



**E & C**™

**Professional Horse & Dog Massage Gun**  
*(Also suitable for people to use)*

User Manual

**EQUUS ET CANIS**



**E & C**  
™

## INTRODUCTION - HORSES, DOGS & YOU.

Think of the E & C Professional Horse & Dog Massage Gun when choosing a superior product that has been designed for horses, dogs and the people that love them.

E & C boosts your pet's health and well being, enhances their muscle recovery, while increasing flexibility and mobility.

The great thing is that you too can benefit from E & C's holistic massage gun therapy.

E & C is a pet lover's dream, in one handy device. It's good for your pets, it's good for you.

Massage guns have revolutionised the way that massage treatment is administered to horses, dogs and you, over the past 10 years. The results are fantastic.

Massage guns are used for horses, dogs, athletes, joggers, sports men and women, and general everyday people that suffer from aches and pains.

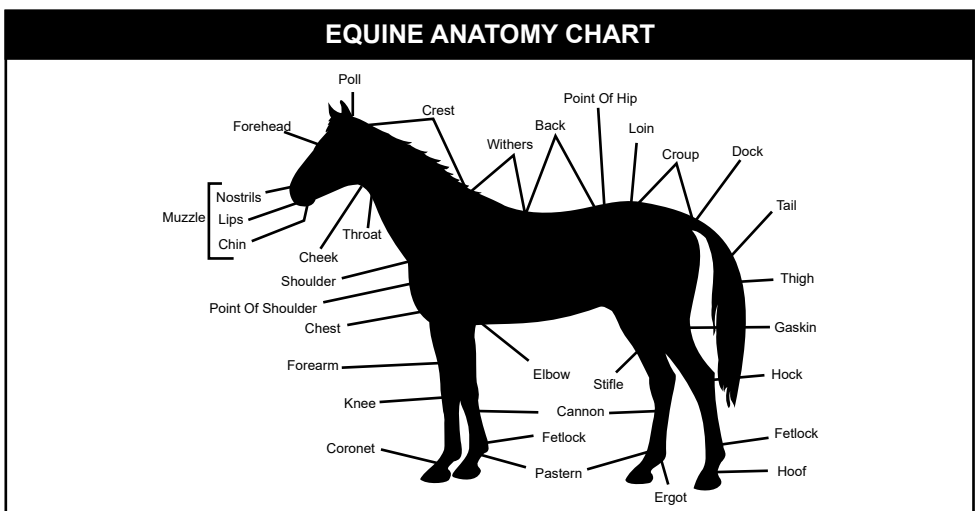
The E & C massage gun is a myofascial physiotherapy and deep tissue therapy device that is designed to enhance the muscle recovery process.

Our massage guns achieve rapid results by helping to relieve muscle pain and soreness, reducing inflammation, and reducing muscle knots and muscle tension.

The E & C massage gun helps improve blood circulation and this helps with stiffness by loosening the joints. Our massage guns help to relieve stress by reducing pain. There are multiple benefits to experience when using our massage guns.

To get your pet's bodies in the best shape possible and do the same for yourself, use the E & C massage gun. They are compatible with horses, dogs and people.

Give your horses, dogs and you, the right care and treatment and you will have a happier and healthier outcome for all.



## HORSE MASSAGE

Health, Fitness and enhanced performance.

Equine professionals, including chiropractors, trainers and physiotherapists, have stated that massage guns allow horse owners to deep-tissue massage their own horses.

The use of the E & C massage gun on a horse is recommended to be done regularly on a daily basis. It is a very effective way to treat injury.

The boost to the body, given from the myofascial physiotherapy and deep tissue therapy show that the E & C massage gun is beneficial to a horse's health and fitness.

It improves their performance and works well alongside other professional horse treatments.

The E & C massage guns can be used to warm up a horse's muscles before training, and relax the muscles after training or racing. The same type of treatment from the E & C massage gun is also used for people.

Horses are prone to suffer from tightening around the muscles and can experience muscle spasms, which are uncomfortable and painful. This is common place with horses as they are mainly involved in physical activities. Tight muscles and muscle stiffness can hinder the performance of your horse. The E & C massage gun works to release the tightened fascia, relax the ligaments and ease the pain. All these beneficial factors contribute to improving the horse's performance.

### Increased Performance

E & C massage guns help to strengthen muscles, muscle tissue, and speeds up muscle recovery which improves the horse's performance. It also helps to relax the horse's body and quickens muscle recovery between training sessions. E & C massage guns improve both lymphatic and blood circulation. This allows for improved tissue repair, injury prevention, and increased performance.

Myofascial physiotherapy and deep tissue therapy given from the E & C massage guns, help to stimulate the horse and benefits the horse's nervous system.

This improves the mobility of a horse and helps them to remain calm and relaxed.

### Lymphatic Drainage

Horses can accumulate fluid (edema) due to injury or inactivity. Lymphatic drainage can be used to get rid of fluid accumulation in the muscle tissues. The E & C massage gun can be used by a qualified equine therapist to drain the excess liquid back into the lymphatic system where the fluid and toxins can be removed.

## INSTRUCTIONS: HOW TO MASSAGE A HORSE:

1. First of all, place attachment onto the E & C massage gun and turn it on by pressing and holding your thumb on the power button.
2. Use the massage gun on yourself first. Start on your upper body and work your way down accordingly. Massage your shoulder muscle and slowly move the massage gun up and down.
3. Try each speed setting to get an understanding of the differences in the settings and apply the pressure you need to feel the relief of those muscle aches and pains.
4. Now that you have a good understanding of how to use the E & C massage gun, you can use it on your horse.
5. Let your horse see, sniff and feel the massage gun first. Make sure it is turned off.
6. Then switch the E & C massage gun on, starting on the lowest setting and adjusting the settings gradually as you did with your own massage.
7. Take guidance from your horse's body language. Gauge your horse's reaction and let them gradually get used to the massage gun.
8. If the horse appears to be in pain or your horse is not enjoying the massage, stop the massage straight away.
9. Avoid using the massage gun on any wounds, lesions, sores, scabs or abrasions and always consult a vet if any specific symptoms persist or worsen.
10. Give your horse a full body massage with the E & C massage gun. It helps relieve pain, calms a horse in stressful environments, and improves their flexibility.





# DOG MASSAGE

Research shows that massaging dogs is equally as beneficial to using a massage gun on a horse and a person. The results are identical in many ways.

The E & C massage gun enhances your pets health.

The myofascial physiotherapy and deep tissue massage therapy that the E & C massage gun administers, helps reduce stress, muscle tension and pain. Our massage will help increase your dog's flexibility and stimulate their digestion and increased circulation.

Use the E & C massage gun correctly by knowing the right areas to massage your dog as explained below to look after your dogs health, and achieve the best results.

## Head

A dog's head has muscles, organs and many blood vessels. Massage can increase the blood flow in that area. Do not apply heavy pressure to the sensitive areas of a dogs head. Use a low setting on the E & C massage gun, as the muscles in the dog's head are vulnerable to spasm and tension. Massaging dogs on their head will help to reduce muscle stiffness. It also reduces stress.

## Ears

Gently pull back your dog's ear flaps and massage them to increase the blood flow and air circulation. Rotate your dog's ear flaps to ensure its ear canal is open. Do not put heavy pressure on your dogs ears. Use a low setting on the E & C massage gun.

## Neck

use our massage gun to relieve a dogs neck of stiffness, pain and tension.

## Chest

where the dogs head and neck connect is called the parasympathetic nervous system. This region is joined to the circulatory system, therefore massaging a dog's chest is excellent for both its blood pressure and heart.

## Stomach

Massaging your dog's belly helps alleviate stomach problems. Improper diet, bacteria, and overeating are some of the contributory factors towards dogs having digestive issues. Use the E & C massage gun to gently massage your pet's stomach in a clockwise direction. low setting on the E & C massage gun.

## Back

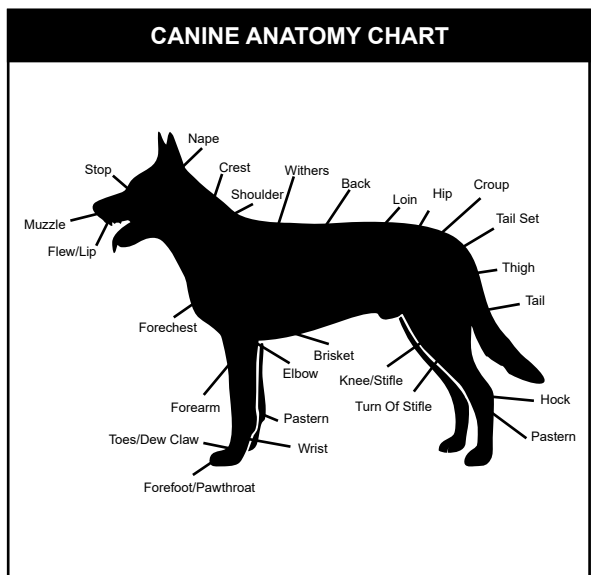
Dog spinal massage will allow your dog to relax. It unwinds contracted muscles and increases blood flow. Use the E & C massage gun gently back and forth across the dogs back to help stretch its skin and muscles.

## Legs

Dogs are vulnerable to joint issues, arthritis, muscle sprain, tissue strain and fatigue. Our massage gun will help to loosen the dogs muscles and alleviate the pain pains.

## Paws

A paw massage improves your dog's blood circulation. N:B carefully check and examine your dog's paws for any abnormalities before giving your dog a massage on its paws. Use a low setting on the E & C massage gun.



## MASSAGE FOR YOU



### INSTRUCTIONS FOR USE

First use: Charge for 3 hours with USB cable provided

Place chosen attachment onto massage gun

Power on/off button (press until light appears)

Continue to press on button to switch between speed levels

Start with the lowest level and test each level to get an idea of how the massage gun feels on your body

N:B Stop using if there is discomfort in certain areas of the body.

Do not use the massage gun on your head

Keep away from any wet surfaces. Do not let water enter the device.

Do not drop the device

Warning: Pregnant women and people using pacemakers, must not use the massage gun.

 <p><b>ROUND HEAD</b> Suitable for full body muscle massage and relaxation</p>	 <p><b>SOFT HEAD</b> For all parts of the body: provides softer massage</p>	 <p><b>FLAT HEAD</b> For all parts of the body: waist, back and arms</p>
 <p><b>Y SHAPED HEAD</b> Use to massage arms, legs, thighs and calves</p>	 <p><b>SPINAL HEAD</b> Used for spinal massage more irritating</p>	 <p><b>BULLET HEAD</b> Used for trigger point massage Stay no longer than 15 seconds</p>

## WARRANTY PERMISSIONS

The warranty period of this product is 12 months, and the permissions are not transferable. It is available during the warranty period from the date the user buys the machine. Primary documents can enjoy warranty service (the appearance and wear caused by mechanical operation are not covered by the warranty).

### DISCLAIMER:

(The following are not covered by the warranty)


1. Accidental damage, improper use or transportation;
2. The product is repaired through improper channels;
3. Didn't follow the product instructions;
4. Cannot provide formal proof of purchase;

PRODUCT WARRANTY CARD		
PRODUCT MODEL	SERIAL NO.	DATE
Customer Information	Customer's Name	Postcode
	Detailed Address	
	Contact Number	
Trade Name		Repair Record
Maintenance Records		

The content of this specification and the specifications of this product are subject to change without prior notice.

We reserve the right to change the specifications and materials contained therein without prior notice, caused by trust in the materials cited. The company will not be liable for damage (including resultious damage), including but not limited to printing errors and other errors related to this publication.

This instruction manual is for reference only and docs not constitute any form of commitment. Please refer to the actual purchase for product configuration information and specifications.

CERTIFICATE	
Test conclus: _____	
Inspector No: _____	
Inspection Date: _____	

## **INDICATIONS AND CONTRAINDICATIONS**

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders in a short period of time.

Almost all soft tissue diseases are associated with trauma, excessive muscle use or abnormal posture, and most of the scar tissues involved in these diseases can be treated with this device.

Avoid excessive stress and prolonged physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

The ongoing research is about the impact of vibration training on specific medical conditions. This is very likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, it is also a physiotherapy recommendation to combine vibration training into physiotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

### **INDICATIONS**

- Pain and cramps due to muscle injury, sprains, strains
- Help the flow of edema fluid in the swollen area
- Relax thickened connective tissues and fascias
- Reduce the accumulation of lactic acid in muscles
- Increase joint mobility
- Eliminate muscle fatigue

### **CONTRAINDICATIONS**

- Aneurysm, bleeding, use of blood thinner
- Heart disease, with a pacemaker or defibrillator
- Pregnancy, cancer
- Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internal fixation
- Sensitive area: head, face, cervical vertebrae, spine
- Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand

## Use Method

Operation Program of Lower Limbs

### Prone position

Small flat head vertically downward

Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx3 times

The movement direction is from up to down.

### Small flat head outward 45 Degrees

Gracilis 10s-15sx2 times

Adductor longus 10s-15sx2 times

Adductor brevis 10s-15sx2 times

Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

The movement direction is from up to down.

### Small round head vertically downward

#### Popliteus

Knee straightening position 15s-30s

Knee bending position 15s-30s

### Supine position

#### Small flat head vertically downward

Quadriceps femoris

Rectus femoris 30s-45sx2 times

Vastus lateralis 30s-45sx2 times

Vastus medialis 30s-45sx2 times

Vastus intermedius 30s-45sx2 times

The movement direction is from up to down.

### Small flat head vertically downward

Sartorius 30S-45S

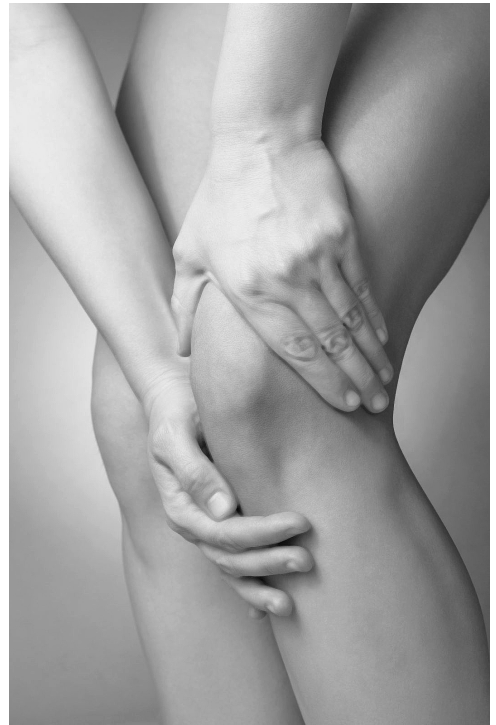
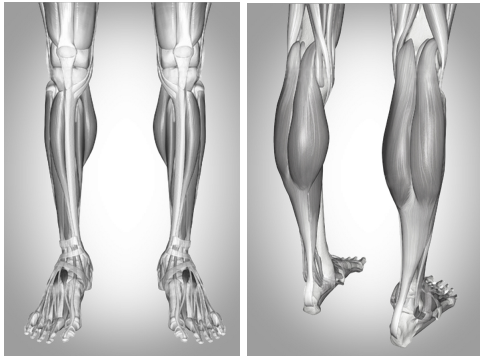
Tensor fasciae latae 15s-20sx2 times

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down.



## Gonarthrits

### Supine position

#### Small flat head vertically downward

Quadriceps femoris

Rectus femoris 30s-45sx2 times

Vastus lateralis 30s-45sx2 times

Vastus medialis 30s-45sx2 times

Vastus intermedius 30s-45sx2 times

The movement direction is from up to down.

The patient slowly and slightly bends the knee.

### Small round head vertically downward

Iliac bone edge - iliac bone anterior 30s-1min

Rectus femoris, inguen 1min

Tensor fasciae latae 15s-20sx2 times

Patellar ligament area 20sx3 times

### Prone position

#### Small round head vertically downward

##### Popliteus 30s-45s

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30sx3 times

Soleus 20s-30sx3 times

## **Plantar fasciitis**

### **Prone position (single side)**

#### **Small flat head vertically downward:**

Hamstring

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30s.3 times

The movement direction is from up to down.

#### **U head vertically downward**

##### **Popliteus**

Knee straightening position 15s-30s

Knee bending position 15s-30s

Triceps surae

Gastrocnemius 20s-30sx3 times

Solcus 20s-30sx3 times

The front foot sole touches the ground.

#### **Small round head vertical to planta pedis:**

##### **Plantar fascia**

## **Operation Program of Sacroiliac Part**

### **Prone position (single side)**

Small flat head vertically downward:

Gluteus medius 30s-1minx4 times

Gluteus maximus 30s-1minx4 times

Piriformis 1min-1.5min

Articulatio sacroiliaca 1min-1.5min

The direction is from inside up to outside down, along the muscular direction.

### **Hamstring**

Biceps femoris 20s-30sx3 times

Semitendinosus 20s-30sx3 times

Semimembranosus 20s-30sx-3 times

From up to down

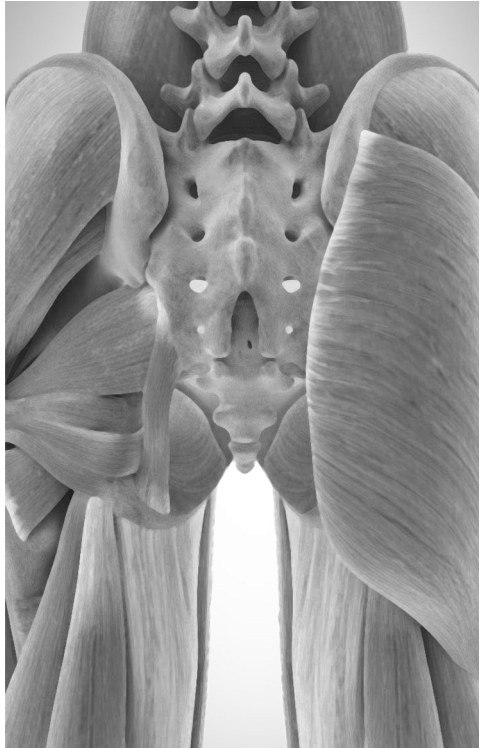
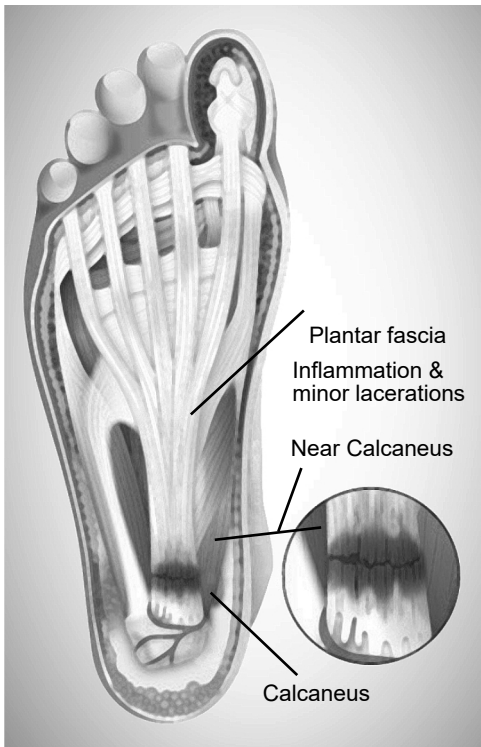
### **Supine position**

Tibialis anterior 15s-20sx2 times

Peroneus longus 15s-20sx2 times

Peroneus brevis 15s-20sx2 times

The movement direction is from up to down.

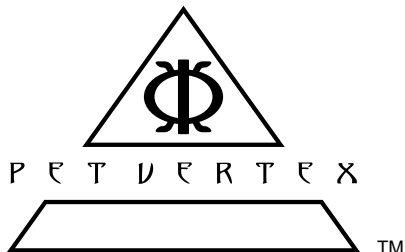


## **THIS PACKAGE INCLUDES:**

1x massage gun  
1x USB charging cable  
6 attachments  
Instruction manual

## **Specifications:**

Speed Levels: 4  
Charging Time: 2-3 hours  
Massage Time: Up to 5-6 hours  
Power supply: 24W  
Input Voltage: 5V  
Motor : Brushless  
Battery capacity: Lithium 2500mAh  
RPM: 3200 rmp  
Carry case dimensions: 22-17-6 cm  
Product size: 11-14.5-4 cm  
Unit weight: 0.4 kg





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Tel: 0870350135



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