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> Homedics Modulair Compression Calf Wrap Massager Instruction Manual

## Homedics SR-CMC10HJ

# Homedics Modulair Compression Calf Wrap Massager Instruction Manual

Model: SR-CMC10HJ

## INTRODUCTION

The Homedics Modulair Compression Calf Wrap Massager is designed to provide targeted compression therapy to your calves, aiding in recovery and relief from daily strain. This system utilizes air compression with adjustable intensity and heat settings to deliver a customizable massage experience. Please note that the universal controller, which powers this calf wrap, is sold separately.





Image: The Homedics Modulair Compression Calf Wrap Massager, shown with the universal controller attached to its side.

## IMPORTANT SAFETY INFORMATION

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Before using your Homedics Modulair Compression Calf Wrap Massager, please read all instructions carefully. This device is intended for personal, non-medical use to provide a soothing massage. Consult your physician before using this product if you have any medical conditions, including but not limited to, pacemakers, heart conditions, diabetes, or if you are pregnant. Do not use on swollen, inflamed, or broken skin. Keep out of reach of children.

**Note:** The universal controller is required for operation and is sold separately. Ensure you have the correct Homedics Modulair Universal Controller for proper functionality.

## PRODUCT COMPONENTS

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- **Homedics Modulair Compression System Calf Wrap:** The fabric wrap designed to fit around the calf, containing air chambers for compression.

- **Instruction Bulletin:** This manual provides detailed usage and care instructions.
- **Universal Controller (Sold Separately):** The portable power unit that attaches to the wrap, providing control over massage programs, intensity, and heat.

## experience full-body relief with the **modulair compression system**

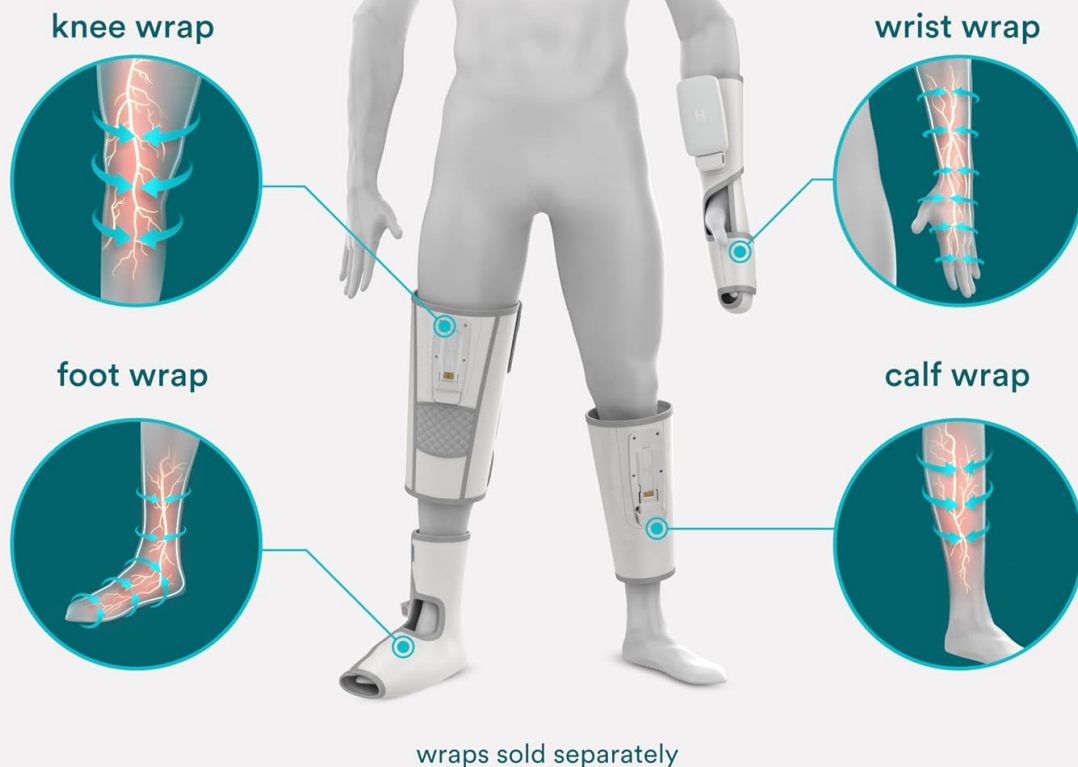


Image: An illustration demonstrating the full Homedics Modulair Compression System, highlighting the various wraps (calf, knee, foot, wrist) and the universal controller that powers them.

### SETUP AND ASSEMBLY

1. **Prepare the Calf Wrap:** Unroll the calf wrap and ensure it is flat and free of creases.
2. **Attach the Universal Controller:** Locate the connection port on the calf wrap. Align the universal controller with the port and firmly slide it into place until it clicks securely.

## science-backed recovery

Compression therapy accelerates recovery from the everyday workout of life



universal controller sold separately

Image: A user demonstrating the attachment of the universal controller to the calf wrap, highlighting the ease of connection.

3. **Position the Wrap:** Place the calf wrap around your calf, ensuring a comfortable but snug fit. Secure the wrap using the adjustable fasteners. Do not overtighten.
4. **Charge the Controller (if needed):** If the universal controller's battery indicator shows low charge, connect it to a power source using the provided charging cable. A full charge provides approximately 5 hours of runtime.

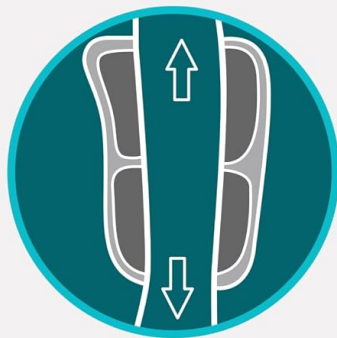
## OPERATING INSTRUCTIONS

Once the universal controller is securely attached and the wrap is positioned, you can begin your compression therapy session.

1. **Power On:** Press and hold the power button on the universal controller until the indicator lights illuminate.
2. **Select Massage Program:** The Modulair system offers 4 distinct air compression massage programs:
  - **Alternating:** Air chambers inflate and deflate in an alternating pattern.
  - **Sequential:** Air chambers inflate and deflate in a progressive sequence.
  - **Pulsing:** Air chambers provide short, rhythmic bursts of compression.
  - **Full:** All air chambers inflate simultaneously for a complete compression.

Press the program selection button to cycle through the available programs.

## 4 massage programs



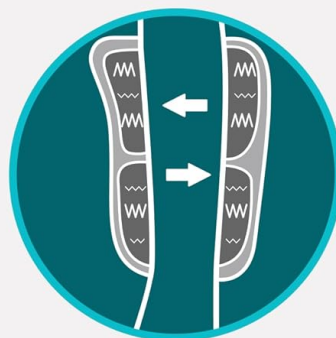
alternating



sequential



pulsing



full

Image: A visual representation of the four distinct massage programs available: Alternating, Sequential, Pulsing, and Full.

- Adjust Intensity:** The system features 5 adjustable intensity levels. Use the '+' and '-' buttons to increase or decrease the compression strength to your preference.
- Activate Heat:** For added comfort, activate the heat function. There are 3 heat settings (low, medium, high). Press the heat button to cycle through the settings or turn heat off.

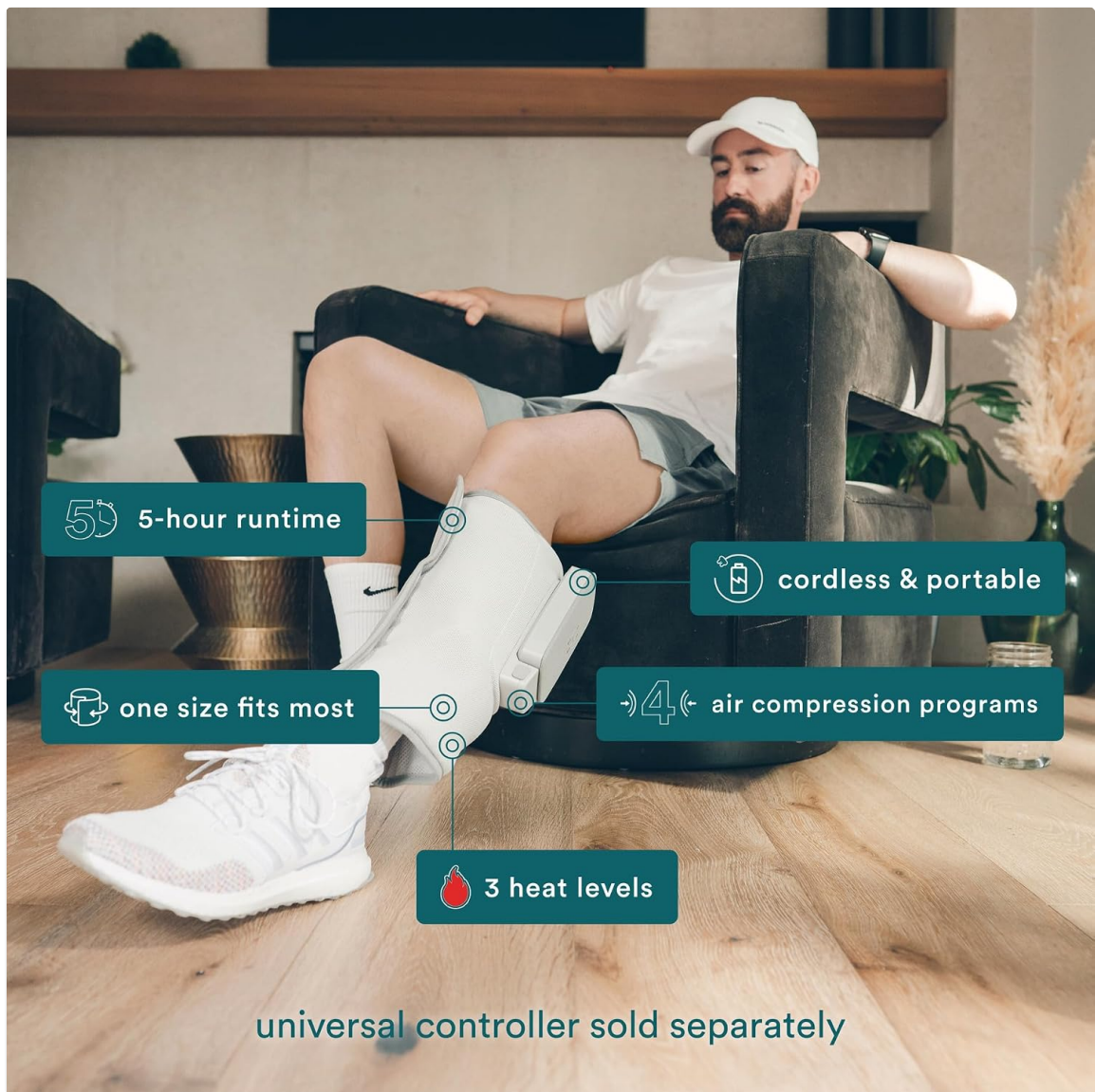


Image: A user relaxing with the calf wrap, illustrating key features such as 5-hour runtime, portability, universal fit, 4 massage programs, and 3 heat levels.

5. **Session Duration:** A typical session lasts 15-20 minutes. The device may have an automatic shut-off feature for safety and convenience.
6. **Power Off:** To end your session, press and hold the power button until the indicator lights turn off.

## MAINTENANCE AND CARE

- **Cleaning:** Disconnect the universal controller from the calf wrap. Wipe the calf wrap with a soft, damp cloth. Do not submerge the wrap or controller in water. Do not use abrasive cleaners or chemicals.
- **Storage:** Store the calf wrap and universal controller in a cool, dry place, away from direct sunlight and excessive heat. Ensure the wrap is completely dry before storing.
- **Battery Care:** For optimal battery life, charge the universal controller regularly, even if not in frequent use. Avoid fully depleting the battery before recharging.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not power on.	Universal controller battery is low or depleted. Controller not securely attached.	Charge the universal controller. Ensure the controller is firmly clicked into the wrap's connection port.
No compression or weak compression.	Wrap not properly sealed. Air chambers may be obstructed. Intensity setting is too low.	Check that the wrap is securely fastened around your calf. Ensure no fabric is blocking the air inlets/outlets. Increase the intensity level.
Heat function not working.	Heat setting is off or too low.	Press the heat button to cycle through the heat settings (low, medium, high). Allow a few minutes for the heat to become noticeable.

If you experience issues not listed here or if the problem persists, please contact Homedics Customer Support for assistance.

## SPECIFICATIONS

**Model Number:** SR-CMC10HJ

**Product Dimensions:** 725 x 2.5 x 1250 inches

**Item Weight:** 1.1 Pounds

**Material:** Rubber

**Power Source:** Battery Powered (via Universal Controller)

**Manufacturer:** Homedics

**Country of Origin:** China

## WARRANTY AND SUPPORT

The Homedics Modulair Compression Calf Wrap Massager comes with a **2-Year Limited Warranty**. This warranty covers defects in materials and workmanship under normal use. For detailed warranty terms and conditions, please refer to the instruction bulletin included with your product or visit the official Homedics website.

For customer support, technical assistance, or warranty claims, please contact Homedics directly through their official website or customer service line. Have your model number (SR-CMC10HJ) and proof of purchase ready.

Visit the [Homedics Store](#) for more information and product accessories.