Air Relax AR-3.0

Air Relax Plus AR-3 Professional Compression Boots Instruction Manual

Model: AR-3.0 | Brand: Air Relax

1. Introduction and Overview

The Air Relax Plus AR-3 Professional Compression Boots system is an FDA and CE MDD cleared medical device designed to enhance blood circulation, promote lymphatic fluid movement, aid in muscle recovery, and alleviate muscle pain and aches. This system utilizes advanced compression technology to provide therapeutic benefits for your legs.

The device features a digitally controlled operation cycle with multiple therapy modes and an internal pressure sensor to ensure even pressure distribution tailored to individual leg circumference.



Image: The Air Relax Plus AR-3 Professional Compression Boots system, including the control unit and leg sleeves.

2. Setup Instructions

1. Ensure the Air Relax Plus device is turned off and unplugged from the power source.
2. Select the appropriate leg sleeve size based on your inseam measurement. Refer to the sizing chart in Section 4 for guidance.
3. Connect the leg sleeves to the control unit. Ensure all hoses are securely attached to their corresponding ports on the control unit.
4. Plug in the control unit to a suitable power outlet.
5. Place the leg sleeves on your legs, ensuring a snug but comfortable fit. Use the zippers and any adjustable straps to secure them properly.



Image: Air Relax Plus AR-3 compression boots laid out, showing the connection points to the control unit.

3. Operating Instructions

The Air Relax Plus AR-3 control unit features an intuitive interface with dedicated buttons for power, mode selection, target area selection, pressure adjustment, and time setting.

Control Unit Functions:

- **ON/OFF Button:** Powers the device on or off.
- **MODE Button:** Cycles through the available therapy modes (P, S, F).
- **TARGET Button:** Allows selection of specific chambers for targeted compression.
- **PRESSURE Button:** Adjusts the compression intensity (4 levels).
- **TIME Button:** Sets the session duration (15 or 30 minutes).

Therapy Modes:

The AR-3 offers three primary therapy modes and a targeted compression option:

- **P Mode (Progressive Peristaltic Therapy):** Chambers inflate sequentially from the feet upwards. Once the third chamber inflates, the first chamber deflates. This continues until all chambers are inflated, then they deflate in sequence.
- **S Mode (Cyclical Uniform Therapy):** Each chamber inflates one at a time, holding the pressure until all chambers are full. Then, all chambers deflate simultaneously.
- **F Mode (Continuous Therapy):** All chambers inflate simultaneously and hold pressure for the duration of the session, then deflate together.
- **Targeted Compression Mode:** Use the TARGET button to select specific chambers you wish to inflate. This allows for focused compression on particular areas.

To begin a session, power on the device, select your desired mode, adjust pressure and time, and then start the massage. After use, turn off the device and disconnect the leg sleeves.

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Video: Demonstration of the Air Relax Plus AR-3 control unit, showing how to select modes, adjust pressure, and set time. This video illustrates the user interface and basic operation.

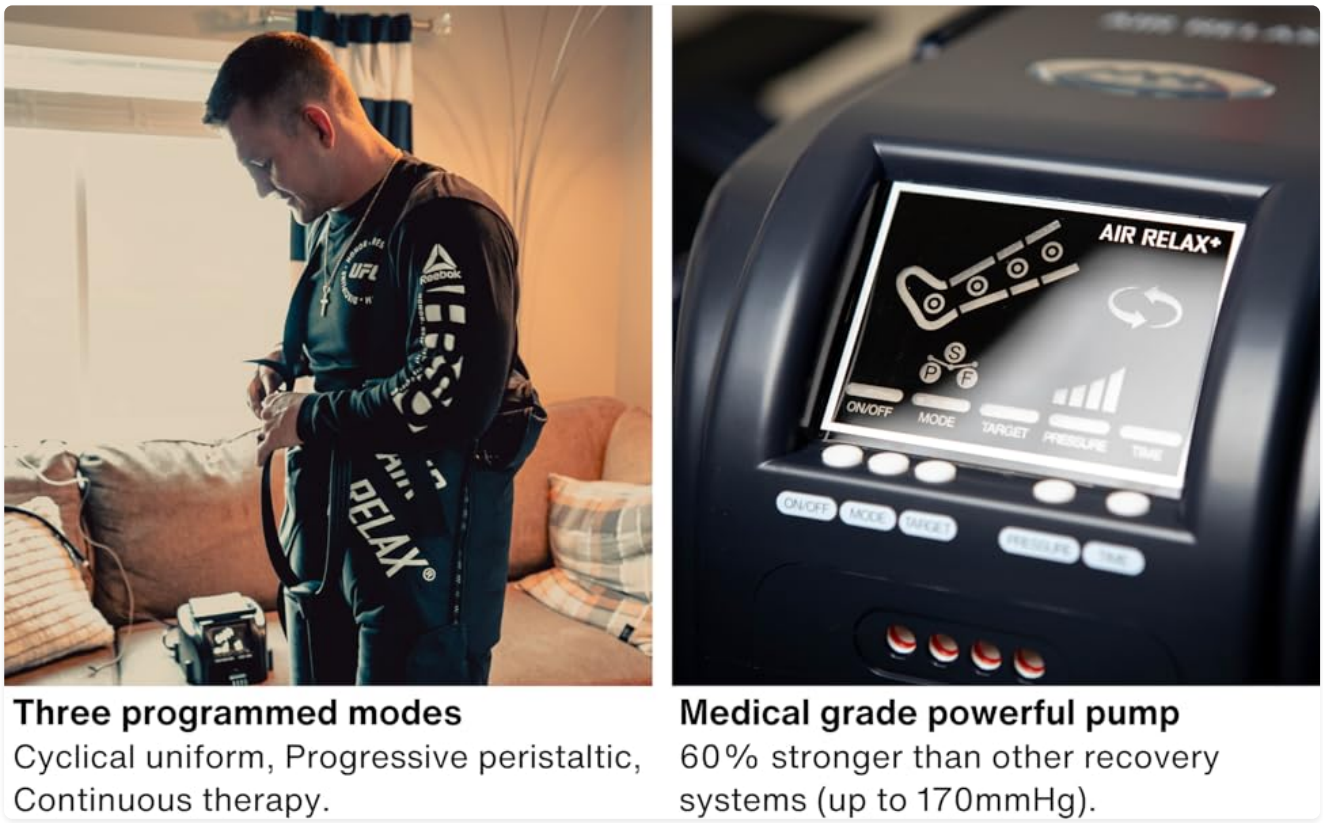


Image: Diagram showing the inflation and deflation patterns for Progressive (P), Sequential (S), and Full (F) therapy modes.

4. Sizing Information

To ensure optimal performance and comfort, select the correct leg sleeve size. Measure the length from the top of your inside leg at the crotch to the heel (inseam). If you are between sizes, it is recommended to choose the longer sleeves for a more accurate result.

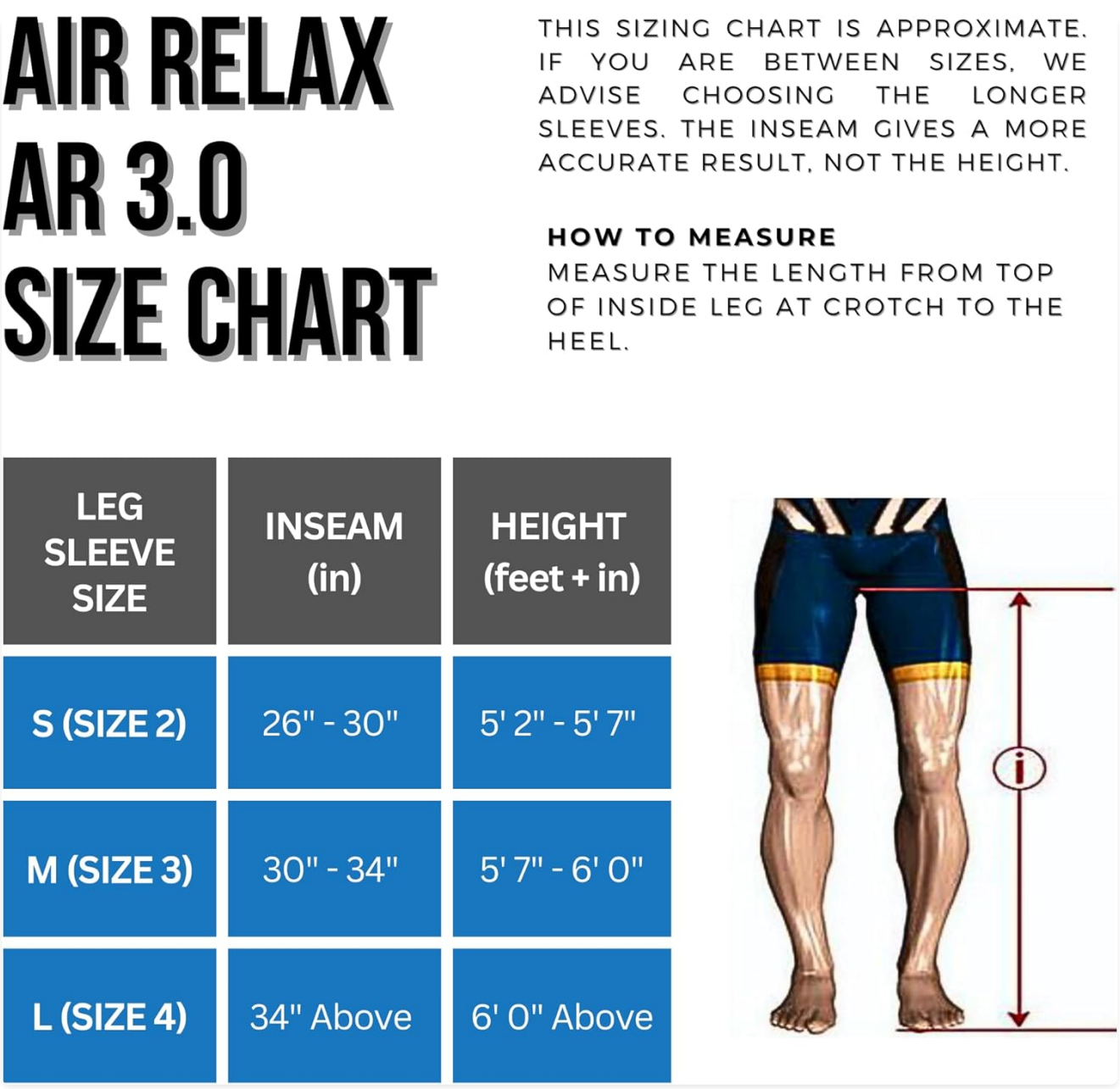


Image: Air Relax AR 3.0 Size Chart. This chart provides recommended leg sleeve sizes (S, M, L) based on inseam measurements and corresponding height ranges.

Air Relax AR-3.0 Leg Sleeve Size Chart

Leg Sleeve Size	Inseam (in)	Height (feet + in)
S (Size 2)	26" - 30"	5' 2" - 5' 7"
M (Size 3)	30" - 34"	5' 7" - 6' 0"
L (Size 4)	34" Above	6' 0" Above

5. Product Specifications

- **Product Dimensions:** 10 x 7 x 5 inches
- **Item Weight:** 7.75 Pounds

- **Material:** Nylon, Plastic
- **Power Source:** Corded Electric
- **Use for:** Legs
- **Item Model Number:** AR-3.0
- **Manufacturer:** AIR RELAX
- **FDA Cleared:** Yes
- **CE MDD Cleared:** Yes
- **Therapy Modes:** Progressive (P), Cyclical Uniform (S), Continuous (F), Targeted Compression
- **Chambers:** 4 Chambers
- **Pressure Settings:** 4 levels (up to 170 mmHg)
- **Timer Settings:** 15 or 30 minutes

6. Care and Maintenance

Proper care and maintenance will extend the life of your Air Relax Plus AR-3 system.

- **Cleaning:** Wipe the control unit and leg sleeves with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is unplugged before cleaning.
- **Storage:** Store the device and leg sleeves in a cool, dry place away from direct sunlight. Avoid folding the leg sleeves tightly to prevent damage to the air bladders.
- **Inspection:** Regularly inspect hoses and connections for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

7. Troubleshooting

If you encounter any issues with your Air Relax Plus AR-3 system, please refer to the following common troubleshooting tips:

- **Device Not Turning On:** Ensure the power adapter is securely plugged into both the control unit and a working electrical outlet.
- **No Compression or Weak Compression:** Check that all hoses are firmly connected to the control unit and the leg sleeves. Ensure there are no kinks or blockages in the hoses. Verify that the leg sleeves are properly zipped and sealed around your legs.
- **Uneven Compression:** Confirm that the leg sleeves are correctly positioned and that the internal pressure sensor is functioning by observing the display.
- **Unusual Noises:** If the device makes unusual noises, turn it off immediately and unplug it. Contact customer support for assistance.

For persistent issues or technical support, please contact Air Relax customer service.

8. Warranty and Support

The Air Relax Plus AR-3 Professional Compression Boots system comes with a manufacturer's warranty. For detailed information regarding warranty coverage, terms, and conditions, please refer to the warranty card included with your product or visit the official Air Relax website. For any support inquiries, product registration, or service requests, please contact Air Relax customer support directly.

Contact Information: Please refer to the contact details provided in your product packaging or on the official Air Relax website.

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