



Therabody

# **RecoveryAir Prime**

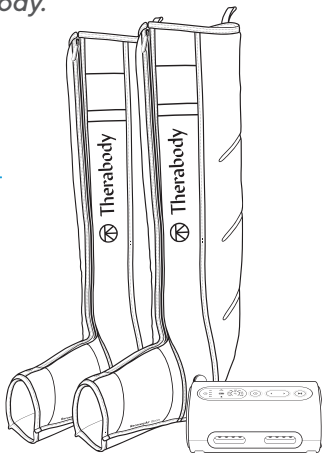
**Simplified Recovery.**

# RecoveryAir Prime

Advanced compression simplified for everybody.

Your RecoveryAir Prime pneumatic compression system comes with a pump, a set of compression boots, two blocker plugs, a DC power adapter, and a carrying pouch.

See Warnings on pg. 10 for important safety instructions.



# Getting started






1. To turn on the RecoveryAir Prime pump, press and hold the power button.
2. To get started, put your boots on first before attaching them to the pump. This allows you to get into the most comfortable position and avoid any disruption in the air flow connection.
3. Next, plug in the connector from the boots into the pump. Make sure you hear a “click” so that you know the RecoveryAir Prime is fully connected, is plugged in, and there is a proper seal.
4. Once connected and comfortable, you are ready to customize your treatment.

## Prepare your treatment




1. To turn on the RecoveryAir Prime pump, press and hold the power button.
2. Access two preset program options when connected to the Therabody app: Recover and Warm-up.
3. Once you have chosen your desired program, use the (<) and (>) buttons to adjust the pressure setting.
4. Then, toggle through the time options using the Time button to set your desired treatment time (20min, 40min, 60min, or continuous).
5. Once you have selected the treatment options that are right for you, press start, relax, and you'll be on your way to recovery in no time.

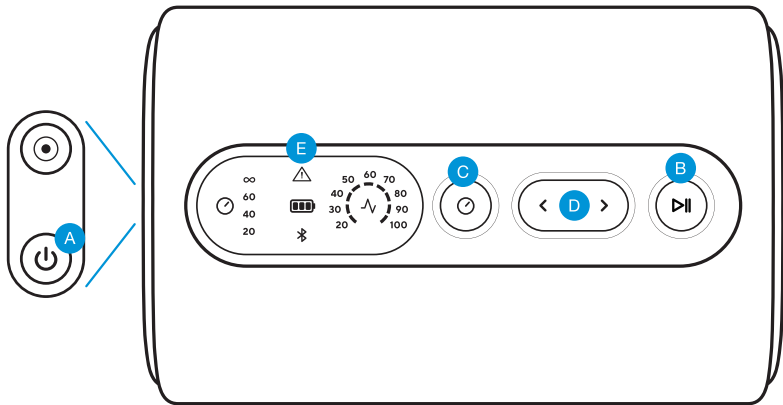
# Feature Callouts

## Buttons

- A**  **Power Button**
- B**  **Start/Pause/Stop Button**
- C**  **Time Button:**  
4 time intervals  
(20, 40, 60, and continuous)
- D**  **Pressure UP/Down Button:**  
  
Adjustable Pressure Range  
(20-100 mmHg) in increments  
of 10 mmHg  
  
Adjustable pressure changes  
via the Therabody app in  
increments of 5 mmHg

## E Indicators

-  **Warning Indicator**  
Indicator lights up solid ON or blinking when a device malfunction is detected
-  **Bluetooth Indicator**  
Indicator turns ON only when connected to the App
-  **Battery Indicator**  
3 LED lights to indicate battery life



# RecoverAir Prime Programs

## About negative gradient for all programs:

The RecoveryAir Prime's unique true negative gradient of pressure sequentially travels up the limb from the foot toward the heart in four internal overlapping chambers. The spiraling overlap of chambers safely maximizes circulation.

- The pressure can be the same in two consecutive chambers, but the pump won't allow a back chamber to have a higher pressure than a front chamber.
- The minimum pressure level of each chamber is 20 mmHg.

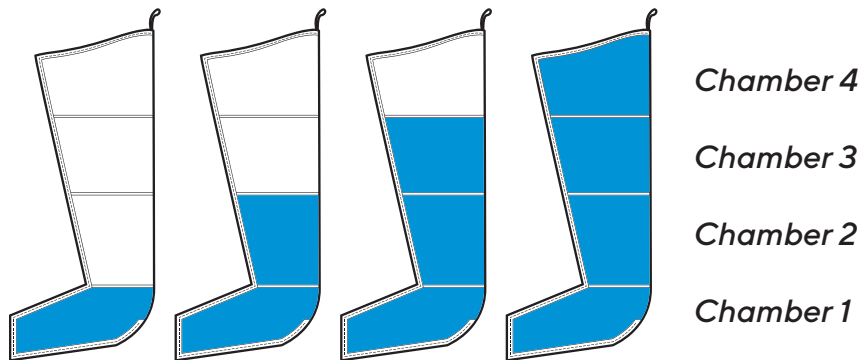
## Recover and Warm-Up preset programs

- Access the Recover and Warm-Up preset programs via the Therabody app.
- The Recover program is the perfect go-to when experiencing fatigue, tension, or soreness brought on by your everyday activities or post workout.
- The Warm-Up program is recommended for use before workout.
- The only difference between the two programs is the default pressure level and treatment time.

## Sequential inflation cycle

Both the Recover and Warm-Up preset programs use the Sequential inflation cycle.

- A directional massage is applied, starting at the base of the treated area, and progresses upwards towards the torso and then releases. (see Figure 1)
- Starting with Chamber 1, once the inflating chamber has reached its preset pressure level, the pressure level for that chamber is held and the next chamber begins inflating.

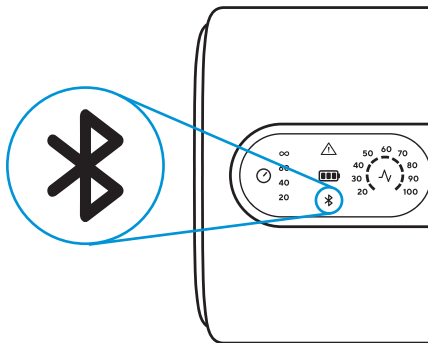


**Figure 1 - Sequential Cycle Mode**

# Smart Features

The RecoveryAir Prime also connects to the Therabody app via Bluetooth, giving you control of your RecoveryAir Prime session from the convenience of your smartphone.

Not only can you easily access the Recover and Warm-up treatment options, but you can also adjust the pressure and time.



Scan the QR code  
to get started.





## Charging the RecoveryAir Prime

1. After turning off the pump, plug the power adapter into the charging port of the RecoveryAir Prime pump.
2. You can continue to use the RecoveryAir Prime while charging.
3. Charging is complete when all 3 LED lights of the LED battery indicator are lit.



## Traveling with your RecoveryAir Prime Compression System

When traveling with your RecoveryAir Prime Compression System, we recommend:

- Roll the hose tightly and slide it into the foot section of your garment. It is important to keep the hose from creasing to protect the hose's integrity and its ability to properly distribute airflow.
- Once you secure the hose, simply fold your garment to fit into your travel bag or carry-on luggage.
- Secure your pump in the provided carrying pouch.

# Superior, hygienic design

It's important to take proper care of your RecoveryAir Prime compression boots because the longer they last, the longer you will feel the benefits. RecoveryAir Prime compression boots have non-porous medical grade material that help fight bacteria and provide a resistant surface. Our internal overlapping chambers provide a smooth surface to clean, this means no wiping under chamber flaps where bacteria can build up. This also means, no smells.

## **How to Clean**

Here are simple steps to cleaning your RecoveryAir Prime compression boots:

1. Unzip the boots completely and lay them on a flat surface.
2. Take a disinfectant wipe or spray, and gently clean the inside of the boots. Avoid any oil based cleaning product.
3. Once you have cleaned your garment, make sure to fully dry the surface by hanging them up or wiping them down.
4. We also recommend you wipe down the exterior of the pump to reduce surface contaminants.

## **What it is and why it's important:**

We use medical-grade material covering the internal chamber to help reduce the potential for microbial growth and moisture retention. Whether you are an individual, or a clinic, our boots are designed to help limit the potential for bacterial transmission.

# Important Safety Information

Read all instructions before using the RecoveryAir Prime Compression System for the first time

## Warning

- This system is intended for use by people in good health. This system is not recommended for people who have heart problems, or vascular problems, have a condition requiring the use of any medical device, or have any condition that may affect their normal well-being.
- If you are, or may be, pregnant, consult with your physician before use.
- Do not use this system over insensitive or numb areas, or in the presence of poor circulation. Do not use if you have been diagnosed with blood clots, deep vein thrombosis or phlebitis. This system should not be used over swollen or inflamed areas or skin eruptions. Do not use in the presence of unexplained calf pain.
- Consult your physician prior to use.

## Safety Warnings and Precautions

### Warning

- **Explosion Hazard:** Do not use the RecoveryAir Prime Compression System in the presence of flammable gases, including flammable anesthetics.
- **Electric Shock Hazard:** Do not allow liquid to enter any part of the RecoveryAir Prime Compression System pump. Do not immerse in water or liquid. To clean, follow instructions found on page 9.
- **Electric Shock Hazard:** To prevent electric shock, do not open the pump. Do not attempt to service the pump yourself. All repairs should be performed only by Therabody trained and authorized service personnel. Service by unauthorized personnel will void any warranty.
- Stop using the system if there is any change in RecoveryAir Prime Compression System's performance.
- Do not modify any part of the RecoveryAir Prime Compression System.
- The RecoveryAir pneumatic compression system includes small parts that could cause choking in children.
- Keep away from children and pets.
- Do not inflate the garment without wearing it over the intended body area or with open zippers. Doing so can damage the garment.
- Do not apply excessive force to the garment straps. Do not use the straps for any purpose other than intended by the manufacturer. Use of excessive force and/or misuse shall void the manufacturer's warranty.
- Do not stand or walk while wearing the garment.
- Disconnect the pump from the electrical outlet before cleaning and let it dry completely before reconnecting it to the electrical outlet.




# Important Safety Information






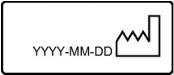
## Caution






- Do not operate the RecoveryAir Prime Compression System while operating a vehicle.
- Do not store or transport the RecoveryAir Prime Compression System beyond the specified temperature, humidity, and atmospheric pressure range.
- Do not use the RecoveryAir Prime Compression System beyond the specified temperature range: 10 to 30°C (50 to 86°F).
- Do not use the RecoveryAir Prime Compression System beyond the specified humidity range: 30%rH–75%rH, non-condensing.
- Only use the RecoveryAir Prime Compression System up to 3000m above mean sea level.
- To prevent any damage to the RecoveryAir Prime Compression System, keep it away from dust, lint, and dirt. Keep away from sources of heat or moisture.
- To prevent any damage to equipment, use only accessories, detachable parts, and materials described in this User Manual.
- While in use, place the pump on a horizontal firm surface only. Do not place the pump on a bed, blanket, mattress, pillow, or soft furniture. Do not cover the pump.
- The equipment is to be installed and put into service according to the EMC information provided in Chapter 11 - EMC Manufacturer Declarations.
- Portable and mobile RF communication equipment might affect the equipment.
- For indoor use only.
- Use only the DC power adapter provided with the pump.
- When the system has been stored in extreme temperature conditions of -20°C (-4°F) or 70°C (158°F) between uses, wait for two (2) hours before using the system.
- The massage sensation should be pleasant and comfortable. If you experience pain or discomfort during or after the massage or if there is onset of bruising or irritation during or after the massage, discontinue use and consult your physician.
- Do not hand or machine wash. Surface wipe only.
- Do not allow liquid to get into the air inlets.
- Do not use bleach.
- Do not dry clean.
- Do not wring, iron, tumble, or force heat dry.






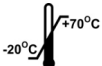
# Labels

The following labels and symbols appear on the pump, garments and/or packaging.








Label	Description	Location
<b>IP 21</b>	Degree of protection against ingress of water	On pump base
	Read instructions before use	On pump base
	Read instructions before use (for China only)	On pump base
	Class III equipment (only in the EU per IEC60335-2-32) Equipment relying on limitation of voltage to extra-low-voltage (ELV) values as provision for basic protection and with no provision for fault protection.	On pump base (only in the EU)

Label	Description	Location
	Read instructions before use	On garment label
	Level of protection type BF applied part	On pump base
	Double insulation	On DC power adapter
	Direct current	On pump base
	Manufacturer's name and address	On garment label and on pump base
	Date of Manufacture	On pump base

Label	Description	Location
 <small>(01) 0 7290105 87932 5 (11) 190418 (21) 909999</small>	Unique Device Identification (UDI)	On pump base and package, and garment bag and package
	Separate collection for waste electrical and electronic equipment	On pump base
	In accordance with Directive 2014/35/EU electrical equipment designed for use within certain voltage limits, and Directive 2014/30/EU electromagnetic compatibility	On pump
 <small>737R [SN] XXXXXX</small>	Serial number of the console	On console base
	Fragile, handle with care	On package

Label	Description	Location
	Keep dry	On package and console base.
	This side Up	On package
	Keep away from sunlight	On package
	Transportation & storage humidity limitation	On package
	Transportation & storage atmospheric pressure limitation	On package
	Transportation & storage temperature limitation	On package



Label	Description	Location
	"ON" (power)	On power switch
	"OFF" (power)	On power switch
	Do not wash	On garment tag
	Do not dry-clean	On garment tag
	Do not tumble dry	On garment tag
	Do not bleach	On garment tag
	Do not iron	On garment tag

# Indications for Use

RecoveryAir is indicated for the temporary relief of minor muscle aches and pains, and for the temporary increase in circulation to the treated areas in people who are in good health. RecoveryAir simulates kneading and stroking of tissues by using an inflatable garment.

## Note

- The pump is “multi-voltage” and can be used for travel.
- An appropriate socket adapter must be used in countries with incompatible wall outlets.
- Use only RecoveryAir garments with the RecoveryAir pump.
- When immediate garment deflation is necessary, disconnect the garment hose bundle from the pump to immediately deflate the air pressure in the garment.

## Troubleshooting

Note	Possible Cause	Action
The pump is not working.	No electricity	Inspect the electrical wall outlet.
	DC power adapter	Verify that the DC power adapter cable is connected to the DC adapter socket on the console, and the DC power adapter is connected to the 100–240 Volt wall outlet.
	DC power adapter cable	Examine the cable for any defects.
The Status Indicator is On in yellow	Malfunction	Contact Therabody.
The pump starts working and stops immediately.	The air cannot move through the garment hose.	Examine hoses for kinks, twists and folds.

Note	Possible Cause	Action
One garment inflates but the second one does not.	The second garment does not receive air.	Examine its hoses for kinks, twists and folds.
The pump stops working, the Status Indicator turns On in yellow.	Hose is not connected properly to garment or pump, or prong plug is not inserted into unused air outlet.	Examine and fasten all air connections. When treating only one limb, always plug the unused air outlet with the prong plug provided with the pump. If all air connections are OK and the problem persists, contact Therabody.
The pump works at a very low pressure, regardless of the pressure set by the user.	Defective garment	Replace garment and check again.

## Warranty

For full warranty information, please visit [www.therabody.com/warranty](http://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.,  
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.

# Reporting adverse events to FDA

MedWatch is the Food and Drug Administration's (FDA) program for reporting serious reactions, product quality problems, therapeutic inequivalence/failure, and product use errors with human medical products, including drugs, biologic products, medical devices, dietary supplements, infant formula, and cosmetics.

If you think you or someone in your family has experienced a serious reaction to a medical product, you are encouraged to take the reporting form to your doctor. Your health care provider can provide clinical information based on your medical record that can help the FDA evaluate your report. However, we understand that for a variety of reasons, you may not wish to have the form filled out by your healthcare provider, or your health care provider may choose not to complete the form. Your health care provider is not required to report to the FDA. In these situations, you may complete the Online Reporting Form yourself.

You will receive an acknowledgement from the FDA when your report is received. Reports are reviewed by FDA staff. You will be personally contacted only if we need additional information.

## Submitting adverse event reports to FDA

Use one of the methods below to submit voluntary adverse event reports to the FDA:

1. Report Online at: [www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home](http://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home)
2. Consumer Reporting Form FDA 3500B. Follow the instructions on the form to either fax or mail it in for submission. For help filling out the form, see MedWatchLearn. The form is available at: [www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf](http://www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf)
3. Call FDA at 1-800-FDA-1088 to report by telephone.
4. Reporting Form FDA 3500 commonly used by health professionals. The form is available at [www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf](http://www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf)

## **Storage environment shall be expressed:**

- The pump can be transported or stored for short periods of time within:
  - Temperature range of -4 - 158°F (-20- 70°C)
  - Humidity range of 10-93% RH non-condensing
  - Atmospheric pressure range of 190 - 1060hPa
- Allow the pump to reach a reasonable room temperature of 50 - 86°F (10 - 30°C) before operating.
- When the system has been stored in extreme temperature conditions of -20°C (-4°F) or 70°C (158°F) between uses, wait for two (2) hours before using again.

## FCC compliance statement

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. 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.

## **ISED compliance statement**

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

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

## **Radiation Exposure statement**

This equipment complies with FCC/IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

# RecoveryAir

by Therabody

Born in Los Angeles, CA.  
Designed for every**body**.



@Therabody