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Hyperice RE0001

Hyperice X Knee Device Instruction Manual

Model: RE0001 | Brand: Hyperice

INTRODUCTION

The Hyperice X Knee Device offers advanced heat and cold contrast therapy designed to alleviate pain and inflammation, while promoting increased range of motion. This device provides long-lasting, sustained relief without the need for ice or cords, offering fully automated, electric contrast therapy at home or on-the-go.



Figure 1: Main view of the Hyperice X Knee Device.

SAFETY INFORMATION

- Avoid direct contact with heat for extended periods.
- Use on clean and dry skin only.
- Do not use while sleeping.
- Be cautious with electrical components and do not submerge in water.
- Not intended for children under 12 years of age.

INDICATIONS FOR USE

The Hyperice X Knee Device is indicated for:

- Knee pain relief
- Inflammation reduction
- Circulation enhancement
- Post-activity recovery

SETUP

1. Remove the device from its packaging.
2. Clean the device as necessary before first use.
3. The Hyperice X device may need to be plugged in before first use. Use the included AC cable + 24V charger.
4. Download the Hyperice App and connect the device via Bluetooth.
5. For best results, place your Hyperice X directly on bare skin. Thin, athletic wear may be worn if preferred.
6. Place the Hyperice X over your knee and align the kneecap ring with your kneecap.
7. Adjust straps until snug. If the device is too big, use the included minimizers by attaching them to the existing straps. If the device is too small, use the included extenders in the open loops and secure properly.

Details and specifications

Weight

2 lbs

Size

34 x 28 x 2 in

Battery life

1.5 hours

Temperature

Switch between hot and cold therapy within 60 seconds

Bluetooth

Connects via Bluetooth to the Hyperice App

TSA approved

Approved by TSA for carry-on



Figure 2: Hyperice X Knee Device showing included minimizers and extenders for adaptive fit.

OPERATING INSTRUCTIONS

Once the device is properly fitted and connected to the Hyperice App:

1. Select your desired therapy mode and adjust settings as needed through the Hyperice App.
2. The device provides hot and cold contrast therapy, holding a consistent temperature or automatically switching between hot and cold on a set program.
3. Monitor the device during use and stop if any discomfort occurs.
4. Using the device on the maximum heat or cold setting requires more power and may shorten battery life. The device can be used while plugged in.



Any temp

Tackle your pain and inflammation with the power of cold therapy, or turn up the heat to reduce tension and aches.

Figure 3: Hyperice X Knee Device applied to the knee during a therapy session.

MAINTENANCE

To ensure the longevity and proper functioning of your Hyperice X Knee Device:

- Regularly clean the device as necessary with a soft, damp cloth.
- Ensure the device is fully dry before storage or next use.
- Store in a cool, dry place away from direct sunlight.
- Do not submerge the device in water or use harsh cleaning agents.

TROUBLESHOOTING

If you encounter issues with your Hyperice X Knee Device, consider the following:

- **Device not turning on:** Ensure the device is charged. The device may need to be plugged in before first use.
- **Temperature not reaching desired level:** Ensure the device is placed directly on bare skin or thin athletic wear for optimal contact. Check that the device is not covered, as it requires good ventilation.
- **App connectivity issues:** Ensure Bluetooth is enabled on your mobile device and the Hyperice App is

updated to the latest version. Try restarting both the device and the app.

- **Battery life shorter than expected:** Using maximum heat or cold settings consumes more power. The device can be used while plugged in.

SPECIFICATIONS

Feature	Detail
Product Dimensions	9.75 x 13.88 x 5.25 inches
Item Weight	2 Pounds
Item Model Number	RE0001
Batteries	1 Lithium Ion battery required
Special Feature	App-controlled temperature
Material	Silicone, spacer mesh, velcro, polyester/spandex
Color	Black

WARRANTY AND SUPPORT

For warranty information, product support, or to contact customer service, please visit the official Hyperice website or refer to the documentation included with your purchase.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.