



MODES



Explanation of the different modes on a HiDow (Acu XPD-S version)

Mode 1- 6 are single pulse modes



Mode 1- pushing: simulates thumbs, fingers and palms of a real massage therapist. The sensation should feel like a vibration. Focuses on hypertension and stress and helps break down lactic acid pockets in your muscles and joints. By doing so it will help return a full range of motion and flexibility to that specific effected or damaged area.



Mode 2- acupressure: a much more rapid and focused pulse that focuses on pin-pointing pressure spots. Very similar to Chinese acupuncture.



Mode 3- tapping: a deep tissue massage mode giving a solid tap sensation. By tapping the muscle you are increasing the bodies natural blood flow and oxygen supply to targeted area. This also helps flush any inflammation or swelling in that pin-pointed target area.



Mode 4- cupping: a muscular mode modelled on Chinese cupping massage, it is a drawing up pulse which will pull up the muscle and release. Drawing blood and toxins to the surface and useful for relaxing muscles and cramps. Very good for the thoracic area (upper back)
(NOT AVAILABLE ON AcuXPD)



Mode 5- scraping: a muscular mode giving a short pulse, particularly effective on the lumbar area (lower back). Used for releasing muscle tension and assisting in fatigue and relaxation.
(NOT AVAILABLE ON AcuXP MICRO & AcuXPD)



Mode 6- kneading: particularly helpful in activating and improving blood circulation, thereby promoting overall body strength and wellbeing.
(NOT AVAILABLE ON AcuXP MICRO & AcuXPD)

Mode 7 - 12 are combination modes



Mode 7- contract and hold: this mode has the longest contraction in the HiDow. It is designed to simulate a flex movement to help build muscle tissue.
(NOT AVAILABLE ON AcuXP MICRO)



Mode 8- "ramping wave": It's a mixture of "grabbing" and "tapping", the tapping will break up all the lactic acid and muscular toxins. The sensation will begin to accelerate and get faster until it gets to a fully facilitated contraction and release. Then automatically go into a cycle of 5 different type of therapeutic sensations.



Mode 9- "tapping and kneading": a mixture of fast and slow contractions. Provides an alternating pulse combining two popular massage modes for effective pain relief and massage.



Mode 10- foot massage: this is the mode used in conjunction with the AcuSlippers, AcuGloves and AcuSocks. Reflex areas on the feet/hands are stimulated and, through nerve conduction, then stimulate and relax various parts of the body, promoting overall health and wellbeing while providing a relaxing foot and hand massage.



Mode 11- ear massage: this mode is used with the earclips that is comes with the AcuXPD-S device only. Similar to the reflexology effect of Mode 10, stimulating the ear effectively stimulates various parts of the body, improving body function and promoting healing. [Click here for information on earclip placement.](#)



Mode 12- exercise: this is a the mode used to stimulate muscles, inducing fat burning movements that can be used over a period of time without the fatigue of exercise. Increased exercise and movement helps the body stay healthy and able to cope with the stresses of life as well as having a slimming effect .

(NOT AVAILABLE ON AcuXP MICRO)