

USER MANUAL

JP-4000

MASSAGES LIKE A HUMAN HAND



Japanese Fujiiryoki is a world leader with 70 years of experience.
Unique in the world with medically certified massage chairs.
5D AI program for the best massage.

Display JP-4000

Rotatable Display



Message chair settings

ON/OFF

Bus

Presetting two users

HEAT

Volume

Both

HISTORIC

Technical settings

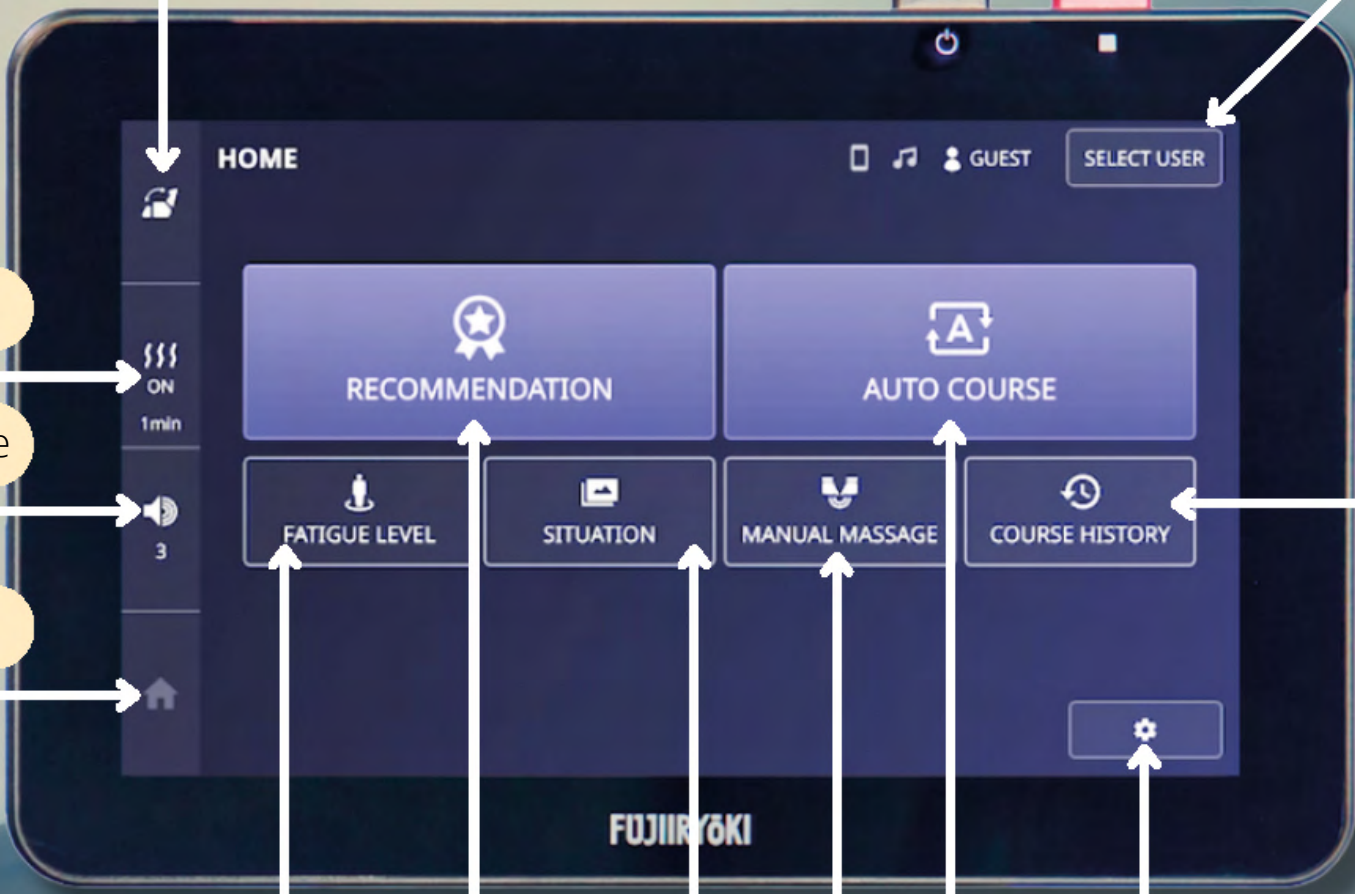
Recommended programs

Automatic program

Manual settings

Choice of body part to receive analysis and massage

Choice of program based on time of day and mood



JP-4000 strength settings

Controls the hardness of all airbags



Controls the hardness of all massage balls

Controls the hardness underfoot

Separate settings for all air bags

Chest and back massage



The rhomboideus major is a skeletal muscle that is part of the musculature of the upper limb.

BREAST-BACK MASSAGE

(Feel free to soften with a full-body massage).

Then press the red pause button at the top right.

- 1 Press MANUAL MASSAGE.
- 2 Press BACK-WAIST.
- 3 Press SHOULDER BLADE OPEN.

Also try RHOMBOID, SHOULDER BLADE LINE or UPPER BACK DEEP SHIATSU.
Quickly change programs by pressing SELECT PROGRAM.

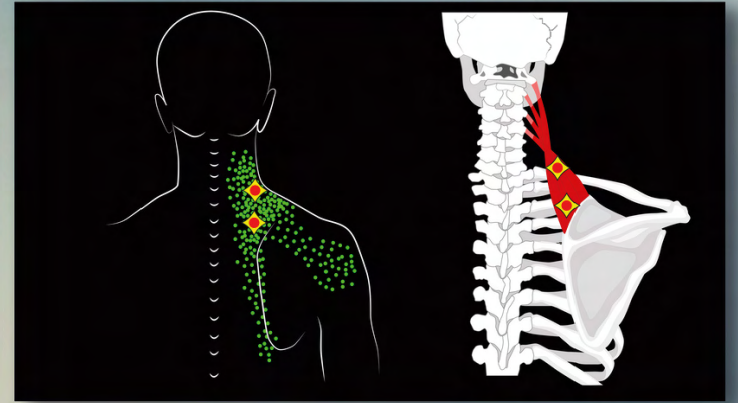
NOTE! Massage on trigger points should do no more than "good or bad".

If you have inflammation in a muscle, it should not be massaged (the area often feels hot)!

The hardness of the back massage is regulated with Massage Strength in the display.

Please note: prolonged hard massage on the same point can cause muscle soreness, i.e. sore muscles.

Neck massage



The neck is the upper part of the spine. The vertebrae there are called cervical vertebrae. They are the smallest vertebrae in the spine. The two uppermost vertebrae, the atlas and the scapula, together with the occipital bone (os occipitale) form the compound cervical joint.

Select AUTO COURSE
Select PART
Select RELAX

Special program (Rec, chiropractor)

Whole neck

- 1 Select MANUAL MASSAGE.
- 2 Press NECK/SHOULDER.
- 3 Press NECK PALMS KNEAD.

Press shoulders from above

- 1 Select MANUAL MASSAGE.
- 2 Press NECK/SHOULDER.
- 3 Press UPPER SHOULDER PRESS.

Gluteal muscle Lumbar spine

Treats
False Sciatica
Lumbar
Gluteus Leg



- 1 Select MANUAL MASSAGE
- 2 Select BACK/WAIST
- 3 Select BUTTOCK (The program at the bottom of the list)

OUTSIDE HIP FLEXION (Piriformis)

(Remember to turn the display towards you to reach it in landscape mode.)

1 Press MANUAL MASSAGE 2 Press KNEADING. 3 Press KNEAD UP. Scroll with the arrow down to the far right (Massage Position) so that the massage balls end up at the bottom of the lower back. Now tilt the armchair back as far back as possible to a lying position.

Now pull yourself back in the armchair about 1 DM, so that you are almost "lying down" on the massage balls.

Here you can now adjust yourself so you get a massage where you want, even down to the back of your thighs.

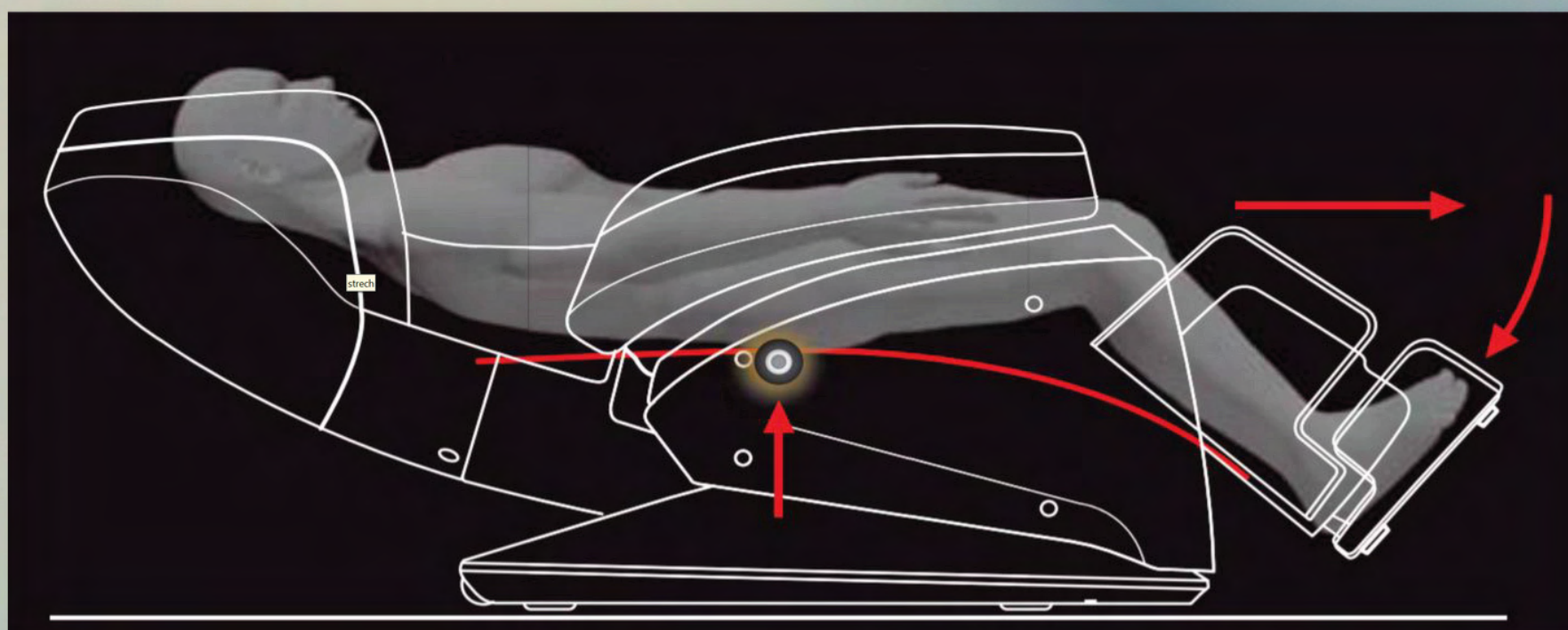
The exercise you see in the picture above involves pulling one leg up in the opposite direction so you get an even more precise massage on your painful trigger point on the left or right outer thigh/hip.

For a deeper massage, you can remove the small pillow located under the back cushion at lower back height. However, please note that prolonged hard massage on the same point may cause muscle pain.

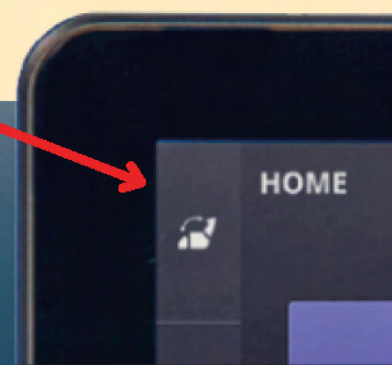
Full body stretch

Gentle pelvic balancing

A completely flat position allows you to stretch your hip joints properly. It helps lengthen your contracted body while promoting blood circulation through massage.



- 1 Select AUTO COURSE
 - 2 Select STRETCH (Stretch the display towards you)
 - 3 Select HOLE BODY STRETCH You are now being scanned.
- Now lower the armchair using the seat adjustments.



Zero Gravity



Zero gravity refers to the state in which the perceived effect of gravity is greatly reduced, typically experienced in a microgravity environment such as space. Unlike the term "zero gravity," gravity is not actually zero in these situations; rather, the effects of gravity are significantly reduced.

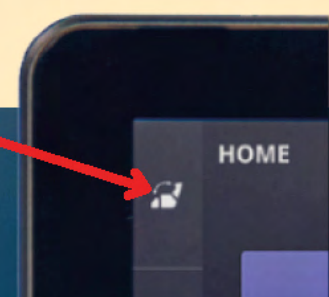
Our massage chairs have the total relaxation position during the massage, and in the softest programs, a feeling of almost weightlessness is given.

The feet are raised slightly above the head position, which provides better blood flow and better activation of the Lymph for increased well-being.

Fujiiryoki massage chairs are unique in the world in that they can be tilted horizontally. This gives a feeling of reduced weight in the body during the massage.

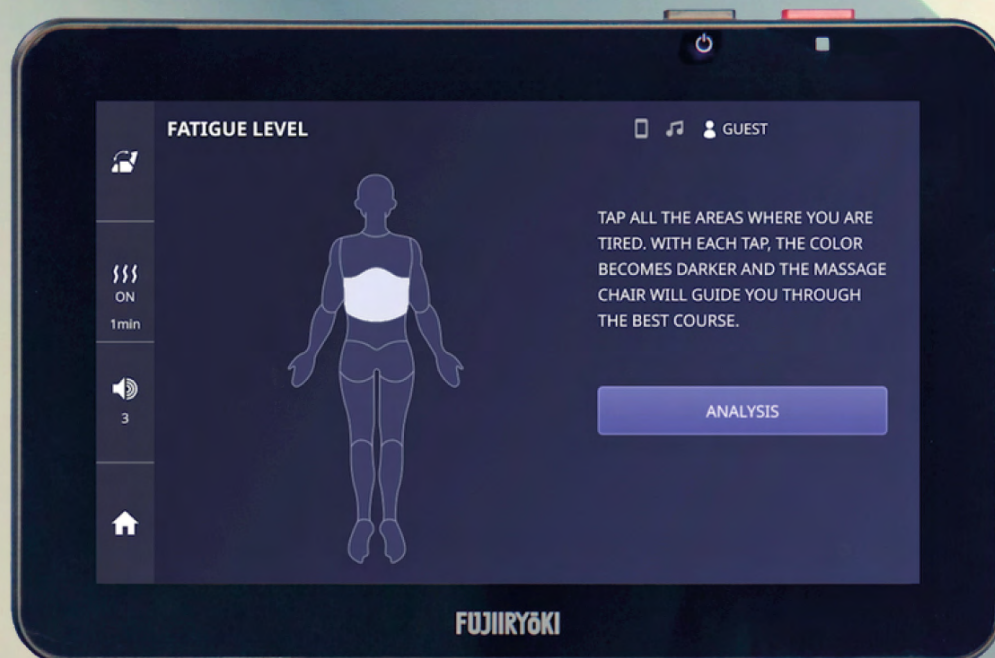
It is easy to confuse Gravity Zero with a function built into massage chairs. This is not the case, but Gravity Zero is a perceived feeling that is achieved in a massage chair from Fujiiryoki.

- 1 Select SITUATION
 - 2 Select BEFORE SLEEP (Pull the display towards you)
 - 3 Select WANT TO GET RELAX BEFORE SLEEP You are now being scanned.
- Now lower the armchair using the seat adjustments.



Targeted programs

Targeted programs



Select AUTO COURSE

Select PART

NECK FOCUS SHORT = Neck SHOULDER FOCUS

SHORT = Shoulders SHOULDER BLADE FOCUS

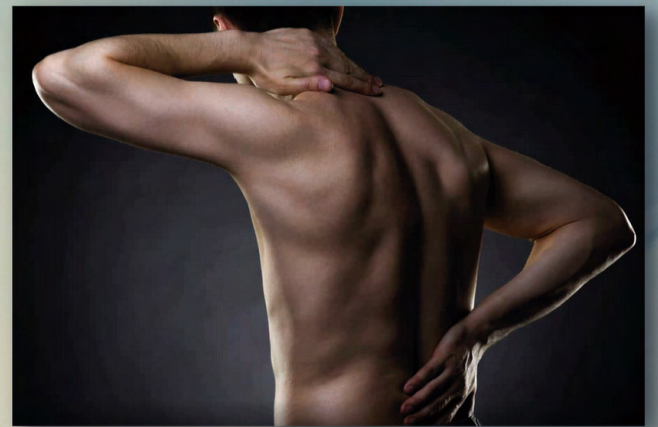
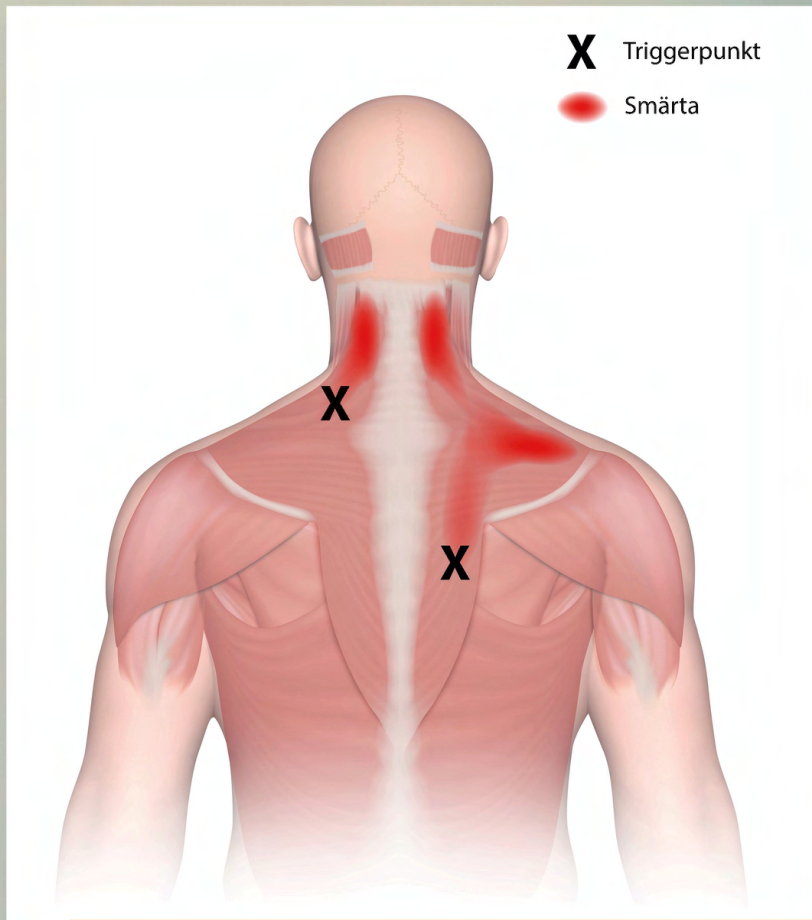
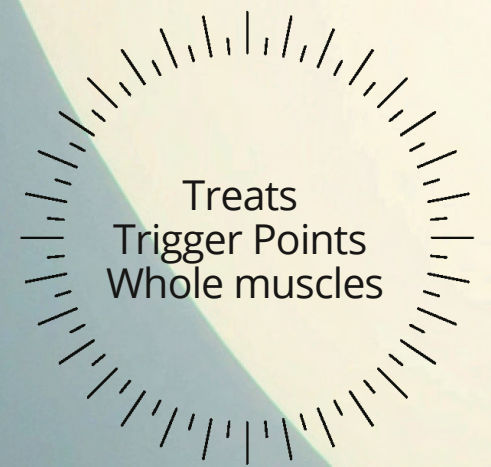
SHORT = Thoracic spine

Also select FATIGUE LEVEL Mark body part on the display Select analysis then start.

Massage increases the muscles' ability to absorb oxygen and makes them more elastic and flexible, but the nervous system also receives a positive boost and improves body temperature, fluid balance and blood circulation.

In addition, the ability to concentrate increases and the stomach and intestines function better.

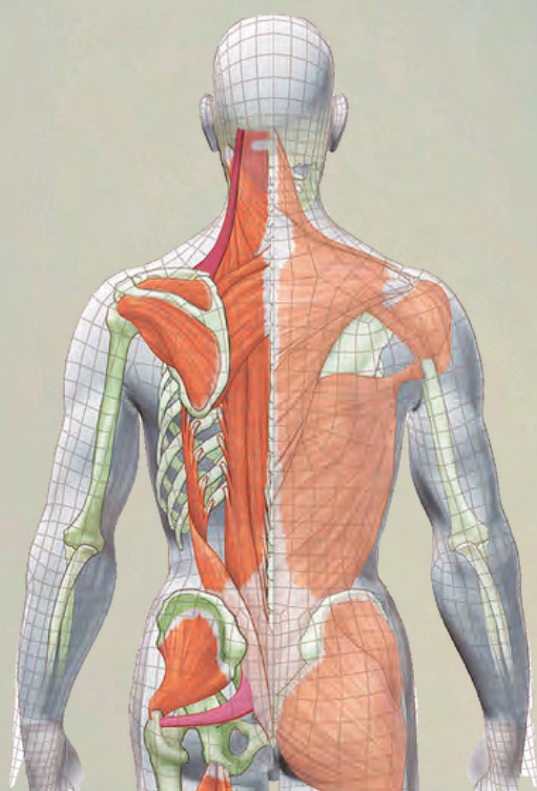
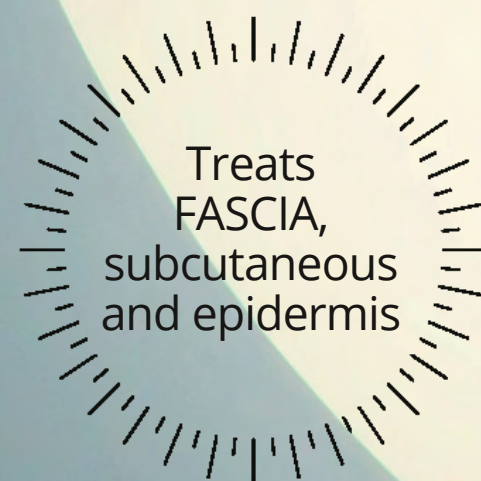
Trigger point massage



Trigger points are a term for tender points in muscles. A trigger point is considered to be located along a tight band or knot in the muscle that can be felt to the touch. Pressing on the point causes a sharp, radiating pain that has a characteristic pain radiating pattern. Trigger points get their name from their small, "dot"-like appearance and the pain that is triggered when the tender point is pressed.

- 1 Select MANUAL MASSAGE.
- 2 Select KNEADING then KNEAD DOWN. (Other massage types can be selected).
- 3 Control the massage by moving up or down with the arrows (Massage Position)
Find your trigger point
- 4 Increase or decrease the strength with MECHA STRENGTH.

Connective tissue massage



Stiff Fascia (Connective Tissue) Causes Pain

Fascia, the body's connective tissue, is our body's largest organ, and binds everything in our body together. All our muscles, bones, organs and cells are wrapped in it like a grid. It has a very big impact on our entire musculoskeletal system, as well as on our emotional life. The last decade of research has shown how important connective tissue is for understanding different pain conditions and how to treat them.

A tense body with sticky connective tissue also causes headaches, fatigue, bad mood, lack of energy, etc. Using a Fujiiryoki massage chair guarantees pain relief and we have thousands of examples around the world who have felt a positive effect of the massage and have gained a healthier life.

- 1 Select RECOMMENDATION
- 2 Select STANDARD COURSE

The immune system



Improves lymph flow:

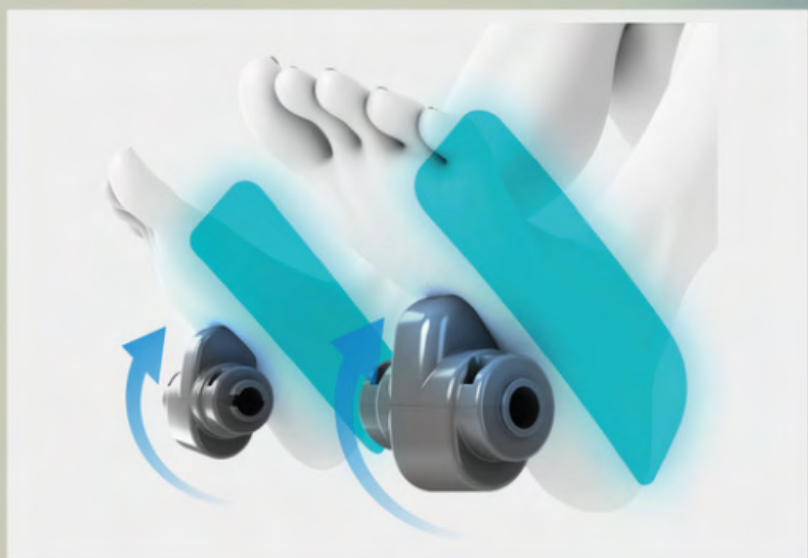
The lymphatic system is responsible for transporting waste and excess fluid from the body. By using Fujiiryoki massage sheep oil, a massage can stimulate the lymphatic vessels and promote better lymph flow. This helps to remove toxins and excess fluid from the body.

Boosts the immune system:

The lymphatic system plays an important role in the body's immune system by transporting white blood cells and other immune cells. By stimulating the lymphatic system through massage, you can increase the circulation of these cells, thereby improving your immune system and resistance to disease.

- 1 Select RECOMMENDATION
- 2 Select STANDARD COURSE

Reflexology



Reflexology Reflexology is based on different points on and above the feet. Some points correspond to a body part or internal organ. With a pressure technique, you can stimulate a body part or organ by pressing and pressing on a specific spot on the foot.

- 1 Select FATIGUE LEVEL
- 2 Select feet in the display
- 3 Slide out the footrest using the hand control.
- 4 Start the massage

NOTE: Do not push out the footrest with force.

Never stand on the footstool.

Increase or decrease strength with FOOT ROLLER



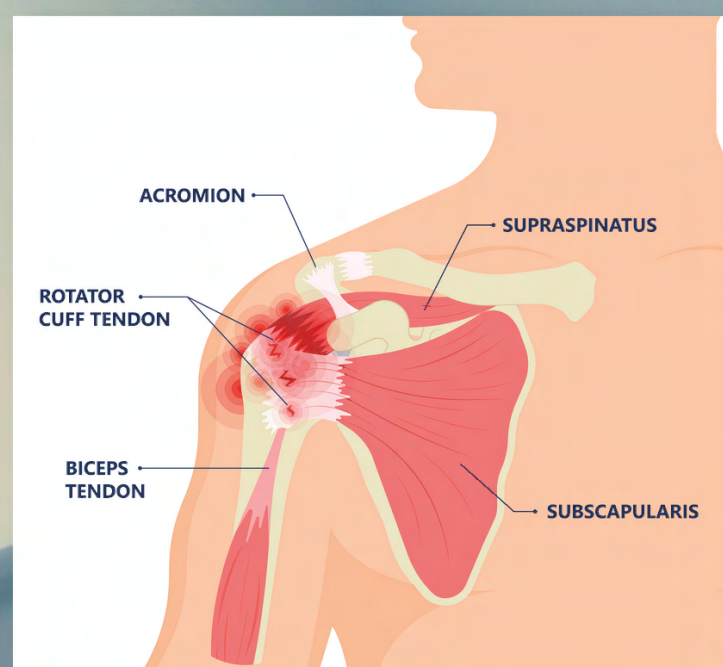
Frozen Shoulder



Frozen shoulder causes pain in the shoulder.

This causes the shoulder joint to become inflamed and the joint capsule around the shoulder joint to shrink and restrict its ability to move. Sometimes you also get frozen shoulder in the other shoulder. Never massage directly on the shoulder, but let the massage chair work around the inflamed area.

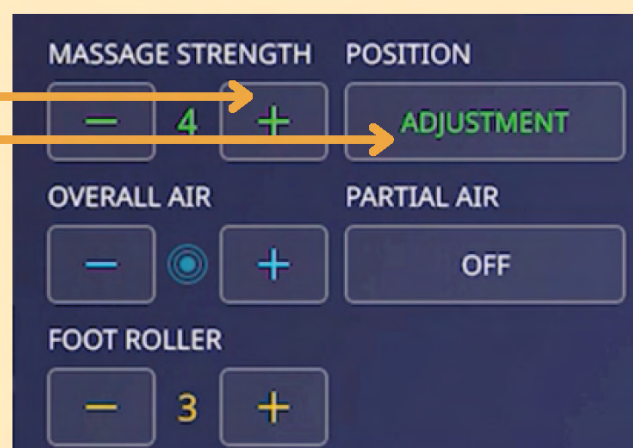
Massage on the neck, trapezius, supraspinatus, subscapularis and lower back significantly speeds up healing.



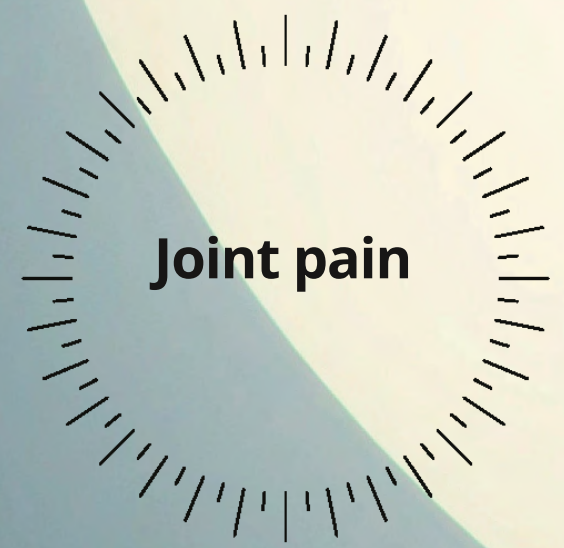
Select AUTO COURSE Select PART Select RELAX

Control the MASSAGE STRENGTH and height level with ADJUSTMENT

NOTE: If you have ongoing inflammation in your shoulder, you should not massage your shoulder!



Osteoarthritis



ATROS



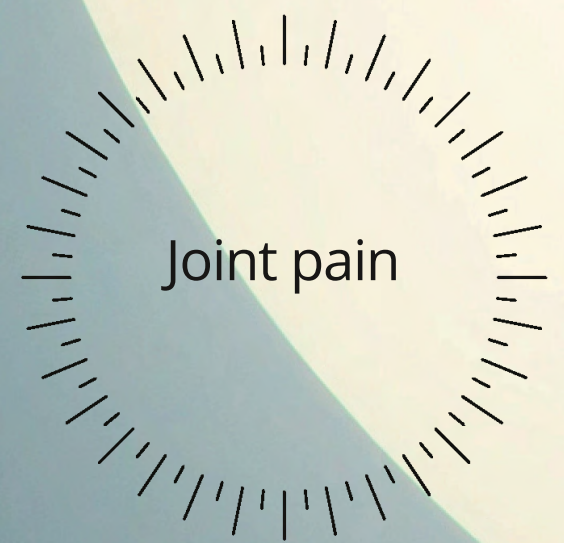
That massage helps with osteoarthritis has been known for thousands of years. With the knowledge we have today, we know that massage starts the blood and fluid circulation. Tense muscles relieve the pain around the joint that flares up. Exercise, diet and massage help if you have osteoarthritis.

We recommend a light massage when you feel a relapse coming on (you can use a neck pillow, a long back pillow or a double-folded blanket to reduce pressure). We do not recommend massage if you have been in pain for a long time, in which case you should instead see a doctor and get anti-inflammatory medication because then you may have ongoing inflammation.

- 1 Select AUTO COURSE
- 2 Select HOLE BODY
- 3 Select SOFT
- 4 The chair now scans your back, hold it against your neck for about 30 seconds.
- 5 Select strength with MASSAGE STRENGTH

NOTE: Choose intensity depending on how much pain you have. It is a good idea to use our long back cushion as protection behind your back. Please consult a doctor if it is okay to get a massage with your diagnosis.

Rheumatism



Gentle massage helps with rheumatism, provided the pain is not too severe. With the knowledge we have today, we know that massage stimulates blood and fluid circulation.

Tense muscles relieve the pain around the joint that flares up. We recommend a very gentle massage when you feel a relapse is coming. We do not recommend massage if you have been in pain for a long time, because then you should see a doctor and get anti-inflammatory medication as you may have ongoing inflammation.

- 1 Select AUTO COURSE
- 2 Select HOLE BODY
- 3 Select SOFT
- 4 The chair now scans your back, hold it against your neck for about 30 seconds.
- 5 Select strength with MASSAGE STRENGTH

NOTE: Choose intensity depending on how much pain you have. It is a good idea to use our long back cushion as protection behind your back. Please consult a doctor if it is okay to get a massage with your diagnosis.

Migraine



Massage can be effective against migraines for several reasons.

Increased blood circulation: Massage helps increase blood flow to the area being massaged. Migraines can often be caused or worsened by muscle tension in the neck, shoulders, and head. Massage can relieve this tension and reduce mechanical stress on nerves and blood vessels, which can help reduce migraine symptoms.

Always consult a doctor if massage may be good for your individual treatment.

- 1 Select AUTO COURSE
- 2 Select PARTY
- 3 Select RELAX

The chair is now scanning your back, hold it against your neck for about 30 seconds.
Choose strength with MASSAGE STRENGTH

NOTE: Choose intensity depending on how much pain you have. It is advisable to use our neck pillow for a softer massage. Please consult a doctor if it is okay to get a massage with your diagnosis.

Recovery Stress Management

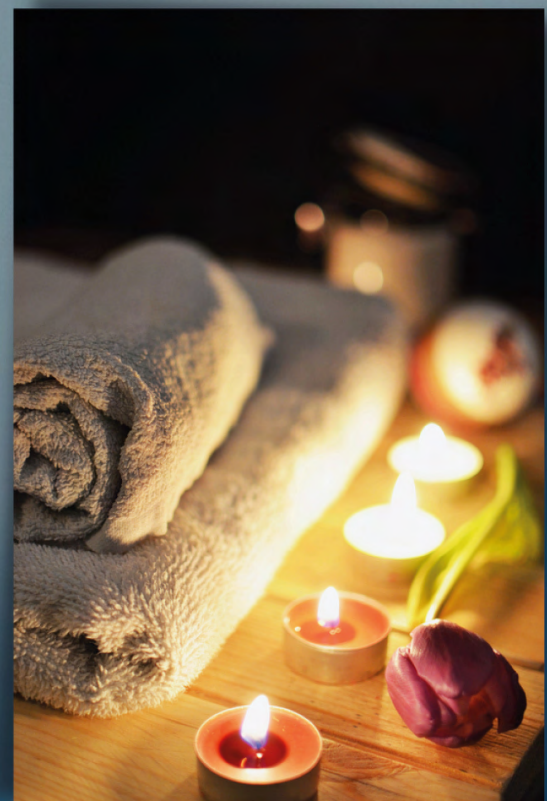
Get power



Our lives have changed over time. Today, almost every one of us suffers from some kind of physical or mental negative impact on our body and mind, due to stress, lack of exercise, and being hunched over smartphones and computers. We also suffer from poor blood circulation due to prolonged sitting or standing postures.

Massage activates a specific brain area that is linked to joy and well-being, massage is experienced as rewarding and pleasant. The brain area in question is involved in the regulation of emotions and has a large number of morphine receptors and is activated by the body's own release of endorphins.

- 1 Select SITUATION
- 2 Select RELAX
- 3 Select WANT A SOFT MASSAGE
- 3 The chair now scans your back, hold it against your neck for about 30 seconds. and neck against the backrest.
- 5 Select strength with MASSAGE STRENGTH



Tactile massage



Like a human hand

Tactile massage provides pain relief, relaxation and well-being by stimulating the secretion of the hormone oxytocin.

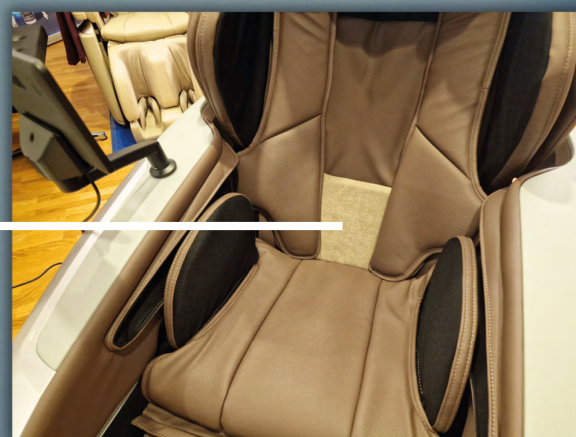
Tactile massage has been used in the care of stroke patients, and as palliative care for cancer patients. It is also used in the treatment of adolescents with anorexia nervosa and for women in the latency phase of childbirth.

Tilt your back to a lying position.

- 1 Select SITUATION
- 2 Select RELAX
- 3 Select WANT A SOFT MASSAGE
- 3 The chair now scans your back, hold it against your neck for about 30 seconds.
and neck against the backrest.
- 5 Select strength with MASSAGE STRENGTH

Reduce the strength to the lowest level.

Use a lumbar pillow if necessary to provide the softest massage to the lower back.



Pregnancy

Avoid hard massage for the first 13 weeks, but feel free to use the heat function.

Feel free to use compressed air massage without back massage.

Insert the included cushion and place it in front of or behind the leather in the chair.

Mental health



Music and pep talk

"The brain's chemistry and ability to process information is so complex that a piece of good music can help you recover." Töres Thorell, professor"

The Health Economist has a collaboration with mental trainer Michael Södermalm. We also work with our own recovery music with the Gothenburg Symphony and world bassist Magnus Rosén.

Listen with your phone, put it in airplane mode so you are not disturbed by calls.



Skanna

Cleaning

Cleaning



We use Barrier Tech

Friskonomen has a cleaning policy where we guarantee safe use against bacteria and viruses with proper care. We deliver an initial cleaning kit upon delivery, filled spray bottle for cleaning the massage chair. Hand sanitizer is ordered separately. We are also a reseller of the product where we deliver against orders from us.

- » The product provides long-lasting protection, unlike alcohol-based disinfection, which after use leaves no protection against new bacteria or viruses.
- » The product is alcohol-free and gentle on the skin (PH-neutral).
 - » Effective against resistant bacteria and pathogenic viruses.
 - » Prevents infection from wounds. Effective wound healing.
- » Gentle on the skin. Does not pose a risk of atopic dermatitis like alcohol-based disinfection can.
 - » Gentle on all materials. Non-corrosive.

HAND-, YT- OCH TEKNODESINFEKTION EXTREMT EFFEKTIV MOT BAKTERIER OCH VIRUS



BarrierTech® desinfektion är alkoholfri, bredspektrum, dermatologiskt godkänd och parfymfri med dokumenterad effekt mot Corona och Norovirus. Eliminerar upp till 99,999 % av alla kända bakterier och inaktiverar de flesta former av virus.

Inte motståndsbyggande. Produkten är inte klassificerad som hälso- eller miljöfarlig.

INSTRUKTIONER HÄNDER: Torka händerna och gnugga ihop händer och fingrar tills de är torra.

INSTRUKTION YTOR: Rengör, ta bort synlig smuts och skräp före användning. BarrierTech® desinfektion torkas av på områden som är utsatta för bakterier, svamp, mögel, alger eller virusangrepp. Låt produkten verka och lufttorka. Ingen sköljning krävs. Säker och effektiv när den används, följt av kvarvarande prevention mot ny virus- eller bakterietillväxt.

ANVÄNDNINGSSOMRÅDEN: Händer. Ytor av trä, betong, glas, metall, plast, laminat, kakel etc. Techno, mobil, pads, laptops mm.

OBS: Elektronisk utrustning kan vara mycket känslig för fukt.

Kontrollera bruksanvisningen från tillverkaren.

FAKTA/UTFÖRDA TEST:

ACCREDITERADE LABORATORIER: Testade enl. EN1276, EN1500, EN1650, EN13624, EN13697, EN13727, EN14348, EN14476.

HANDESINFEKTION: Dermatologiskt godkänd av det tyska institutet proDERM.

YTDESINFEKTION: Godkänd av norska staten Legemiddelverket.

ALLMÄNT: Trossa AB:s egen miljöutredning.

FÖRVARING: Frostfritt ej under +5 °C.



80-pack
våtservetter

PRODUKT: BarrierTech® desinfektion 80-pack, 20x27cm dukar. ART.NR: 123 STK/KARTA: 12 st. Vikt: 9,15 kg. KARTA/PALL: 40 st. Vikt: 389 kg. ST/PALL: 480 st. D: 1200x800x1230mm GTIN F-pack: 709000171455 GTIN D-pack: 7090001751462 GTIN-pall: 7090001751479 Fiber ProTector Norge AS, Grini Næringspark 61+5, NO-1 info 5 P 5, NO-1 3 P 5, NO-1 3 P 3, NO-2 info. @barrier tech.com W. www . barriertech.com



BarrierTech®

Made in Norway  Caring Since 2005



HAND, SURFACE AND TECHNOLOGY DISINFECTION EXTREMELY EFFECTIVE AGAINST BACTERIA AND VIRUSES



BarrierTech® disinfection is alcohol-free, broad-spectrum, dermatologically approved and fragrance-free with documented effectiveness against Corona and Norovirus. Eliminates up to 99.999% of all known bacteria and inactivates most forms of viruses.

Not resistance-building. The product is not classified as hazardous to health or the environment.

INSTRUCTIONS HANDS: Dry hands and rub hands and fingers together until dry.

INSTRUCTIONS SURFACES: Clean, remove visible dirt and debris before use. BarrierTech® Disinfectant is wiped onto areas exposed to bacteria, fungus, mold, algae or viral infestation. Allow product to work and air dry. No rinsing required. Safe and effective when used, followed by residual prevention against new viral or bacterial growth.

AREAS OF USE: Hands. Surfaces of wood, concrete, glass, metal, plastic, laminate, tiles, etc. Techno, mobile, pads, laptops, etc.

NOTE: Electronic equipment can be very sensitive to moisture. Check the manufacturer's instructions for use.

FACTS/TESTS PERFORMED:

ACCREDITED LABORATORIES: Tested according to EN1276, EN1500, EN1650, EN13624, EN13697, EN13727, EN14348, EN14476.

HAND DISINFECTION: Dermatologically approved by the German institute proDERM.

SURFACE DISINFECTION: Approved by the Norwegian State Agency for Medicinal Products.

GENERAL: Trossa AB's own environmental investigation.

STORAGE: Frost-free, not below +5 ° C.



80-pack of
wet wipes

PRODUCT: BarrierTech® disinfection 80-pack, 20x27cm cloths. ART.NO: 123 PCS/CARTON: 12 pcs. Weight: 9.15 kg. CARTON/PALLET: 40 pcs. Weight: 389 kg. ST/PALL: 480 st. D: 1200x800x1230mm GTIN F-pack: 709000171455 GTIN D-pack: 7090001751462 GTIN-pall: 7090001751479 Fiber ProTector Norge AS, Grini Næringspark 61+ 5, NO-1 info 5 P 5, NO-1 3 P 5, NO-1 3 P 3, NO-2 info. @barrier tech.com W. www . barriertech.com



BarrierTech®

Made in Norway  Caring Since 2005



Safety message!



Please read the instructions before use and use this massage chair properly. NOTE: Use the massage chair at your own risk.

The following people are recommended not to use this massage chair.

People who are prohibited from receiving massage by a doctor, such as those suffering from blood clots, high blood pressure, severe varicose veins, acute varicose veins, various types of eczema and skin infections (including inflammations under the skin in tissue) and who are taking heavy medications in this context.

The following people must consult a doctor before using the product where certain physical abnormalities may occur.

People with malignant tumors. People who are pregnant before the first 13 weeks of pregnancy, or immediately after childbirth.

People who suffer from numbness or tingling in the muscles related to various circulatory disorders due to diabetes, etc.

People with a body temperature above 38°C. If you have symptoms of acute inflammation, feeling unwell, chills, bleeding, or headaches that you do not recognize or are worried about.

People suffering from heart problems who use a medical electronic device embedded in the body, such as a pacemaker, which is sensitive to electromagnetic interference.

People with wounds in treatment areas.

People suffering from acute illness that creates unexplained pain or sadness.

People suffering from osteoporosis.

People suffering from spinal fractures.

People suffering from inflammation due to fractures or sprains.

People who experience a burning sensation in muscles or joints.

People with spinal abnormalities. People suffering from anemia.

Please do not allow children or people who cannot declare their intentions to use this massage chair.

製造販売認証書 Certificate



認証番号 Certification No.

第 304ABBZX00024000 号

照会番号 Reference No.

MJ43040024 002

認証取得者 (製造販売業者 / 外国指定高度管理医療機器製造等事業者)
Certification Holder (Marketing Approval Holder / Foreign manufacturers of designated specially controlled medical devices)

株式会社フジ医療器
〒540-0011 大阪府大阪市中央区農人橋1丁目1番22号
FUJI MEDICAL INSTRUMENTS MFG. CO., LTD.
1-22, Noninbashi 1-chome, Chuo-ku, Osaka, 540-0011

選任製造販売業者
Appointed M. A. H.

認証基準 Certification Criteria

令和4年10月24日付けで申請のあった下記医療機器の製造販売認証事項の一部変更を医薬品医療機器等法（昭和35年法律第145号）第23条の2の23第7項の規定により申請のとおり認証する。

As applied on 2022-10-24, we certify the change of the following medical device based on PMD Act, Article 23-2-23, 7.

認証製品に関する記述 Certified Product Identification

医薬品医療機器等法による種類 : 管理医療機器
PMD Act Classification : Controlled medical device

類別名称及び類別コード : 機械器具 77 バイブレーター
Category name & code : Equipment and Instruments 77 Vibrator

一般的名称 : 家庭用電気マッサージ器
Generic Name : Home use electric massager

コード : 34662000
Code

販売名 : マッサージチェア H 2 2
Trade Name

英語の記載内容は、邦文での記載内容と相違ありません。
There is no difference between the English and Japanese content of this certificate.

医薬品医療機器等法（昭和35年法律第145号）第23条の6第1項の規定により登録された認証機関
Registered Third Party Certification Body based on PMD Act, Art. 23-6, 1.

テュフ・ラインランド・ジャパン株式会社
TÜV Rheinland Japan Ltd.

〒222-0033 横浜市新北区新横浜 3-19-5
3-19-5, Shin Yokohama, Kohoku-ku, Yokohama 222-0033

ジュネル・ペティット
(Jennelle Petit)

代表取締役の氏名及び押印
Certification Body Representative name and Seal

認証年月日 令和5年1月18日
Certification date 2023-01-18

