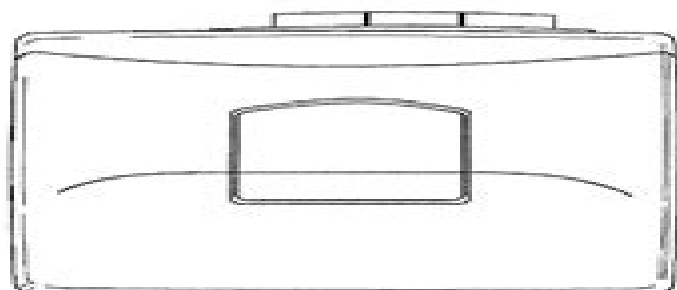
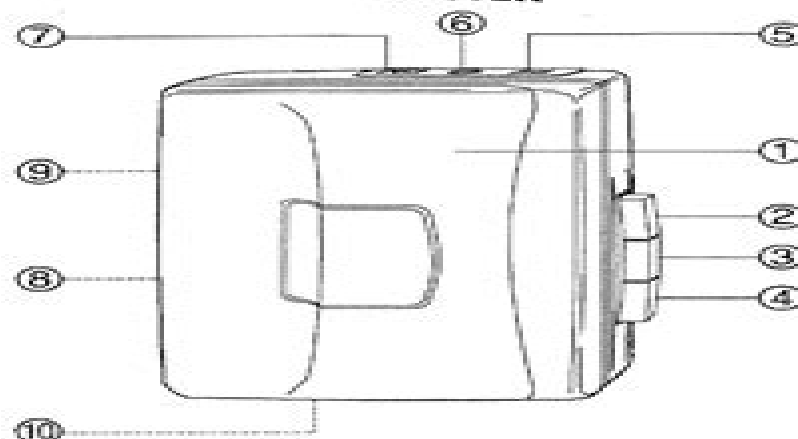


AS-30

STEREO CASSETTE PLAYER



SPARE PARTS MASTER



CASIO.

OPERATING INSTRUCTION

ENGLISH

LOCATION OF CONTROLS

1. CASSETTE DOOR
2. STOP KEY
3. FAST FORWARD KEY
4. PLAY KEY
5. BASS BOOSTER SELECTOR
6. PHONE SOCKET

7. VOLUME CONTROL
8. BATTERY DOOR
9. BELT CLIP
10. EXTERNAL DC POWER SOCKET

BATTERY OPERATION

Unclip the Battery Door (8) and insert 2x1.5V (R6S) batteries or equivalent (not supplied) observing correct polarities. For prolonged battery life, we recommend the use of LRI6 alkaline batteries.

EXTERNAL DC SOCKET

As an alternative to batteries, the unit can be operated from an external DC supply, via a suitable 3 volt adaptor. (adaptor not supplied). Connect the centre negative adaptor to the External DC Socket (10). When using an adaptor the batteries are automatically disconnected, however batteries must be removed if not being used for a prolonged period of time, or if the unit is to be continuously operated from an adaptor.

PLAYING A CASSETTE TAPE

1. Open the Cassette Door (1) and insert the cassette with the tape uppermost.
2. Adjust the headphones for your comfort and insert the plug into the Headphone Socket (6).
3. Press the Play Key (4) and adjust the Volume Control (7) for your desired listening level.

FAST WINDING

The tape can be rapidly wound from one spool to another by pressing the Fast Forward Key (3). The Stop Key (2) must be used between fast winding and playback operations in order to prevent damage to the cassette tape.

BASS BOOST

The Bass Boost Selector (5) can be used to enhance the effect of lower frequencies it is not recommended that Bass Boost is selected when listening at high volume levels as this will cause distortion.

PRECAUTIONS

Common causes of trouble are:
a) Tapes jamming leading to uneven speed on playback, and
b) Tapes tangling where the tape wraps itself around vital parts of the mechanism. To reduce the likelihood of these problems occurring you MUST observe the following precautions:
Check that there are no loose layers of tape visible through the cassette centre window (see Fig. 2). Take up these loose layers using a pencil or ballpoint pen before inserting the cassette into the machine (see Fig. 3).



Fig. 2

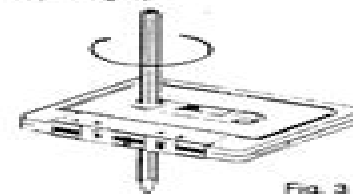


Fig. 3

If the cassette feels 'tight' whilst performing the operation shown above, the tape may be jamming due to 'ridges' in the winding of the tape (visible through the centre window). These may be removed in most cases by fast winding of the cassette from one end to the other.
Use only well-known brands of tape.
Avoid use of C120 cassettes.

BATTERY CARE

1. Check correct fitting of batteries, observing correct polarities.
2. Always replace a whole set of batteries at a time. Do not mix old and new batteries.
3. Remove dead batteries from equipment and all batteries when not using for a prolonged period of time.
4. Never dispose of batteries in fire, as this can cause them to explode.
5. Never attempt to recharge ordinary batteries.
6. Children should be supervised if changing batteries.

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sie sind durch pochende schmerzen auf einer seite des kopfes gekennzeichnet eine migräne ist ein mittelschwerer bis
 schwerer kopfschmerz migräneanfälle sind komplizierte vorgänge im gehirn die häufig mehrere stunden bis mehrere tage
 dauern migräne ohne aura ist am häufigsten anzutreffen 75 prozent der fälle

thieme physiotherapie bei kopfschmerzen und migräne - May 16 2023

aus lüdtke u schäfer physiotherapie bei kopfschmerzen und migräne isbn 9783132421059 2020 georg thieme verlag kg
 stuttgart new york 2 physiotherapeutisches assessment 35 2 1 anamnese 35 2 1 1 allgemeine anamnese kopf
 schmerzgeschichte schmerz lindernde und steigernde faktoren 35

migräne und kopfschmerzen lindern mit physiotherapie - Apr 03 2022

apr 1 2018 kopfschmerz ist nicht gleich kopfschmerz und in deutschland leiden 12 millionen menschen an migräne und
 kopfschmerzen mit physiotherapie lassen sich die beschwerden lindern so der ratgeber von autor benjamin schäfer alle
 muskeln und strukturen die auf die halswirbelsäule einwirken können somit indirekt an kopfschmerzen beteiligt

migräne behandlung ucar clinic türkei İstanbul - Sep 08 2022

hierbei werden kleine botox mengen mit feiner nadel in die muskulatur an stirn kopf und nacken injiziert meist sind es
 insgesamt 30 40 injektionspunkte details zur migräne behandlung behandlungsdauer 15 25 minuten für wem ist eine
 migränen behandlung geeignet für personen die unter dauerhafter starker migräne leiden

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physiotherapie bei kopfschmerzen und migrane phys das hilft bei kopfschmerzen und migräne may 26 2020 bircher benner
 handbuch kopfschmerzen und migräne apr 05 2021 kopfschmerzen im kindes und jugendalter feb 03 2021 studienarbeit aus
 dem jahr 2006 im fachbereich psychologie klinische u gesundheitspsychologie

migraine and cardiovascular risk factors a clinic based study - Nov 10 2022

objective the relation between migraine and vascular risk factors is an unclear issue furthermore the reasons for
 chronification are still unknown probably the age related risk and other factors leading to migraine progression will also

change in the future under these questions we aimed to investigate whether or not there is a specific

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physiotherapie bei kopfschmerzen und migrane phys downloaded from 2013 thecontemporaryaustin.org by guest jillian adrienne patientenratgeber kopfschmerzen und migräne springer verlag der renommierte kopfschmerzexperte professor dr hartmut göbel informiert über formen und

so hilft physiotherapie bei kopfschmerzen patientenwissen - Dec 11 2022

may 12 2015 eine reihe von techniken steht zur verfügung je nach ursache der kopfschmerzen und der erfahrungen und präferenzen vergangener behandlungen weichteil therapie für die muskeln und faszien der hws zielt auf das loslassen der verspannten muskeln und faszien in der folge hat sich eine mobilisierung bzw

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erfolgreich gegen kopfschmerzen und migräne kopfschmerzen und migräne das Übungsbuch physiotherapie bei chronischen schmerzen eine studie zur multimodalen schmerztherapie handbuch der psychoedukation evidenzbasierte therapie leitlinien dynamische und energetische techniken in physiotherapie und manueller medizin Übungen

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physiotherapie bei kopfschmerzen und migräne autor kerstin lüdtke benjamin schäfer verlag thieme auflage 1 auflage 2019 sofort verfügbar die autoren haben jahrelange erfahrung in der behandlung von patienten mit kopfschmerzen und therapieren auf basis der aktuellen evidenz

kopfschmerz und migräne was neben medikamenten helfen kann - Feb 13 2023

jan 19 2022 bei patienten mit migräne werden zur bestimmung der indikation für physiotherapie lediglich fünf dieser elf tests empfohlen die untersuchung von myofaszialen triggerpunkten die kopfposition nach anterior das zervikale bewegungsausmaß die untersuchung von segmentalen hws hypomobilitäten und der flexions rotations test 4