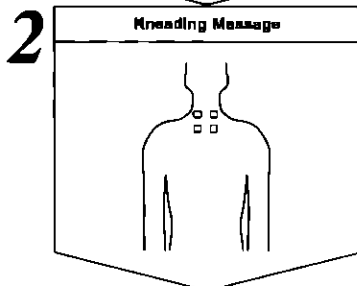
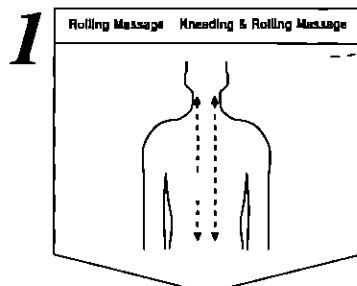
- If you do not press the button, the programmed message course will start automatically after 40 seconds
- If you do not have enough time to enjoy a full programmed message press the "short program" button  
The message will operate for approximately 5 minutes. The indicator light will remain on for the duration of the message
- If you wish to stop the short message course, push "short program" button again. Then the programmed message course will start



# PROGRAMMED MESSAGE

REGULAR PROGRAMMED COURSE – approx 12 min  
 SHORT PROGRAMMED COURSE – approx 5 min

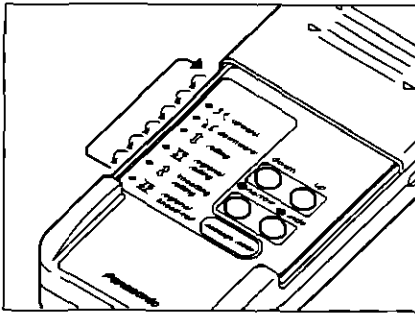
■(SHORT PROGRAMMED COURSE consists of : ② ③ ④ ⑤ ⑥ ⑦ ⑨)



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

## MANUAL MESSAGE

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 message selector button
  - Message operation can be changed by pushing the message selector button progressively as follows
- 1 Upward massage
- 2 Downward massage
- 3 Rolling massage
- 4 Regional rolling massage
- 5 Kneading and rolling massage
- 6 Regional kneading and rolling massage

## Massaging

- 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 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 MESSAGE

### 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 adjustment button to adjust the width of the massage heads
  - To raise the massage heads, push up button To lower them, push down button

### 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

### 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

### Adjustability for Manual Massage

Manual Mode	Up/Down Adjustment	Width Adjustment
Upward	Yes (1' 10 1/4")	No (2 61/64")
Downward	Yes (1' 10 1/4")	No (2 61/64")
Rolling	Yes (1' 10 1/4")	Yes (3 11/32" or 4 21/64")
Regional Rolling	Yes (1' 10 1/4")	Yes (3 11/32" or 4 21/64")
Kneading/Rolling	Yes (1' 10 1/4")	No (2 61/64")
Regional Knead/Roll	Yes (1' 10 1/4")	No (2 61/64")

## **MANUAL MASSAGE**

### **Massage 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 narrow or wide buttons to adjust the width between the massage heads (available only in the rolling massage and regional rolling)
- When the massage heads have reached the desired position, remove finger from the button and heads will stay in that position
- This will also resume massage action

**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

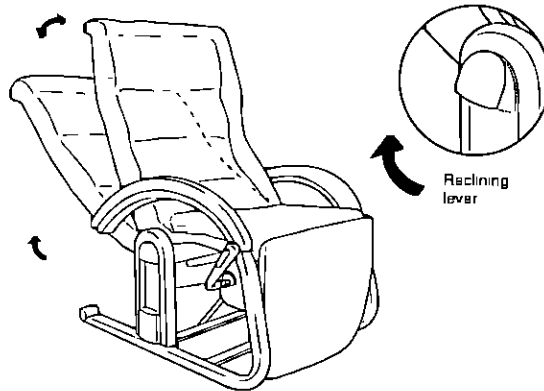
## RECLINING THE CHAIR

### First read and familiarize yourself with the safety precautions

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

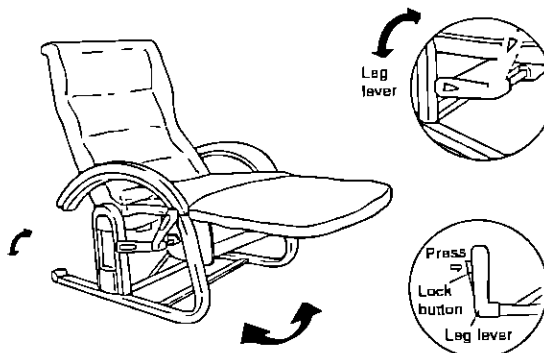
Try changing the angle of the chair back to find a comfortable massage of a strength that is most suitable for your own comfort. Towels may be used in conjunction with the back cushion to lessen intensity if desired

- While you are seated, pull outward on the reclining lever that is on the outside of the right armrest and recline the chair back to the desired angle with leaning back. Remove your hand from the lever and the chair back will remain at the angle
- If you want to raise the chair back, lift your body from the chair back and pull up the reclining lever
- 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

- ① Push the legrest extender lever lock button
- ② While keeping the legrest extender lever lock button pushed, turn the legrest extender lever and extend the legrest  
(The lock button can be released once the lever has been turned slightly)
- ③ Turn the legrest extender lever until the legrest is completely extended and locks in place
- ④ To store the legrest, push the legrest extender lock button and reverse the above procedure



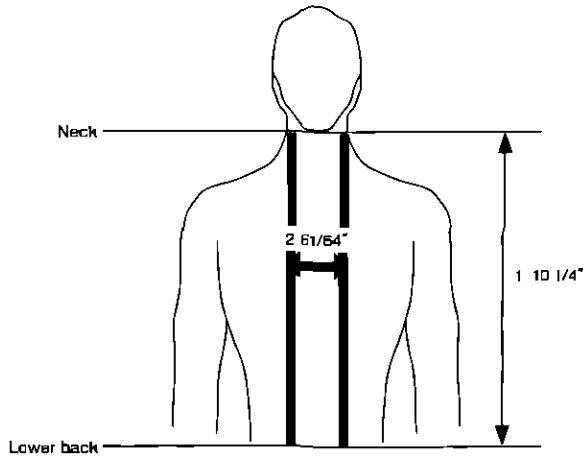
**NOTE** Keep children and pets away from the massage lounger when lowering the legrest to prevent injury

## **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.

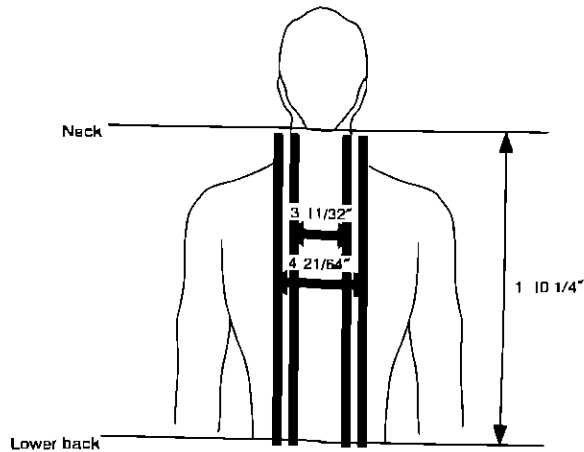
### **(UPWARD, DOWNWARD, KNEADING ROLLING AND REGIONAL KNEADING ROLLING MASSAGE)**

Massage range width     $2 \frac{61}{64}$ " (75 mm)  
(Width cannot be adjusted)



### **(ROLLING, REGIONAL ROLLING)**

Massage range width     $3 \frac{11}{32}$ " or  $4 \frac{21}{64}$ " (85 mm or 110 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 service centers (see the service center list included) to locate a convenient service center, or consult your Panasonic dealer for instruction. (in U.S.A. call 1-800-338-0552 for your nearest Authorized Service center.)

Problem	Probable cause(s)	Suggested Remedy
Massage 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 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 narrow position for a rolling massage	Wait until the massage heads reach the narrow 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 massage head adjustment switch until the massage heads reach your shoulder position
	Your shoulders are too high	Shift your waist forward and recline the chair back

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