



# CINCOM CM-069A Air Compression Therapy Device User Manual

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**CINCOM CM-069A Air Compression Therapy Device**



**SHENZHEN CINCOM E-COMMERCE CO., LTD.**

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**Safety Precautions**

Please read the following safety precautions carefully to ensure safe and correct use of the CINCOM Air Compression Therapy Device

**Warnings**

No modification of this equipment is allowed.

1. If you experience severe pain, or any unusual symptoms, or want to remove the sleeves in an emergency during use :
  - Press the power button to stop the device or disconnect the hoses;
  - Remove the sleeves and consult your doctor;
2. Consult your doctor before using this device if you have any of the following conditions:
  - Experiencing inflammation, an infection, or pain of unknown origin, at or near the site of application;

- Have bone fractures or dislocations at or near the site of application;
  - Receiving medical treatment, or having a contraindication requiring the use of any medical control unit;
  - Using pacemakers or other medical devices which are susceptible to electrical interference;
  - Suffering from malignant tumors;
  - Suffering from cardiac diseases;
  - Having serious peripheral neuropathy dysfunction or sensory disturbance caused by diabetes;
  - Being unsuitable to do the massage because of traumas on the body;
3. Keep it out of the reach of infants, children, and people without the ability to use it independently.
  4. Don't use another power adapter but the original one.
  5. Don't scratch, damage, process, excessively bend, pull, or twist the power cord of the power adapter.  
Otherwise, it may cause fire or electric shock.
  6. It is not allowed to be used when the power adapter dysfunctions or the plug is loose.
  7. Don't plug or unplug the power adapter with wet hands.
  8. Don't put the control unit in the quilt or use the machine in high-temperature conditions.
  9. It is forbidden to remodel, disassemble, or repair the machine without permission.

## **Cautions**

1. Only use the power supply provided by the system. Using a different power supply may cause the system to operate incorrectly.
2. Don't use it in the bathroom or other humid places.
3. Keep it out of the reach of children.
4. Unplug the power adapter when you are not using it.
5. Don't walk around when you are using this device or wearing the sleeves.
6. Do not leave the system, power supply, or any accessories where they could be damaged by children, pets, pests, or liquids.
7. The attachments are designed to be used by only one person at a time.

## **Troubleshooting FAQs**

### **How does this product work?**

- This is an air-pressure leg massager, with 3 air chambers(foot, lower calf, and upper calf) inflated and deflated with a sophisticated sequence to stimulate hand kneading and stroking, maximize blood flow throughout the body to help with reduced muscle soreness and/or pains to the treated areas, and enhanced circulation.

### **How many massage modes, and what's the difference?**

- There are 3 massage modes, please check the difference as below:
  - **Mode1: Sequence Mode**  
Foot chamber compress and then release -. lower calf chamber compress and then release -. upper calf chamber compress and then release. There will be a brief rest period and then the cycle will begin again. This will repeat until the session time runs out.



#### ◦ **Mode 2: Circulation Mode**

The foot chamber compresses and holds pressure -. lower calf chamber compresses and holds pressure -. upper calf chamber compresses and holds pressure -. all 3 chambers release at the same time. There will be a brief rest period and then the cycle will begin again. This will repeat until the session time runs out.



#### ◦ **Mode 3: Combination Mode**

Mode 1 and mode 2 runs alternately in this mode until the session time runs out.

### **What should I do if I feel the massage strength is too weak or too strong?**

- There are 3 levels of massage intensity selectable via the control unit, please select the intensity which is fit for you. You can increase the intensity if you feel too weak. If you feel it's too strong at the lowest setting, please stop using the device, we suggest to consult your doctor before your next use.

### **How long should I use it?**

- It is recommended to use it once or twice a day, no more than 30 minutes at a time. But you can use it longer if you feel too tired and want it massaged longer to work on the soreness.

### **Can I only apply on one leg?**

- Both sleeves need to be connected to make it work, you can wear one of the sleeves on the desired leg and let another sleeve lay aside, but we suggest using both at the same time to get better relief.

### **Why does the control unit make a sound?**

- The sound comes from the working air pump in the control unit, providing air continuously to the airbags in the wraps, it's a low sound and that's a normal phenomenon.

### **What should I do if I have bigger legs?**

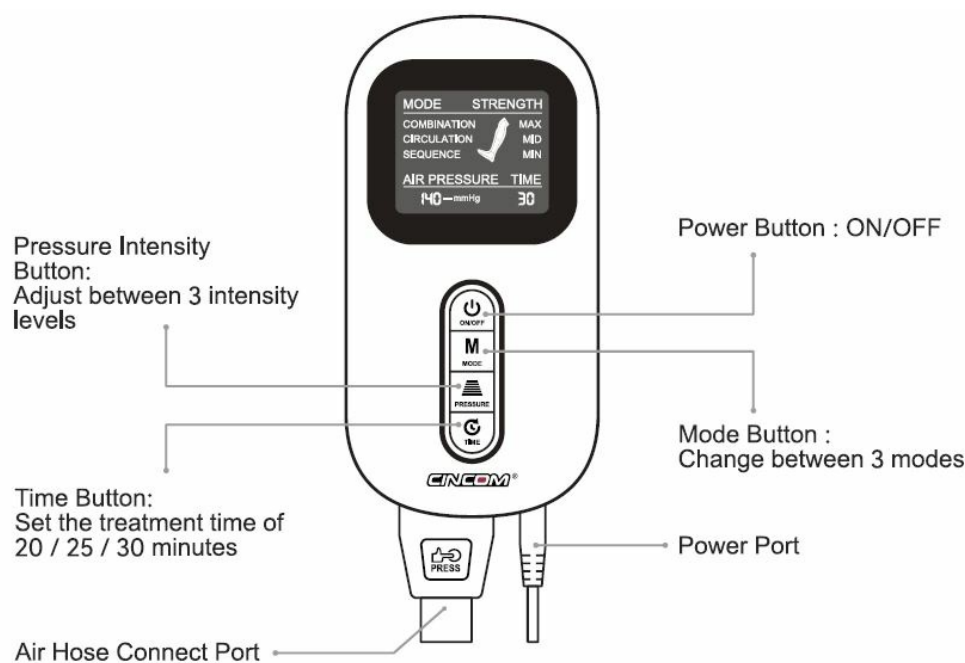
- This device is designed to fit most people's use. If you have bigger legs and find it didn't fit, you can get extra extenders in our store, or you can contact our after-sale team at [service@cincomhealth.com](mailto:service@cincomhealth.com), and they will send you the link for the extenders.

### **When should I use this product?**

- This product pushes the blood to flow, effectively removing muscle soreness and fatigue, you can use it anytime you want. You can use it before workout to warm up your muscles, use it after exercise for better and faster recovery, or use it when you back home after a long day work.

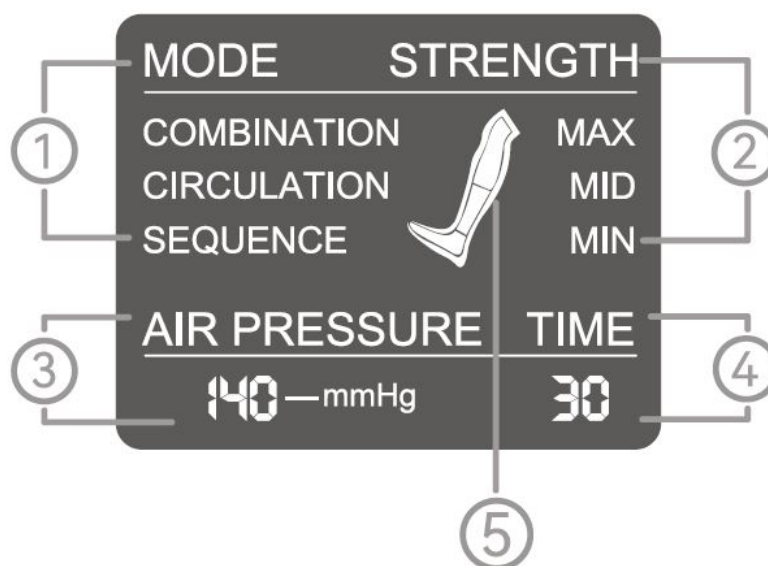
## Product Description

### Control Unit



### Display Screen

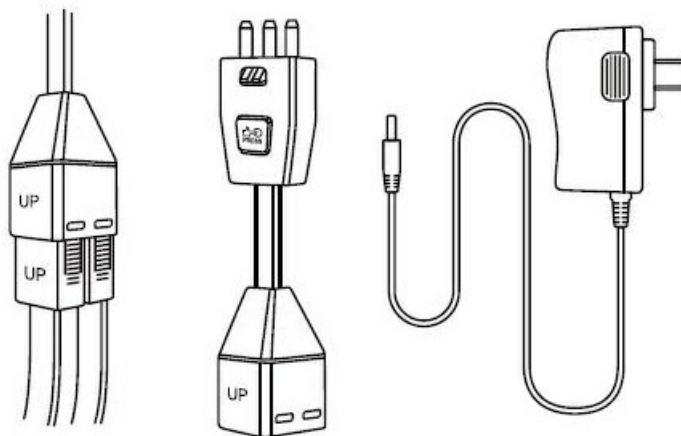
Display current setting and working status ( remaining time and pressure range )



1. Current Mode
2. Current Intensity
3. Current Pressure

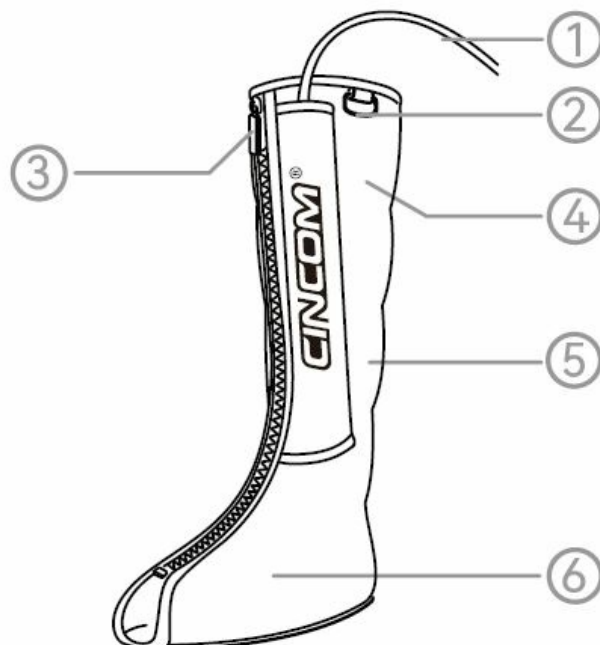
4. Remaining Time
5. Compressing Chamber

### Air Hose



- Junction Box for Sleeves' Hoses
- Connector to the Control Unit
- Adapter

### Massage Sleeve



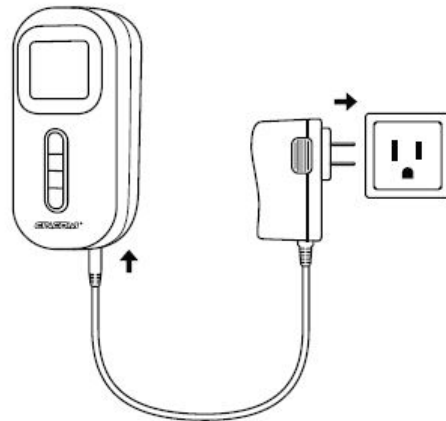
1. Sleeve Hose Connector
2. **Buckle:** hang sleeve or assist wearing
3. Zipper
4. Upper Calf Chamber
5. Lower Calf Chamber

## 6. Foot Air Chamber

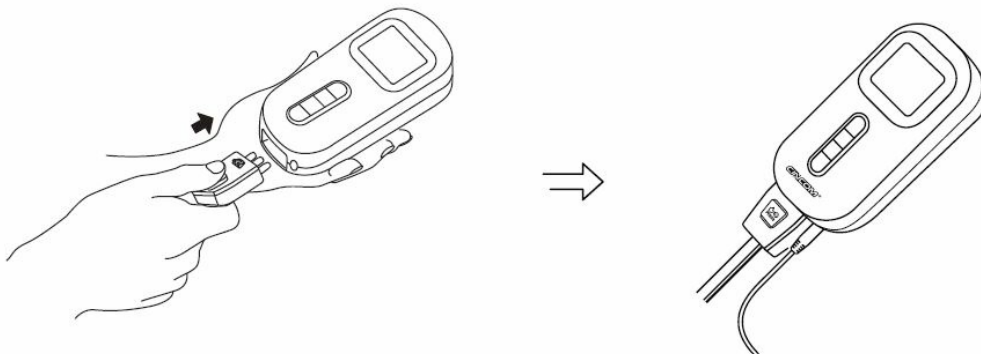
### Operating Instructions

Please read safety precautions carefully before using the product. In order to get better massage, please use it according to the instruction.

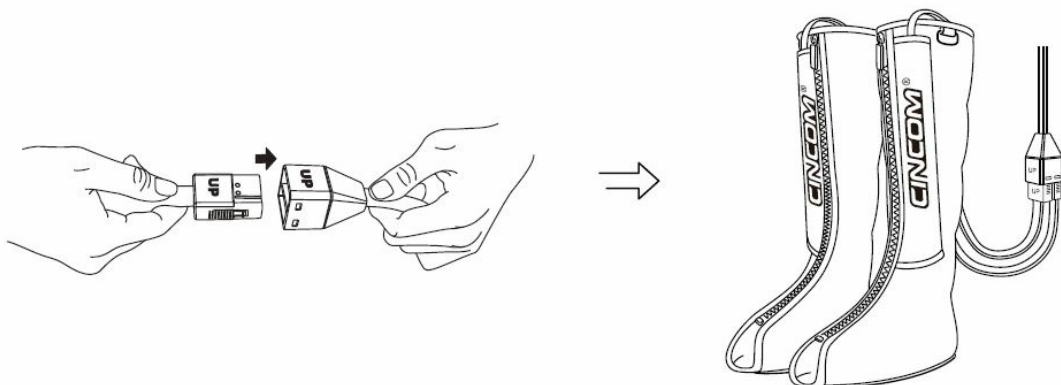
1. Connect the adapter well with the outlet and the control unit, there will be a 'Di'sound and the screen will flash display for 1 second.



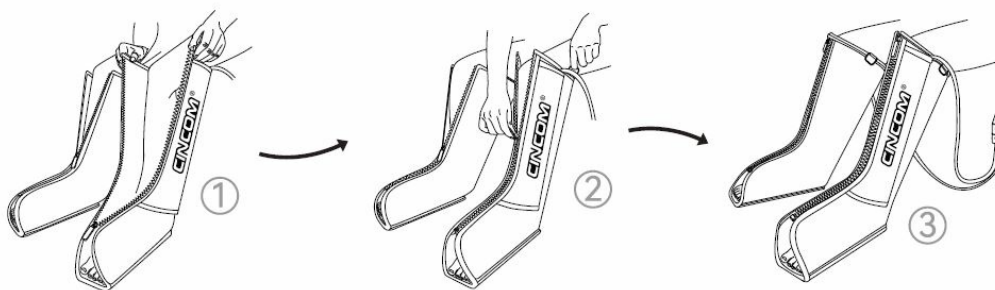
2. Connect the hose to the control unit, you will hear an audible 'click'.




3. Inserting the sleeve hose connectors firmly to the hose.
  - Two sleeves need to be connected to make it work.



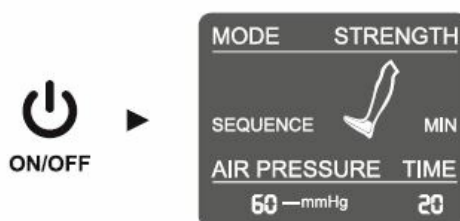
4. Put the sleeves on your leg properly, pay attention to the Left/ Right Leg tag



- Please make sure the zipper is zip up completely before wearing, never try to use the system with the zipper partially or totally unzipped
- You can use the D Buckle on the top of the sleeve to assist with putting it on quickly.


5. Find a comfortable position sitting, reclined, or lying down. Press the power button  to start.

1. There is a 'Di' sound, the screen will be light up and display current setting.
2. It will begin with default setting of: Mode 1 (Sequence Mode), Min Intensity (the lowest), 20 minutes timing.

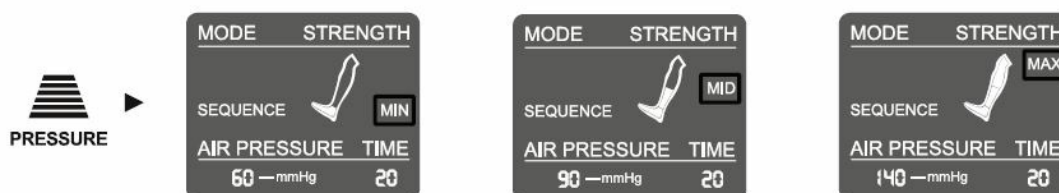



6. Press mode button  to change the massage mode. 3 modes optional, see the difference on page 2 to 3



7. Press intensity button  to adjust air pressure intensity, 3 levels available.

- We suggest you start with low intensity for the first use, gradually increase after you get used to it.



8. Press the time button  to change between 3 treatment session time, 20 mins, 25 mins or 30 mins. The time can be adjusted anytime while the session is running.



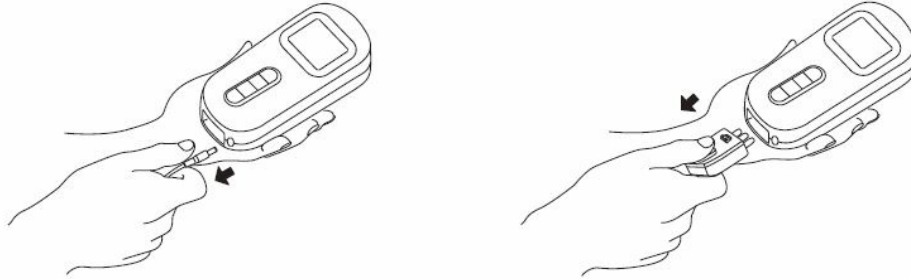
9. The device will automatically shut off after the treatment time is up, you can press the button if you wanna



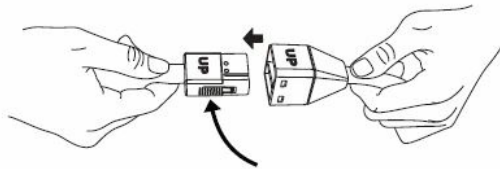
enjoy more or end the massage earlier at any time.

## Notes After Use

- If you are done using the device, turn off the control unit by pressing the power button, and disconnect the adapter from the control unit and the outlet.
- Disconnect the hose from the control unit by pressing the button on the top of it and pulling away.



- We suggest you keep the sleeves connected to the junction box for the convenience of next use. If it must be unplugged, please hold the bumps on both sides of the hose port connected to the sleeves and unplug from the junction box.



\* Please press here on both sides  
to make it easier to unplug

- Pack all the accessories into the original package or into the storage bag.

## Cleaning

Make sure to cut off the power before you clean the device.

1. If dirty, please wipe the control unit, sleeves and hoses with a damp, clean cloth.
2. Dry thoroughly with a clean cloth.
3. Don't use gasoline, alcohol, diluent and other irritating liquid to wipe the machine in case it causes malfunction or the components are damaged or discolored.
4. Don't allow foreign matters to enter the hoses.
5. Don't dry clean.

## Storage & Maintenance

1. Don't disassemble the device by yourself. It has no user-serviceable parts. When service or repairs are required, please contact customer service at [service@cincomhealth.com](mailto:service@cincomhealth.com).
2. Keep it out of the reach of infants, children and people without the ability to use it independently.
3. Don't place it in high temperature and humidity condition.
4. Avoid direct sunlight.
5. Avoid needles puncture the sleeves and hoses.

6. Don't place heavy stuff on it.
7. Keep the open ports of the control unit, hose interconnect, and power inlet free of debris.
8. Do not allow lint or dust to accumulate on the control unit or the hose interconnects. If lint or dust accumulates, wipe down the system with a dry cloth before use.

## **Disposal**

- Please adhere to the local regulations when you dispose of the wasted.

## **Specifications**

Model	CM-069A
Name	Air Compression Therapy Device
Adapter	AC Input: 100-240 Volts, 50-60Hz, DC Output: 12V 1A
Rated Power	12W
Compression Mode	3 Modes : Sequence, Circulation, Combination
Intensity Levels/ Pressure Range	3 Levels: MIN- 60mmhg, MID-90mmhg, MAX-140mmhg
Time	3 Choices : 20 / 25 / 30 minutes
Product Weight	2.2KG
Package Weight	14KG
Sleeve Type	3 Chambers sleeve – Foot / Lower Calf/ Upper Calf
Operating Conditions	Temperature: +5°C to 40°C (41°F to 104°F) ; Humidity : 5% to 90% non-condensing; Atmospheric Pressure : 75 kPa to 106 kPa.
Storage Conditions	Temperature: -20 °C to 55°C ; Humidity : 5% to 90% non-condensing; Atmospheric Pressure: 75 kPa to 106 kPa; Keep dry and avoid direct sunlight exposure.

## Troubleshooting

Problems	Possible Causes	Solutions
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1.Doesn't work and screen is off	1.Power is not turned on. 2.Adapter is not securely connected. 3.Faulty wall outlet.	1. Press the power button to turn the control unit on.  2. Make sure the power adapter is connected well to the control unit and the wall outlet.Check if the wall outlet works.
2.The screen is on but the sleeves doesn't work	1. Only connect one of the sleeves with the air hose.  2. Air hoses are not securely connected.  3. The sleeves have been damaged.	1. It works only when 2 sleeves are connected to the air hose.  2. Please check if the air hoses are inserted correctly and completely to the control unit and the junction box ( pay attention to the 'UP' mark).  3. Check if the sleeves have an air leak, if there is, please contact our customer service at <a href="mailto:service@cincomhealth.com">service@cincomhealth.com</a> .
3. Break off during operation or stop pumping	1. Air hoses are not securely connected.  2. The power adapter falls off. 3. The treatment session time is up.	1. Please check if the air hoses are inserted correctly and completely to the control unit and the junction box ( pay attention to the 'UP' mark).  2. Make sure the power adapter is connected well to the control unit and the wall outlet.  3. The device will shut off automatically when the pre-set timing is up, press the power button to start a new session if needed.
4.The controller gets hot	The equipment has been working for a long time.	It is normal if the controller gets hot after too long time use. We suggest you shut it down for 10 minutes.

You're welcome to reach us at [service@cincomhealth.com](mailto:service@cincomhealth.com) if further assistance is needed.

## Package includes

- 2 x Massage Sleeves(with hoses attached)
- 1 x Control Unit
- 1 x Air Hose
- 1 x Power Adapter/ AC100~240 V, 50/60Hz; DC12V1A
- 1 x User Manual
- 1 x Portable Storage Bag

## Contact Us

CINCOM provides a 2-year warranty and lifelong after-sale service. If you have any problems during using this product, please feel free to contact us. Our professional customer service team will help you!

- **E-mail:** [service@cincomhealth.com](mailto:service@cincomhealth.com)

**Note:** Please include the order number along with the problems you meet in the mail, videos & pictures are welcomed for better and faster service.

## FREQUENTLY ASKED QUESTIONS

What is the primary purpose of the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A Air Compression Therapy Device is designed for leg recovery, specifically targeting sports enthusiasts, utilizing scientific techniques based on sports injury recovery and muscle physiology research.

Is the CINCOM CM-069A Air Compression Therapy Device eligible for FSA or HSA reimbursement?

Yes, the CINCOM CM-069A Air Compression Therapy Device is FSA or HSA eligible, making it a potential covered expense for those with flexible spending or health savings accounts.

How does the leg massager in the CINCOM CM-069A reduce pain and soreness?

The leg massager in the CINCOM CM-069A is equipped with 3 air chambers located in the upper calf, lower calf, and foot, using inflation and deflation to reduce pain and soreness, providing a refreshing experience after each session.

What customization settings does the CINCOM CM-069A Air Compression Therapy Device offer?

The CINCOM CM-069A offers 3 massage modes, 3 intensity levels, and a smart LCD handheld controller. Users can also set the treatment time to 20, 25, or 30 minutes for a personalized experience.

How portable is the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A is highly portable, featuring a stylish carrying bag. As long as there's a nearby power

adapter, it can be used anywhere, whether at home or the gym.

What is the power source of the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A is powered by a corded electric source.

What is the weight of the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A weighs 4.83 pounds.

What brand produces the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A Air Compression Therapy Device is produced by the brand CINCOM.

What is the color of the CINCOM CM-069A Air Compression Therapy Device?

The CINCOM CM-069A Air Compression Therapy Device is black in color.

What model number is associated with the CINCOM CM-069A Air Compression Therapy Device?

The model number of the CINCOM CM-069A is CM-069A.

What are the product dimensions of the CINCOM CM-069A Air Compression Therapy Device?

The product dimensions of the CINCOM CM-069A are 16.14 x 7.48 x 9.65 inches.

Can the CINCOM CM-069A Air Compression Therapy Device be used for leg recovery after exercise or workouts?

Yes, the CINCOM CM-069A Air Compression Therapy Device is specifically designed for leg recovery after exercise or workouts.

What role does the smart LCD handheld controller play in the CINCOM CM-069A Air Compression Therapy Device?

The smart LCD handheld controller of the CINCOM CM-069A allows users to customize massage modes, intensity levels, and treatment time for a personalized and convenient experience.

How does the pressure sensing feature in the CINCOM CM-069A accommodate different leg sizes?

The CINCOM CM-069A is equipped with pressure sensing, making it adaptable to small or large leg sizes.

What does the zipper design in the CINCOM CM-069A Air Compression Therapy Device contribute to?

The zipper design in the CINCOM CM-069A makes it easier to wear and enhances the overall user experience.

**DOWNLOAD THE PDF LINK:** [CINCOM CM-069A Air Compression Therapy Device User Manual](#)

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## References

- [User Manual](#)