



Therabody RecoveryPulse Arm Vibration Device User Manual

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Therabody

RecoveryPulseTM Arm

Vibration Device
User Manual

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RecoveryPulse Arm Vibration Device

RecoveryPulse Arm Vibration Device Warnings and Guidance (Precautions and Contraindications)

Background

This wearable device is intended to be used on the arm (biceps, triceps, and forearm). If you have any specific medical conditions or concerns, please consult your physician before using this product. There will be times when it is advisable to modify how devices are used (precautions) or times when it is not appropriate to use certain devices (contraindications). The following document highlights these for the RecoveryPulse Arm Vibration Device as of the date of printing. For up-to-date information, please visit us online at www.Therabody.com.

Important Safety Information

General RecoveryPulse Arm Vibration Device Use

Read the full Warnings and Guidance prior to using the RecoveryPulse Arm Vibration Device.

This wearable device is intended for use by people in good health. This device is contraindicated against and should not be used by those with acute or severe cardiac, liver, or kidney disease/condition or other underlying conditions linked to these diseases. It is not recommended that this device is worn over various skin infections and conditions, or directly over a surgical site/hardware, bone fracture, or if you are experiencing unexplained pain in the area. It is also advised that this device is not used for those who have neurological and/or peripheral conditions as well as other conditions that may influence or alter sensation and perception. In the event of any adverse reaction, discontinue use. Please consult your physician prior to use if you are unsure if you have any of the previously listed conditions. **Immediately stop using the device at the first sign of discomfort.**

Adult supervision should be provided for those under the age of 18 using this device. If you have any medical concerns regarding the use of this device, please consult your physician prior to using the device.

RecoveryPulse Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for compression and vibration therapy. For up-to-date information, please visit us online at www.therabody.com.

Precautions:

Due care is required in these circumstances, and the devices' use may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- Recent injury or surgery
- Hypertension (controlled)
- Abnormal sensations (e.g., numbness)
- Sensitivity to pressure
- Pregnancy
- Do not wear these supports overnight while sleeping
- Mild peripheral neuropathy
- This garment should fit tightly but should NOT restrict circulation in any way
- Do not wear these supports overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- Bone fracture or myositis ossificans
- Hypertension (uncontrolled)
- Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- Acute or severe cardiac, liver, or kidney disease
- Severe peripheral neuropathy or other cause of sensory impairment
- Bleeding disorders
- Connective tissue disorders
- Medications that thin the blood or alter sensations
- Direct pressure over surgical site or hardware
- Pacemaker or ICD
- History of embolism
- Allergy to garment/sleeve material

- Extreme deformity of the limb, or unusual leg shape or size preventing correct fit
- Do not use in the presence of unexplained Arm pain

ADDITIONAL UNIT WARNINGS LIMITED WARRANTY

For full warranty information, please visit www.therabody.com/warranty. To request a copy of the warranty by mail, you may send a request to the following address:

Therabody – Warranty

Attn: Customer Service

6100 Wilshire Blvd., Suite 200

Los Angeles, CA 90048

Please note, this is not a return address or a retail location. No products or packages will be accepted at this location.

UNIT WARNINGS

BEFORE USING OR CHARGING THE RecoveryPulse Arm Vibration Device, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, ON THE BATTERY, AND ON THE RecoveryPulse Arm Vibration Device. If your device doesn't turn off or the battery indicator displays a low battery level, please charge before first use. The RecoveryPulse Arm Vibration Device is intended for commercial or home use.

This RecoveryPulse Arm Vibration Device is not intended to diagnose, treat, or prevent diseases. Therabody strives to make the RecoveryPulse Arm Vibration Device as safe for intended use as possible. This is an advanced mechanical tool with electric components. If the RecoveryPulse Arm Vibration Device and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. When using the RecoveryPulse Arm Vibration Device, the following basic precautions should always be adhered to:

1. **USE ONLY AS INSTRUCTED.** Use the RecoveryPulse Arm Vibration Device as described in the RecoveryPulse Arm Vibration Device Instruction Manual only. Use only Therabody recommended accessories and replacement parts. Do not carry out any maintenance other than as advised by Therabody.
2. **NOT FOR CHILDREN.** The RecoveryPulse Arm Vibration Device and charger are not intended for use by young children or persons with reduced physical, sensory, or reasoning capabilities, or lack of experience and knowledge, unless a responsible adult has given them supervision or instruction. The RecoveryPulse Arm Vibration Device is not to be used as a toy. Do not play with, bend, or pull the electrical components. Close attention is necessary when used by or near children. Advise children not to play with the RecoveryPulse Arm Vibration Device or charger. Adult supervision should be provided for those under 18 using this device.
3. **CHARGING LOCATIONS.** Charge the RecoveryPulse Arm Vibration Device with a USB-C charger. The RecoveryPulse Arm Vibration Device should be charged indoors in a well-ventilated, dry location. Do not charge the RecoveryPulse Arm Vibration Device outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the RecoveryPulse Arm Vibration Device or charger on wet surfaces, and do not expose the charger to moisture, rain, or snow. Do not use the RecoveryPulse Arm Vibration Device or its compatible charger in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.
4. **UNPLUGGING THE CHARGER.** Pull the plug, not the cord, to reduce the risk of damage to the electrical plug and cord. Never carry the charger by its cord. Keep the cord from heat, oil, and sharp edges. Do not use or charge with a damaged cord. Do not stretch the charger cord or place the cord under strain. Keep the cord away from heated surfaces. Do not handle the charger, including the charger terminals, or RecoveryPulse Arm Vibration Device with wet hands. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
5. **THERABODY CHARGING CABLE CARE.** Unplug the adapter when not in use. Store cord to ensure it is not

stepped on, tripped over, or otherwise subjected to damage or stress. Replace a damaged charger. Keep the cord away from heated surfaces. Never operate this appliance if it has a damaged cord or plug if it is not working properly, if it has been dropped or damaged, or dropped into water. For longterm storage, store with a fully charged battery.

6. **DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury.
7. **DISPOSING OF BATTERIES.** Always dispose of RecoveryPulse Arm Vibration Device batteries according to federal, state, and local regulations. Contact a recycling agency in your area for recycling locations. Even discharged batteries contain some energy. Before disposing of, use electrical tape to cover the RecoveryPulse Arm Vibration Device's 16V connector/terminals to prevent the battery from shorting, which could cause a fire or explosion.
8. **STORING THE RecoveryPulse Arm Vibration Device, BATTERY, AND CHARGING CABLE.** Store in a cool, dry place. Only charge the RecoveryPulse Arm Vibration Device when the ambient temperature is between 0°C/32°F and 40°C/104°F. Do not store the RecoveryPulse Arm Vibration Device, batteries, or charger where temperatures may exceed 40°C/104°F, such as in direct sunlight, in a vehicle, or in a metal building during the summer.
9. **TIME IN USE.** It is recommended not to exceed one hour of vibration device usage (one full battery charge).
10. **SLEEVE CLEANING INSTRUCTIONS.** Remove the battery pack before washing the sleeve. The battery pack is not machine washable. Place the sleeve in the washing bag provided with the product for each wash. The sleeve is machine washable at low temperature (below 30C). Only use regular laundry detergent to wash the sleeve. Do not use bleach. The sleeve is not machine dryable. Do not use the product if a component seems out of place or damaged after washing the sleeve. Unless worn during a workout, wash the sleeve after 5-10 hours of use. The garment's material is breathable and contains fibers to help minimize odor. Minimizing the frequency of washes increases the sleeve's life.
11. **SLEEVE CARE.** Do not place any sticky material (like adhesive tape) on the sleeve, as it will damage the fabric. Do not cut or alter the fabric, as electronic components inside may be compromised. If the sleeve is tight upon usage (Arm can't bend comfortably or results in pain), stop using the sleeve.

FCC STATEMENT

SAVE THESE INSTRUCTIONS

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be colocated or operating in conjunction with any other antenna or transmitter. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1. This device may not cause harmful interference, and
- 2. This device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

ISED Warning




This device complies with Innovation, Science, and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- 1. This device may not cause interference, and
- 2. This device must accept any interference, including interference that may cause undesired operation of the device.

The device is compliance with RF exposure guidelines, users can obtain Canadian information on RF exposure and compliance.



Documents / Resources

	Therabody RecoveryPulse Arm Vibration Device [pdf] User Manual RPCL, 2AU6T-RPCL, 2AU6TRPCL, RecoveryPulse Arm Vibration Device, RecoveryPulse, Arm Vibration Device, Vibration Device
	Therabody RecoveryPulse Arm Vibration Device [pdf] User Manual RPCL, 2AU6T-RPCL, 2AU6TRPCL, RecoveryPulse Arm Vibration Device, RecoveryPulse, Arm Vibration Device, Vibration Device
	Therabody RecoveryPulse Arm Vibration Device [pdf] User Manual RecoveryPulse Arm Vibration Device, RecoveryPulse Arm, Vibration Device, Device

References

- [Domain Details Page](#)

- [⌕ Therabody | World-Leading Wellness Solutions](#)
- [⌕ Therabody | World-Leading Wellness Solutions](#)

Manuals+.