

Dear User,

Thank you for being the proud owner of **SHIKON Therapeutic Walker Massager - World's 1st with Smart Control** that gives you the combined effect of foot reflexology, massage and health benefits of walking, at the press of a button.

Therapeutic Walker Massager is an ideal product for those suffering from swollen ankles, cold feet, aching legs. Its deep action massage coupled with infra-red therapy brings quick relief in pain and aches. At the same time, it improves circulation, enhances metabolism and revitalizes the body. It can be self-used to massage the feet, calves, abdomen, back, shoulder etc. locally for effective therapy and that too with no harmful side effect.

To enjoy the multiple health benefits from this wonderful innovation, please spend some time to go through the instruction manual which will guide you on the various aspects of usage, benefits, do's and don'ts etc.

SHIKON range of internationally acclaimed healthcare products are brought to you from the House of MORNING WALKER, Spaceage Multiproducts Private Limited, which is backed by the largest sales and service network covering more than 270 locations in India. SHIKON healthcare products are designed with superior function, latest technology and durable material to give you the best performance with maximum comfort.

So, get started with Therapeutic Walker Massager and rejuvenate with its invigorating, deep relaxing massage to achieve a zen like peace of mind.

Healthy wishes,

**For SPACEAGE MULTIPRODUCTS PRIVATE LIMITED**

A handwritten signature in black ink, consisting of a stylized 'S' followed by several loops and a long horizontal stroke.

Managing Director



# ABOUT THERAPEUTIC WALKER MASSAGER



## **Design conforming to human body structure**

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Walker Massager is scientifically designed to give effective massage therapy for maximum comfort of the body. Its pressure pads are based on the reflexology points of the human foot where each node confirms to reflexes connecting various organs and systems of the human body.

## **15 Level High- frequency vibration levels**

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Walker Massager is equipped with an advanced 3-dimensional vibration system with speed varying between 1800- 4000 rpm for different massage intensities. This variable speed gives optimum effect to the user for effective therapy.

## **6 Level - Far Infrared Therapy**

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The infrared emissions penetrate deep into the foot (about 3-4 cm) and help to expand blood vessels. This in turn helps to enhance body metabolism, promote suppleness, relaxation and provide effective stimulation.

## **3 Preset Auto Functions**

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Walker Massager has pre-set program for slimming, reflexology and relaxation therapy. Choose the program of your choice by following the light color and derive maximum benefits by using these programs.

## **8 Level - Magnetic Wave function**

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Controlled magnetic waves have a therapeutic effect in ionizing blood and enhancing antibodies. Walker Massager has in-built 8 level magnetic wave function.



# THERAPEUTIC BENEFITS



## **Improves blood circulation**

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The vibrating technique of Walker Massager dilates the vast network of blood vessels or capillaries that feed the muscles. As a result, there is improvement of blood circulation to the targeted area delivering blood to the peripheral nerves. Improved blood circulation revitalizes the cell and enhances metabolic rate. Furthermore, it produces electrical current in the blood stream thereby ionizing blood.

## **Reduces Inflammation**

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Vibratory massage has been proven to help in reduction of swelling, edema of the extremities, general inflammation that result from muscle injury. It is helpful in reducing symptoms of pain. It also aids smoother muscle contraction to achieve better performance. It helps to reduce inflammation and swelling in joints and alleviate pain.

## **Improves detoxification**

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The blood is the lifeline of every cell in our body. It carries nutrients to the cells and clears toxins and poisons from the cells. Detoxification is the process of clearing toxins from the body or neutralizing or transforming them. The reflexology effect of Walker Massager vastly improves blood circulation and helps to eliminate the toxins at a much faster rate and improves immune system.

## **Improves muscle function**

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The therapeutic effect of Walker Massager increases the supply of oxygen and transportation of nutrients, antibodies and hormones. By this process, it helps to improve muscle toning and reduce muscular atrophy resulting from forced inactivity or injury. Such massage therapy with increased blood flow may have a positive effect on the rehabilitation process of the injured muscle.

## **Enhanced internal organ function**

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The reflexology effect of Walker Massager may improve peristalsis, strengthens the organ functioning and body processes, burn calories and alleviate vulnerability of disease. It is quite useful in alleviating stress-related tensions.

## **Reduces stress related tension**

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Regular use of Walker Massager can help relieve muscle tension and mental stress so that your body can relax and rejuvenate from day - to - day wear and tear. The massage therapy provides a calming or stimulating effect on the nervous system depending on type or duration of massage.

## **Helps to relieve physical ailments**

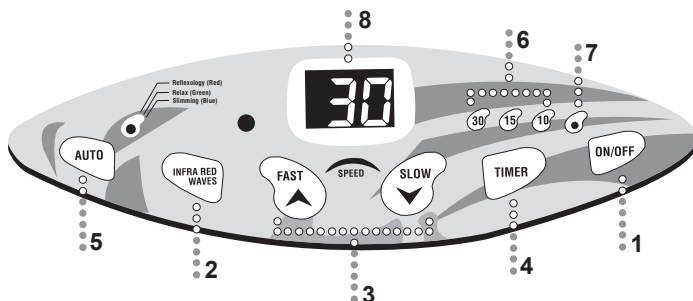
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Therapeutic walker massager may help to bring relief in physical ailments such as: sore muscle, leg cramps, calve pain, swelling, backache, carpal tunnel and sport injuries etc.

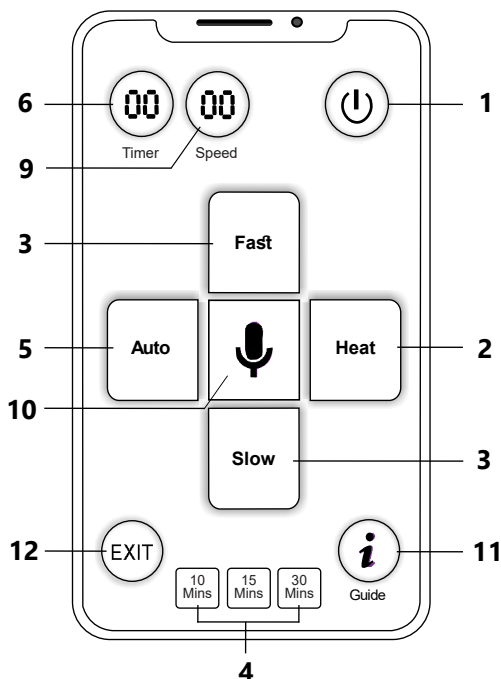


# OPERATING GUIDELINES

## BASE CONTROL UNIT



### WM Smart Remote On Your Mobile Screen



### How to Use WM Smart Remote

► **Step 1:** To download and install the **Morning Walker** App :

- ① Plug in power outlet of WM machine to the AC inlet socket. Switch on power supply.
- ② Download the "Morning Walker" App from Google Play Store/Apple App Store.
- ③ Click on the "MW" icon to open the app.
- ④ Sign in or register to get access to the Smart Remote.

► **Step 2:** To activate **Bluetooth** :

- ① On the home screen of MW App, click on the "Remote" at the bottom bar.
- ② Select and click on "Walker Massager WM 690" remote icon.
- ③ Allow the App to activate Bluetooth on your device.
- ④ Once the Bluetooth is activated, your device will automatically get connected to Walker Massager.

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|---|---|
| <b>1. On/Off Button</b>                     | <b>2. Infra-red Rays Level Selector</b> |
| <b>3. Speed Selector Button</b>             | <b>4. Time Selection Button</b>         |
| <b>5. Auto Function Button</b>              | <b>6. Timer Indicator</b>               |
| <b>7. Power Indicator</b>                   | <b>8. Display Window</b>                |
| <b>9. Speed Indicator</b>                   | <b>10. Voice Button</b>                 |
| <b>11. Instruction to use / Video Guide</b> | <b>12. Exit Button</b>                  |

SCAN THE QR CODE  
TO DOWNLOAD THE MW APP





FOR ANDROID  
DEVICE





FOR IOS  
DEVICE

## To **SWITCH ON** the machine:



Plug in power outlet of the machine to the AC inlet socket. Switch on the power supply.


Click  button on the Smart Remote or click  button and say "Hello Walker Massager" to switch on the machine. A beep sound will be heard and digit "00" will appear on the base control unit. The machine will start at default setting of level "1" and timing of "10 mins". The machine is ready for use.


## To **SWITCH OFF** the machine:


Click  button on the Smart Remote once again or click  button and say "Goodbye Walker Massager" to switch off the machine. Remove the plug of the machine from the AC inlet socket.

## Automatic Operation:

Click  button once. The machine will start at the default level "1". Click **AUTO** button on the Smart Remote consecutively or click  button and say "Reflex Mode / Relax Mode..", to choose from either of the following pre - programmed function:

 **Reflexology** - The digit "1" will appear in the display window of the base control unit and the indicator light will be Red. Recommended Time – 15 mins.




 **Relaxation** - The digit "2" will appear in the display window of the base control unit and the indicator light will be Green. Recommended Time – 10 mins.






 **Slimming** - The digit "3" will appear in the display window of the base control unit and the indicator light will be Blue. Recommended Time – 30 mins.

**Note:** All the above preset functions mode can also operate with auto timer function of 10,15 and 30 minutes if selected manually.



## Manual Operation :


To **Set the Auto Timer** function:

Walker Massager incorporates auto timing function of  min (Green light),  min (Yellow light),  min (Red light) for each operation manually. The default timing is 10 min.

Click  button on the base unit and select from any of these timing, or click either of the , , , button on the Smart Control or click  button and say "Set (number) minutes", for example "Set 10 minutes" to select the timing operation. The selected timing will be displayed on the base control unit for 5 sec on every click of the button.

To **Set the Massage** intensity level:

Click  button on the Smart Control each time or click  button and say "Set level 1,2,3....15" to increase intensity to next level. The highest level is "15".

Click  button on the Smart Control each time to decrease intensity to the previous level. The min level is "1" and the machine stops at "0" level. The current intensity level will be displayed on the base control unit for 5 secs on every click of the button.



# INSTRUCTION FOR USE

## How to use

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- + Place WALKER MASSAGER on the floor or against the wall / surface according to the respective posture of massage as defined in this manual.
- + **Do not stand on the massager as it will damage the unit.**
- + Ensure you are in a comfortable posture while using the massager. If needed, add cushion / support to make yourself comfortable.
- + Before using the massager on the floor or slippery surface, please clean the footpads with a wet cloth to remove any dirt sticking to the surface of the pads. The moist pads would also help to avoid slipping of the massager while using.
- + The beginners should start at an intensity level 1-3. It can be gradually increased depending upon the user's requirement.

**NOTE: At anytime, whenever you feel giddy or heaviness or uncomfortable while using the WALKER MASSAGER, please reduce the intensity or duration of use to a level at which you feel comfortable. Thereafter gradually increase the intensity or duration as your body responds.**

- + Choose the desired posture (Refer to page no. 9). The regular pose is as shown in Fig-1.
- + Choose from the pre-programmed auto mode or set manually according to your need to draw maximum benefits.
- + In the auto mode, the machine switches off automatically after the pre-set time. To continue using, select and press the option button again.
- + Each time the intensity level is changed, another 15-minute period is automatically added to the use of the massager.
- + While using the machine, you will experience some itchiness and tingling sensation. These are normal reactions as the nerve endings are responding



# INSTRUCTION FOR USE

to the massage. With this form of stimulation, your blood circulation will improve. This will then help to flush out acidified cells, waste materials and harmful substances.

- + Drink a glass of lukewarm water before and after use of the machine. This is vital for flushing out toxins and harmful wastes from the body.

## **When to use**

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- + It may be used anytime and at anyplace at your convenience. Ideally it may be used early morning or any time is a state of light stomach. It should not be used immediately after the main meal.

## **Who can use**

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- + Therapeutic Walker Massager can be used by:-
- + Adult and children above 8 years of age.
- + Patients / Physically challenged persons.  
**(In consultation with their physician)**

## **Who should not use**

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- + Person with a pacemaker
- + Pregnant women.
- + Person with unexplained pain of unknown origin.
- + Patient who has undergone recent surgery/ operation and advised not use such gadgets.
- + Any individual suffering from any physical ailment that may restrict or make the user incapable to use the equipment.



## **DO'S**

### **FOR OPTIMAL RESULTS**

- + Drink 500cc of lukewarm water before and after each session to aid circulation and flush out toxins, harmful substances from the body.
- + Wear loose and comfortable clothing.
- + If you sweat during the massage session, be sure to cover yourself to prevent chills and colds.
- + Use regularly for the desired no. of times to achieve optimum results.



## **DON'TS**

### **Please read all instructions carefully before operating.**

- + Do not use on swollen or inflamed areas or skin eruptions such as bruises, cuts, fractures, etc.
- + Do not use directly on the bone.
- + Do not use incase the pain persists or aggravates after use.
- + Do not use on areas that could cause bodily harm such as eyes, ears, head, etc.
- + Do not allow the edge of the machine to compress the veins directly behind your knee (such as when using for the hamstring and calf areas).
- + Children should use under adult supervision.
- + Do not use it under influence of alcohol.
- + Stop the equipment immediately if you feel dizzy or uncomfortable.
- + Never try to disassemble or repair it privately.
- + Never leave the appliance unattended, especially when children are present. Unplug when not in use.
- + Never cover the appliance when it is in operation.
- + Do not stand on the massager as it injurious and will damage the equipment.
- + Do not drop it from a high place. Do not apply force or pressure if it does not work.
- + Do not sit on it or prevent it from vibrating or else the motor may burn.
- + Do not use the product for more than 30 minutes at a time. Continuous, uninterrupted use may lead to excessive heating and shorter life of the product.
- + Use it only for its intended use as described in this manual. Do not use any attachment not recommended by us.

**THIS PRODUCT AND INFORMATION CONTAINED IN THIS MANUAL IS NOT INTENDED AS A SUBSTITUTE FOR MEDICAL TREATMENT. ALL MASSAGE CARRY WITH IT SOME ELEMENT OF RISK. TO REDUCE THE RISK, YOU MAY CONSULT YOUR PHYSICIAN OR DOCTOR BEFORE USING IT. IT IS PRESUMED AND DEEMED THAT YOU HAVE PURCHASED THIS PRODUCT AFTER A PHYSICAL DEMONSTRATION AND WITH FULL KNOWLEDGE OF ITS PRO AND CONS PRIOR TO USE OF IT.**

#### **TRADEMARK CREDITS:**

**Shikon & Walker are the registered trademarks of Spaceage Multiproducts Private Limited. All other trademarks are duly acknowledged.**

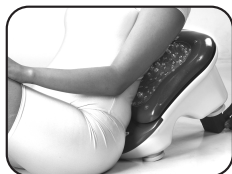




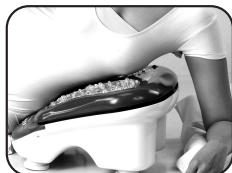
# POSTURE FOR MAXIMUM BENEFIT



**TO RELIEVE STIFFNESS AROUND YOUR ARM, NECK OR SHOULDER.** Place both the palms on the pressure pad for a thorough massage to ease the pain.



**TO RELIEVE STRESS FROM THE BACKBONE, BACKACHES.** Place the massager on a chair or sofa. Lean your back or waist against it in a comfortable manner. Make sure the pressure pad is in direct contact with the massage area around the body.



**TO REDUCE FLABBINESS AND FIRM THE STOMACH MUSCLES.** Sit or lie in a comfortable position. Place the pressure pad on the abdomen with a cushion/soft towel between them to soften the vibration.



**TO RELAX MUSCLE STIFFNESS, REMOVE TOXINS, CELLULITE, REDUCE VARICOSE VEINS AND DISSOLVE FAT.** Wearing either long socks or trousers, sit comfortable and place your thighs in the centre of the pressure pad.



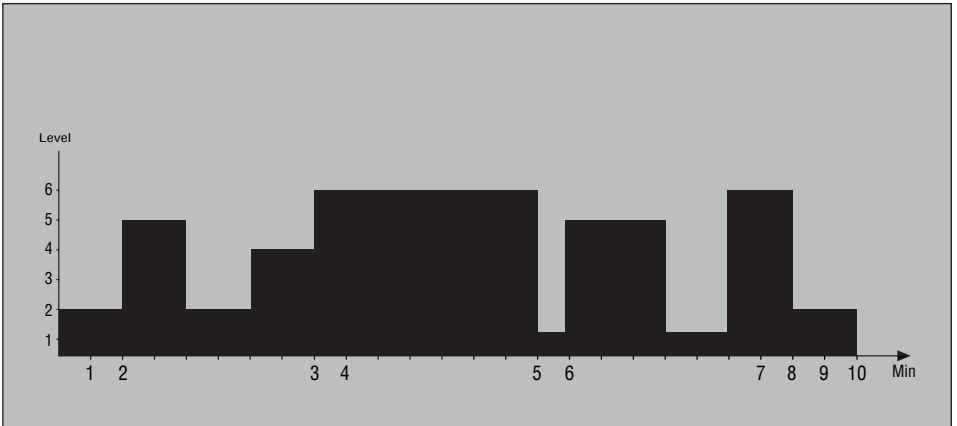
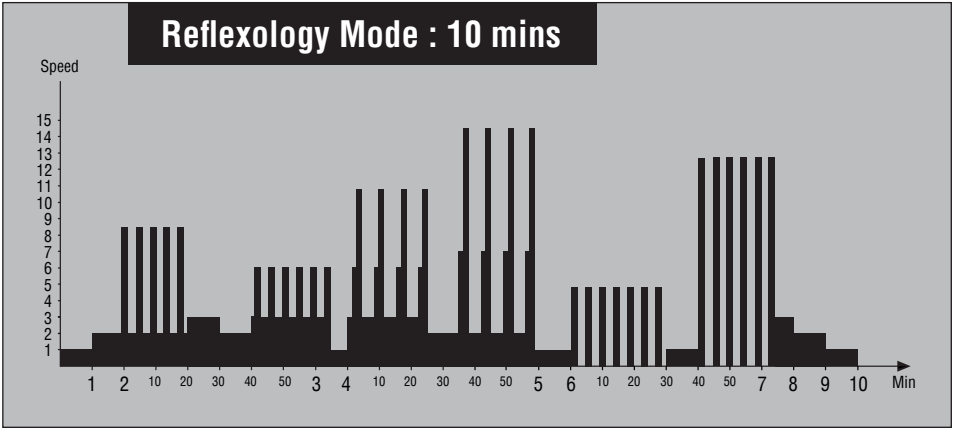
**TO TONE MUSCLES, REMOVE EXCESS FAT.** Position your calves on the massager. You should face the higher portion of the massager (your feet should be somewhere near the control panel). Massaging the calves helps relax your leg muscles and especially useful for those who have to stand or wear high heels for prolonged period of time.



**TO RELIEVE PAIN AND ACHEs, ENHANCED ORGAN FUNCTION, ALLEVIATE VARIOUS DISEASES.** Place your feet on the centre of the pressure pad. Because of the abundance of reflex points on the soles of your feet, and effective foot massage is particularly important. Massaging your feet relieves ankle sprains and helps in prevention of gastroenteritis, heart disease and neuralgia.

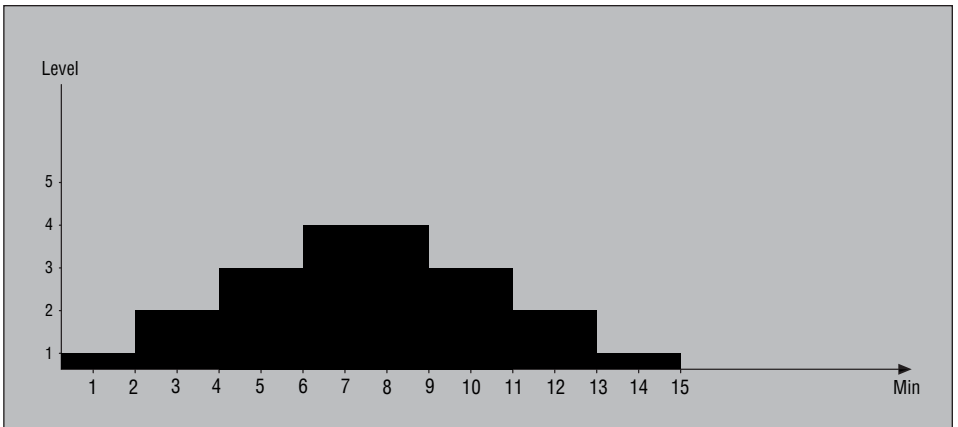
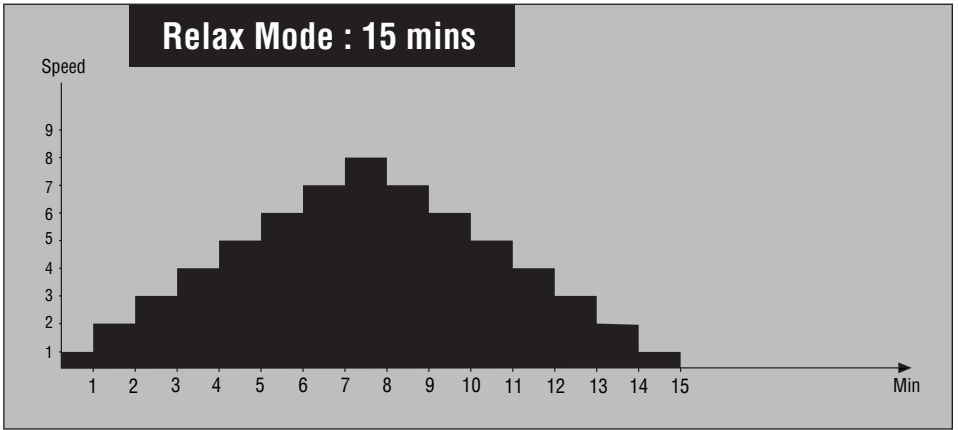


# PRESET PROGRAMME INTENSITY CHART



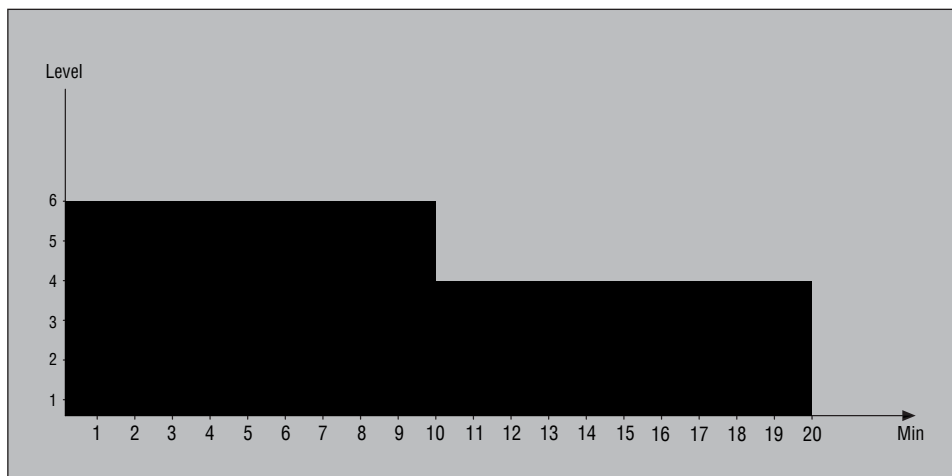
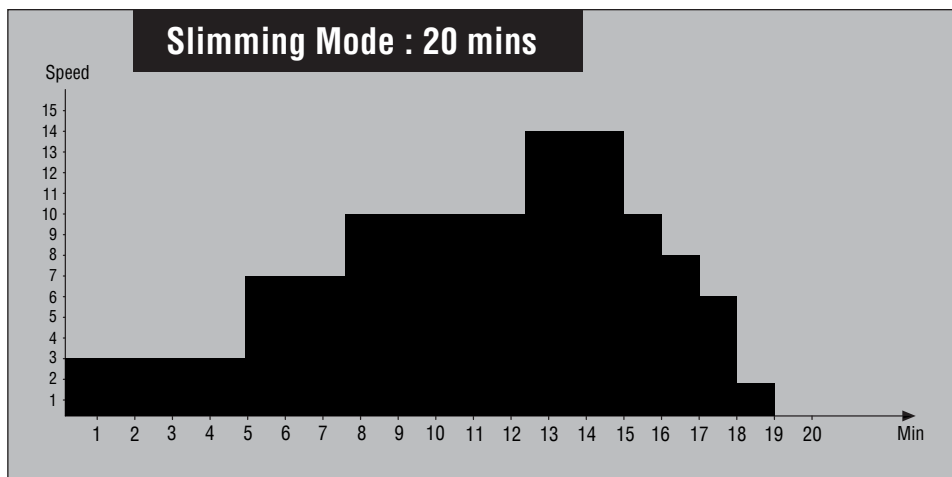


# PRESET PROGRAMME INTENSITY CHART





# PRESET PROGRAMME INTENSITY CHART





# THERAPEUTIC WALKER MASSAGER IS THE KEY FOR GOOD BLOOD CIRCULATION

Good blood circulation is essential for healthy body, mind and soul. It is primarily needed to supply the body's cells with food and oxygen and remove toxins, among waste products.

Uneven, interrupted supply of oxygenated blood can cause minor discomforts like headache, backache muscular pain and other uneasiness. If this extends over a longer period, it can lead to serious health problems. Sedentary lifestyle, lack of physical activity, modern comforts are some of the major cause of poor blood circulation. For example, watching TV with improper posture for a prolonged period tends to cramp up muscles on the shoulders, back, neck and waist. Similarly, lack of physical movement strains the muscles supporting the spine and obstructs blood flow. Such conditions leads to painful cramp in the affected area.

Blood circulation is automatically regulated according to our physical activities. However, the upward flow of the blood is the most strenuous due to factors such as gravitational pull, flexibility of muscular movement etc. The human heart alone cannot handle this heavy task. That's why our feet are the next most important organ supporting good blood circulation. About 40% - 50% of total muscle mass in the human body is centered on the feet. These muscles, particularly those on the soles of the feet act as pumps that help to circulate blood throughout the body.

Therapeutic Walker Massager is the key to good blood circulation. Foot reflexology with different massage intensities plays a vital role to keep the feet in constant motion. This in turn improves efficiency of our circulatory process.

