



truRelief™

IMPACT Therapy™ Device
Ultra Portable

User's Manual



IMPACT Therapy™

Congratulations on purchasing your very own truRelief™ IMPACT Therapy™ Device! This ultra portable device is your new personal, on-demand physical therapist. With four different speed settings and 4 interchangeable heads. This ultra portable product will relieve you of soreness and maximize your performance. It's designed to be cordless, lightweight, and rechargeable. The ultra quiet motor is powerful and unlike others won't be disruptive. You can use your IMPACT Therapy™ Device at home, in the gym or on-the-go!



SAVE THESE INSTRUCTIONS



WARNINGS & CAUTION

Please read and observe all instructions before use.

- Always use with a layer of clothing between the massager and skin. Do not use on bare skin as friction soreness or redness may occur.
- Do not place your finger or any objects near the piston head where the IMPACT Therapy™ heads connect to the device while in use.
- Do not use any massage heads or A/C chargers other than the one provided by truMedic® and only as instructed by truMedic®.
- Do not immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.
- Do not remove screws or attempt to disassemble. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty shall be void if the **IMPACT Therapy™ Device**: Ultra Portable, battery, or charger are disassembled or have had any parts removed. If the device or any parts are damaged, contact truMedic®.
- Do not operate continuously for more than one hour. Allow the device to rest for 30 minutes before reusing it.
- For adult use only. Do not use if you are injured. Consult your doctor before using this product.
- Do not charge for more than 3 hours to prevent overcharging.



SAFETY INSTRUCTIONS

To reduce the risk of burns, fire, electric shock, or injury to persons:

- Keep the initial session brief, so you can see how the body responds to high-speed vibration.
- For adult use only. Careful supervision is necessary when used on, by, or near children, immobile or disabled individuals. Children should be supervised to ensure that they do not play with the **IMPACT Therapy™ Device**: Ultra Portable charger.

- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region. Do not operate under blankets, towels, clothing, etc. or anyplace where ventilation is limited.
- Do not put any obstructions into vents. Do not use with any vent blocked; keep free of dust, lint, hair, and anything that may reduce airflow. Keep hair, loose clothing, jewelry, and fingers from vents and moving parts, such as the IMPACT Therapy™ piston head.
- Use the **IMPACT Therapy™ Device**: Ultra Portable only on the body's soft tissue as desired without producing pain or discomfort. Do not use on your head or near your genitals. Do not get hair caught in the IMPACT Therapy™ Heads or any other moving part on the device. Do not use the device near your throat, above your Adam's Apple or C4.
- Use only the massage heads that provide the best-desired effect.
- Bruising can occur regardless of the control setting or pressure applied. Check treated areas frequently and immediately stop at the first sign of pain or discomfort.
- Keep fingers, hair or any other body part away from the shaft and backside of the massage head as pinching may occur.
- Do not immerse in water or allow water to enter the ventilation holes of the **IMPACT Therapy™ Device**: Ultra Portable.
- Do not drop or misuse the **IMPACT Therapy™ Device**: Ultra Portable. Never operate the device if it is not working properly, has been dropped, damaged, left outdoors, or immersed in water. Contact truMedic® immediately for repair.
- Only recharge with supplied 100-240V AC 50/60 Hz 0.5A max charger.
- Carefully examine the device before each use.
- Do not tamper or alter the **IMPACT Therapy™ Device**: Ultra Portable in any way.
- Never leave the **IMPACT Therapy™ Device**: Ultra Portable operating or charging unattended.
- The **IMPACT Therapy™ Device**: Ultra Portable should be charged indoors in a well ventilated, dry location. Do not charge the device outdoors, in a bathroom or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the device or charger on wet surfaces and do not expose the charger to moisture, rain, or snow. Do not use the battery or charger in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials) because sparks may be generated, possibly causing a fire.



SAFETY INSTRUCTIONS CONTINUED

Please do not use the **IMPACT Therapy™ Device: Ultra Portable**, or any vibration device without first obtaining approval from your doctor if any of the following apply:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, use of pacemakers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUDs, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These contraindications do not 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 to the conducted regarding the effects of vibration exercise for on specific medical disorders. This will likely result in the shortening of the list of contraindications as shown above. Practical experience has shown shows that the integration of vibration exercise into a treatment plan is advisory in certain several cases. This must be done on under the advice and supervision of in accompaniment with a doctor, specialist or physiotherapist.”

IMPACT Therapy™ Device: Ultra Portable Specifications

Charger	Adapter Output: 100-240V AC 50/60 Hz 0.5A max Adapter Input: 16.8V 800mA	
Net Weight	Main Body: 28 oz (734 g)	Heads: Approx. 2 oz each (57 g)
Vibration Frequencies	Level 1: 20 Hz	Level 4: 50 Hz
	Level 2: 30 Hz	Level 5: 60 Hz
	Level 3: 40 Hz	Level 6: 70 Hz



What is **IMPACT Therapy™**?

IMPACT Therapy™ can stimulate and accelerate the repair of strained muscle fibers by supplying quick bursts of force in focused, rapid pulses into deep muscle tissues. This can help stimulate the flow of blood to areas of the body where you may be experiencing discomfort, encouraging pain relief and thus enhancing range of motion. It's perfect for both loosening up before your workout and post-workout relief.



On/Off Button

Intensity Level

Battery Life Indicator

Raise Intensity

Lower Intensity

Charger Input

truMedic
IMPACT Therapy

INPUT: AC 100V-240V 50/60Hz



DC IN 16.8V

0.7A

MADE IN CHINA



2600MAH

Read instructions carefully before using



IMPACT Therapy Device
Ultra Portable

Operation

- USE ONLY AS INSTRUCTED. Use only as described in this **IMPACT Therapy™ Device**: Ultra Portable Instruction Manual. Use only truMedic® recommended accessories and replacement parts. Do not carry out any maintenance other than that which is shown in this **IMPACT Therapy™ Device**: Ultra Portable Instruction Manual or advised by truMedic®.
- Power the device on by pressing the power button on the back of the unit. The unit will automatically begin functioning at vibration frequency one
- Power the device off by pressing the power button on the back of the unit.
- With the power switched on, press the "+" button to move up one vibration intensity level and the "-" button to move down one.
- With unit off, fully insert the massage head by pressing in. Remove by pulling it out.
- Massage the desired body part at the desired speed applying pressure as needed.



*Attaching and Removing
the Massage Heads*

Massage Heads



Ball

Large, versatile massage head. The best attachment to start with.



Flat

A wider surface area made for larger parts of your body.



Cylinder

Pinpoint muscle treatment. Target smaller areas of your body or use on specific trigger points.



Fork

Pinpoint specific areas around certain muscle groups like your traps, forearms , etc.

Maintenance, Cleaning & Storage

- 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).
- Always turn the device off before cleaning.

Charging

- Fully charge the battery for up to 3–4 hours before first use.
- To charge the unit, connect the DC end of the supplied adapter to the battery's charging port and plug A/C side cable into a wall outlet.
- The LEDs above the battery icon indicate battery level.
- With the AC adapter plugged in, the charging indicator LEDs will light up to indicate charging progress.
- A full charge is indicated when all LED charge indicator lights stop flashing and remain fully illuminated.
- The battery may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery.
- The average run-time on a single charge is up to 5 hours depending on speed level and pressure applied during use.
- Unplug the charger from the outlet when not in use for extended periods. Make sure the charger cord is located so that it will not be stepped on, tripped over, or otherwise subjected to damage or stress. Have a damaged charger replaced immediately.
- Pull the plug rather than the cord to reduce the risk of damage to the electrical plug and cord. Never carry 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 **IMPACT Therapy™ Device**: Ultra Portable with wet hands.

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. Registration will also include a lifetime warranty for the battery.** 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 massage experience



truMedic®

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