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## Theramedic Flex

# Theramedic Flex Track Massage Chair User Manual

Model: Flex

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## 1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the Theramedic Flex Track Massage Chair. Retain this manual for future reference.

- **Weight and Height Limits:** The maximum user weight for this chair is 350 pounds. The maximum user height is 6.4 feet. Exceeding these limits may cause damage to the chair or injury to the user.
- **Placement:** Always ensure the chair is placed on a stable, level surface.
- **Power Source:** Connect the chair to a grounded electrical outlet with the correct voltage and frequency (150W, 60Hz).
- **Children and Pets:** Keep children and pets away from the chair, especially during operation.
- **Medical Conditions:** Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- **Avoid Overuse:** Do not use the massage chair for extended periods. Recommended session duration is typically 15-30 minutes.
- **Maintenance:** Do not attempt to repair the chair yourself. Contact qualified service personnel for any repairs.

## 2. PRODUCT OVERVIEW

The Theramedic Flex Track Massage Chair is designed to provide a comprehensive full-body massage experience. Key features include:

- **Zero Gravity Recline:** Two-stage zero gravity positioning elevates your legs above your heart, reducing spinal pressure and enhancing massage intensity.
- **SL Flex Track:** An innovated track system that pivots to conform to the natural curve of your back, providing a more precise massage.
- **Full Body Air Massage:** Features 48 air cells located in the shoulders, back, waist, hip, calf, and feet for compression massage.
- **Heat Therapy:** Built-in mild waist heater and knee heat calf kneading massage rollers to relieve muscle tension and

promote circulation.

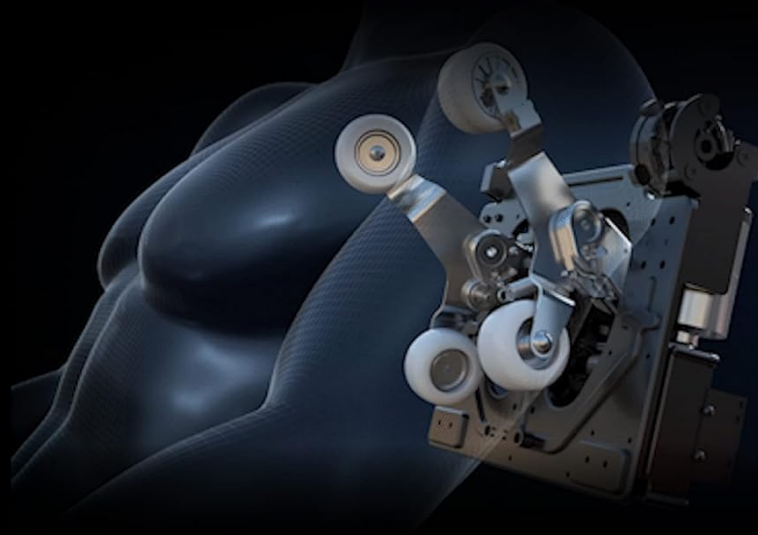
- **Foot Roller Massage:** Foot rollers provide a scraping massage to alleviate foot fatigue and soreness.
- **Bluetooth Connectivity:** Allows for audio playback from compatible Bluetooth devices.
- **12 Auto Wellness Programs:** Pre-programmed massage routines for various needs.
- **Customizable Massage Methods:** Five professional massage techniques: Kneading, Tapping, Knocking, Shiatsu, and Sync.
- **Space-Saving Design:** Requires only 4 inches from the wall for full recline.



*Figure 2.1: The Theramedic Flex Track Massage Chair, showcasing its sleek black design.*

# Smooth & Sensitive Massage Rollers with 5 styles

Engineered to make you feel relaxed and at ease.



Kneading



Tapping



Knocking



Shiatsu



Sync

Figure 2.2: The innovative SL Flex Track system, demonstrating its ability to pivot and conform to the user's back for a more effective massage.

## 3. ASSEMBLY AND SETUP

The Theramedic Flex Track Massage Chair is shipped in two boxes. Assembly is required. Please follow the detailed instructions provided in the separate assembly guide included with your package.

### 3.1 Unpacking and Placement

1. Carefully open both boxes and remove all components. Ensure all parts listed in the assembly guide are present.
2. Position the main body of the chair in your desired location. The chair is equipped with two wheels for easier movement.
3. Ensure there is at least 4 inches of clearance from the wall for the chair's recline function.
4. Verify that your doorway is at least 29 inches wide for the unassembled chair to pass through.

# FLEX SL-Track

Theramedic Flex is designed with a newly innovated track that pivots its angle to conform to your back.

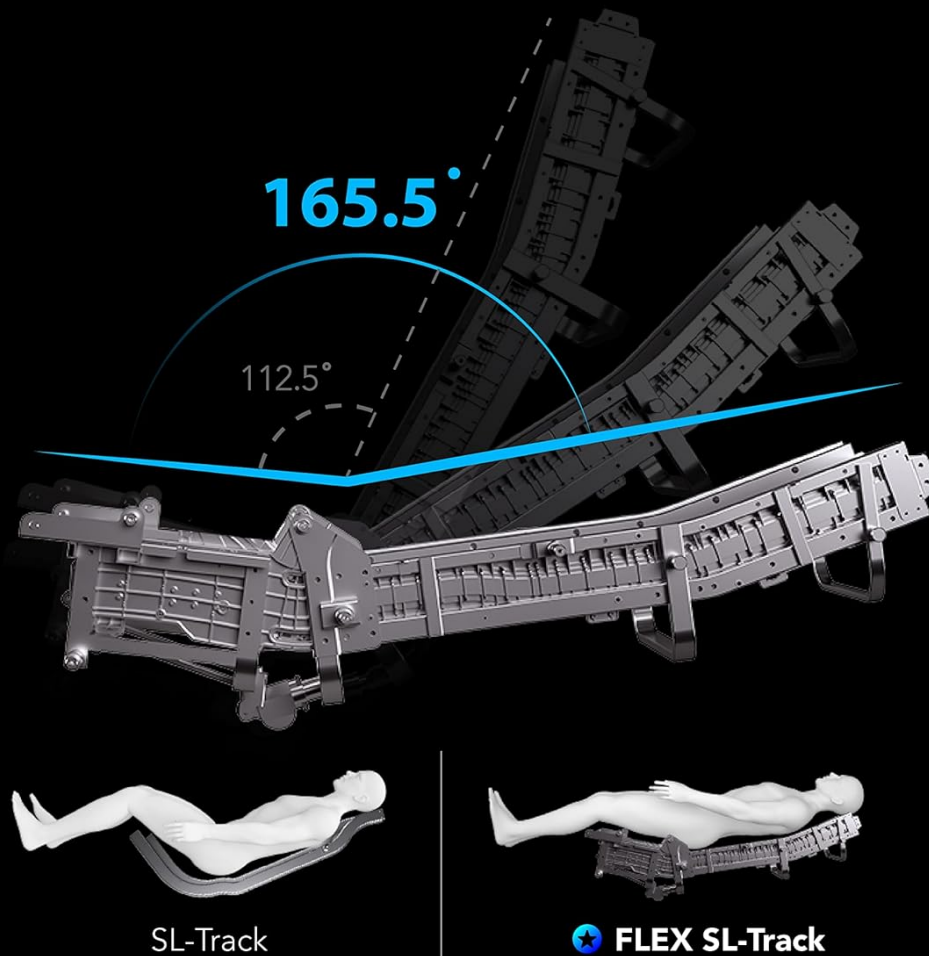


Figure 3.1: Chair dimensions and minimum doorway size for installation. The chair measures 62" upright / 73" reclined in depth, 29" in width, and 46" upright / 33.5" reclined in height. The minimum doorway size for the unassembled chair is 29 inches.

## 3.2 Power Connection

- Once assembled, connect the power cord to the chair and then to a suitable grounded electrical outlet.
- Ensure the power switch on the chair is in the "OFF" position before plugging it in.

## 4. OPERATING INSTRUCTIONS

The chair is operated using the included remote control. Familiarize yourself with the remote's buttons and functions.

### 4.1 Powering On/Off

- To power on, ensure the main power switch on the chair is "ON", then press the power button on the remote control.
- To power off, press the power button on the remote control. The chair will return to its upright position before shutting down.

### 4.2 Adjusting Recline and Zero Gravity

- Use the recline buttons on the remote to adjust the backrest and leg rest to your desired position.
- Press the "Zero Gravity" button to activate the two-stage zero gravity recline. Press again to cycle through the stages or return to a normal recline.



Figure 4.1: The chair demonstrates its two-stage zero gravity recline and space-saving design, requiring only 4 inches from the wall.

## 5. MASSAGE PROGRAMS AND TECHNIQUES

### 5.1 Auto Wellness Programs

The chair features 12 pre-set auto wellness programs designed for various therapeutic benefits. Select your desired program from the remote control.

- Programs include options for stretching, muscle tension release, sleep & recovery, and user-customized settings.

### 5.2 Customizable Massage Methods

You can also select and combine individual massage techniques:

- **Kneading:** Circular motions to relieve muscle knots.
- **Tapping:** Rhythmic tapping to stimulate circulation.
- **Knocking:** Stronger, percussive movements for deep tissue.
- **Shiatsu:** Pressure point massage to relax muscles.
- **Sync:** Combines multiple techniques for a varied massage.

**Ultra Quiet  
Massage**

**50 dB**

**Bluetooth  
Audio**



*Figure 5.1: The five primary massage techniques offered by the chair's smooth and sensitive massage rollers.*

## 2 Stage ZERO GRAVITY



Space Saving  
Design

4" from the wall



Figure 5.2: Overview of the full body air massage system with 48 air cells and the 12 available auto programs, including stretching, recovery, and customized options.

### 5.3 Heat Therapy and Foot Rollers

- Activate the back and knee heat functions via the remote control for soothing warmth.
- The foot rollers will automatically engage during most programs. You can adjust their intensity or turn them off if desired. The footrest is extendable for taller users, offering up to 7 inches of additional length.



*Figure 5.3: Features include infrared heat for the back and calves, a footrest with 7-inch extension for taller individuals, and a quick controller with an integrated USB charger.*

## **6. BLUETOOTH CONNECTIVITY**

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The Theramedic Flex chair includes a Bluetooth audio system, allowing you to stream music or audio from your compatible device.

1. Ensure the massage chair is powered on.
2. On your mobile device, navigate to the Bluetooth settings.
3. Search for available devices. The chair should appear as "Theramedic Flex" or a similar name.
4. Select the chair to pair. Once paired, audio from your device will play through the chair's speakers.

# Full Body Air Massage

# 48 Air Cell



# Silent Foot Roller

# 12 Auto Program

## Stretching & Muscle Tension Release



## Sleep & Recovery



## User Customized



## Body Customized



Figure 6.1: The chair operates at an ultra-quiet 50 dB and features integrated Bluetooth audio for an enhanced relaxation experience.

## 7. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your massage chair.

### 7.1 Cleaning

- **Exterior:** Wipe the chair's surface with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Interior:** Periodically vacuum any dust or debris from crevices.
- Ensure the chair is unplugged before cleaning.

### 7.2 Storage

- If storing the chair for an extended period, unplug it and cover it to protect from dust.
- Store in a cool, dry place away from direct sunlight.

## 8. TROUBLESHOOTING

If you encounter any issues with your massage chair, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Chair does not power on.	Power cord not connected; main power switch off; power outlet issue.	Ensure power cord is securely plugged in. Check main power switch on chair. Test outlet with another device.
Massage function not working.	Program not selected; safety sensor activated; remote control issue.	Select an auto program or manual massage technique. Ensure no obstructions are blocking sensors. Check remote battery.
Bluetooth not connecting.	Chair not in pairing mode; device too far; interference.	Ensure chair is powered on. Move device closer to chair. Restart both chair and device.
Unusual noises during operation.	Loose component; internal malfunction.	Turn off and unplug the chair. Inspect for any visible loose parts. If noise persists, contact customer support.

If the problem persists after attempting these solutions, please contact customer support for assistance.

## 9. SPECIFICATIONS

**Brand:** Theramedic (Manufacturer)

**Model Name:** Flex

**Color:** Black

**Product Dimensions (Upright):** 62"D x 29"W x 46"H

**Product Dimensions (Reclined):** 73"D x 29"W x 33.5"H

**Item Weight:** Approximately 325 pounds

**Maximum User Weight:** 350 pounds

**Maximum User Height:** 6.4 feet

**Rated Power:** 150W

**Rated Frequency:** 60Hz

**Material:** High-grade synthetic PU leather, Foam fill

**Special Features:** Zero Gravity, SL Flex Track, Full Body Air Massage (48 air cells), Back & Knee Heat Therapy, Foot Roller Massage, Bluetooth Audio, USB Charger (on quick controller)

**Included Components:** Massage Chair, Remote Control, User Manual

**UPC:** 810081881692

## 10. WARRANTY AND SUPPORT

The Theramedic Flex Track Massage Chair comes with an exclusive warranty that covers all mechanical and electrical components. This warranty is designed to protect your investment and ensure long-term relaxation and comfort.

- For detailed warranty terms and conditions, please refer to the warranty card included with your purchase or contact Theramedic customer support.
- For technical support, troubleshooting assistance, or to inquire about parts and service, please contact Theramedic customer service. Contact information can typically be found on the warranty card or the manufacturer's website.

