

truMedic[®]

A World Beyond Relief™



truRelief™

IMPACT Therapy™ Device

PRO

User's Manual



IMPACT Therapy™

Congratulations on purchasing the truMedic® IMPACT Therapy™ Device PRO—your personal physical therapist! With six increasing speed settings and five interchangeable heads, this massager will help relieve soreness and help you recover from even the most strenuous workout more quickly. It features a powerful, quiet motor, which targets deep into muscle tissue to break up knots and get the kinks out. This device offers the perfect combination of power, design and convenience with its rechargeable battery and wireless functionality, so it's perfect to use anywhere, anytime.

SAVE THESE INSTRUCTIONS



WARNINGS & CAUTION Please read and observe all instructions before use.

- **Protect your skin:** Friction soreness or redness may occur when used in direct contact with the skin. Always use a garment or cloth between the impact head and your skin.
- **Protect your fingers:** Never place your finger or any object where the IMPACT Therapy™ heads connect to the device (near the piston head) while in use
- **Protect your children:** This product is intended for adult use only.
- **Protect your unit:**
 1. Use only the massage heads and A/C charger provided by truMedic® and always only as instructed by truMedic®.
 2. Do not use it in the bath, shower, by or in the pool or hot tub. Keep this unit away from liquids and never immerse in water.
 3. Do not overheat. Keep ventilation ports clear, uncovered, dust free and away from debris and heat sources.
 4. Give it a break. After 30 minutes of use, allow it to rest for 15 minutes.
 5. Do not overcharge - Charge the unit for 3 hours maximum to prevent overcharging.
 6. Do not void the warranty. The warranty will be voided if the IMPACT Therapy™ Device PRO is disassembled, any parts are removed or if the unit is not protected as instructed in items 1–5 above. Contact truMedic® if the device stops working or any parts become damaged.
- **Protect yourself:**
 1. Consult your doctor before using this product. Do not use it if you are injured or ill or have a condition that may be irritated or worsened by use of this massage product.
 2. Do not attempt to take this unit or charger apart. Disassembly and reassembly can potentially result in electric shock or fire, and exposure to battery chemicals can cause skin, eye burns or irritation.



SAFETY INSTRUCTIONS Please read and observe all instructions before use.

- Start slowly and for short periods to learn how your body reacts to the massage stimulation.
- Be aware when using this unit near or around children. Supervision may be necessary when used near children or by/on immobile or disabled individuals. Do not allow children to play with the IMPACT Therapy™ Device PRO or the A/C adapter.

- Do not use this unit under blankets, clothing, towels, or anywhere ventilation could be restricted.
- Use only over clothing, lightly press and move the unit along the body.
- Do not allow any vents to be clogged or covered with dust, lint, hair, fabric, bedding or anything that in any way can obstruct the airflow into the unit.
- Be careful with loose items such as hair, clothing, jewelry, etc. so as to prevent entangling in moving parts or blocking unit vents.
- Use the IMPACT Therapy™ Device PRO safely on general body areas. Avoid sensitive areas of the body i.e., do not use around the throat, head or genitalia. Avoid causing discomfort or pain by overuse or by applying too much pressure.
- Select the preferred head that suits the area to be treated best.
- Avoid bruising by frequently checking the area being treated for discomfort or pain. Discontinue use if discomfort or pain occurs. Depending on the individual, discomfort or pain can happen at any setting or pressure and may be more noticeable after 24 hours.
- The area behind the massage head can cause injury to fingers or loose skin/body parts if they are allowed to be caught in that area while the unit is in operation. Also, do not allow loose or long hair to get caught and tangled in this part of the unit.
- Keep the IMPACT Therapy™ Device PRO away from liquids and do not use it in the bath shower, hot tub or pool. Prevent the unit from being immersed in water and always keep the vent ports clear of any obstruction.
- Contact truMedic® if the IMPACT Therapy™ Device PRO is not working properly to arrange for repairs. Take care to not drop the unit and do not use it if it was left outdoors, damaged, or subjected to water.
- Only recharge with the 100-240V AC 50/60 Hz 0.5A max charger supplied with the unit. Only replace parts with genuine truMedic® components. Use of a 3rd-party A/C charger or adapter may cause risk of fire or damage to the unit.
- Before each use, check over the unit thoroughly.
- Repairs by the consumer are not safe and will void any warranty.
- Use caution when charging the IMPACT Therapy™ Device PRO. Do not leave the unit unattended while charging, do not charge the unit in a wet environment, outdoors or near any water. Do not charge the unit near any flammable products or atmosphere (natural gas, gasoline dust, paints or thinners, etc.



SAFETY INSTRUCTIONS CONTINUED

Before using the truMedic IMPACT Therapy™ Device PRO, or any vibration/massage device please obtain approval from your doctor if you are pregnant, under medication, under a doctor's care, have diabetes with complications such as neuropathy or retinal damage, recent surgery, epilepsy, migraines, herniated disks, spondylolisthesis, spondylolysis, spondylosis, any joint replacements, IUDs, metal pins, plates or any other medical device implanted in your body. Frail individuals and children should be accompanied by an adult when using any vibration device. These contraindications do not necessarily mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done regarding the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contraindications as shown above. Practical experience has shown that the integration of vibration exercise into a treatment plan is advisory in certain cases. This must be done under the advice and supervision of a doctor, specialist or physiotherapist.

IMPACT Therapy™ Device PRO Specifications

Battery Capacity:	2400mAh
Power:	12-220W
Power Input:	100-240V ~ 50/60Hz
Frequency:	21hz, 28hz, 33hz, 44hz, 46hz and 55hz
Motor Type:	High-torque Brushless Motor
Percussions Per Minute:	1800-3200 ppm
Torque Range:	0-8.5kg/cm
Amplitude:	10 mm

Included in Box:



truRelief™ IMPACT Therapy™ Device PRO



Ball, Flat, Wedge, Cylinder and Fork
Massage Heads




A/C Adapter



Benefits of IMPACT Therapy™

IMPACT Therapy™ helps relax strained and tired muscles after workouts or physical activity. The truMedic® truRelief™ IMPACT Therapy™ Device PRO uses quick and focused taps of energy that impact the muscle and break up knotted tissue. This process is intended to stimulate blood flow to affected areas of the body, making this the perfect tool to use prior to and after a workout to help relax and relieve sore muscles.

Operation

- To start the unit, touch the power button .
- Once the unit is on, press the **+** and **-** icons to select the massage speed you prefer. The speeds range from low to high and red lights indicate the current speed.
- To turn the device off, touch the power button icon.

NOTE: The unit is designed to turn off after 10 minutes. Touch the power button to resume massage.



Massage Heads

To provide a more comfortable massage experience, use each attachment for its intended use. With 5 distinct massage heads for various parts of the body, each attachment offers a different massage technique.



Ball

Rounded surface that works deeply into the muscle.



Flat

Designed to serve the larger areas of the body.



Cylinder

Designed for the smaller, tighter area of the body where a focused energy is desired.



Fork

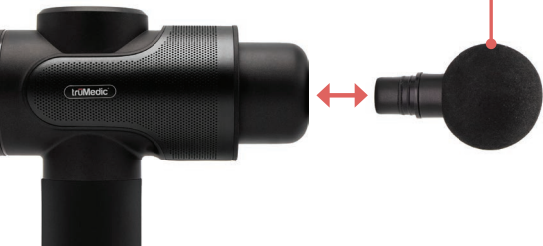
Best choice for the areas where you would span a muscle or bone.



Wedge

Scraping tool for targeting shoulder blades and IT bands.

Attaching and Removing the Massage Heads



Maintenance, Cleaning & Storage

- Always turn the device off before cleaning.
- Use a slightly damp towel to clean the device and dry with a soft cloth.
- Never store in direct sunlight or at temperatures above 104°F (40°C).
- Do not allow liquids to enter the unit.

Charging

- The IMPACT Therapy™ Device PRO will operate up to 4 hours (speed level and pressure applied will effect the run time). Fully charge the battery for up to 2.5–3 hours before first use.
- To charge the unit, connect the DC end of the supplied adapter to the battery's charging port and plug the A/C side of the cable into a wall outlet.
- The battery does not have a memory and can be recharged from any charge level.
- It is advisable to not fully deplete the battery before recharging.
- The device will automatically shut off after 10 minutes of usage. Touch the power button to start your massage session again.
- The average run-time on a single charge is up to 180 minutes depending on speed level and pressure applied during use.
- Do not leave the charger plugged into the wall outlet when not in use.
- Protect the charger wire from damage by rocking chairs or other furniture and choose a charge location where the wire won't be a trip hazard.
- Do not use a charger that has wire or body damage, replace it in a timely manner.
- Always remove the charger from the wall outlet by the plug, never by the cord.
- Handle the charger with care, do not over extend the wire or allow it to come in contact with heat or sharp objects.

Warranty

truMedic® warrants this product against defects in materials and/or workmanship for a period of 6 Months from the date of purchase by the original purchaser. **You must register your product within 10 days to qualify for a free upgrade to your warranty from 6 months to one full year at no cost.** In the event of a valid claim within the Warranty Period, truMedic® will repair the defect or replace the unit at no charge, using new or refurbished replacement parts at its discretion. Proof of purchase is required prior to receiving service under this warranty.

Warranty service is available by calling truMedic® service at (888)264-1766 or via email at service@truMedic.com. You are responsible for delivery and the cost of delivery of the product to a truMedic® service center for replacement or repair, truMedic® will pay for delivery charges on returns.

This warranty does not cover damage caused by failure to follow instructions, or damage caused by accident, abuse, misuse, fire, flood, earthquake or other external causes, or damage caused by unauthorized repairs.

TRUMEDIC® SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, TRUMEDIC® DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF TRUMEDIC® CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

Other truMedic® Products



MagicHands™ Neck & Back Massager



The truMedic® MagicHands™ truShiatsu™ Neck and Back Massager with Heat is our most advanced, high-performance massage unit yet. This massager is designed with a patent-pending mechanism that is made to recreate the touch of a professional masseuse. It delivers a powerful massage that is so lifelike, you will believe it is coming from a set of human hands!

Available Colors:

Dream Machine™

Pillow Massager



Massage yourself into a deep sleep with truMedic's new state-of-the-art Dream Machine truShiatsu Rechargeable Pillow Massager with Heat. No wires required! The rechargeable Dream Machine Pillow Massager makes an excellent addition to any couch, chair, or bed.



truShiatsu™ PRO

Foot Massager



Treat your feet to a truShiatsu™ Massage. Enjoy a professional quality foot massage on your own time, in the comfort of your own home. The truShiatsu™ PRO Foot Massager provides the world's best in-home foot massager experience.



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