



Therabody

RecoveryTherm Cube

Powered by *Cryothermal* Technology

User Manual

Product Overview

RecoveryTherm Cube

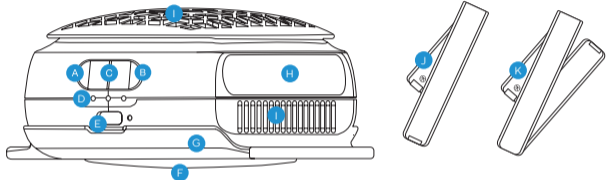
Instant hot and cold therapy for targeted pain relief.

Eliminate messy ice bags and scalding heat packs with RecoveryTherm Cube. Choose between instant hot therapy, cold therapy, or alternate with contrast therapy to more effectively relieve aches and pains, reduce inflammation and muscle soreness and maximize recovery. Our proprietary Cryothermal Technology delivers fast, precisely controlled heating, cooling and contrast therapy directly to the skin. Use it as a targeted handheld device, or attach it to key areas of your body using the secure straps for on-the-go convenience.

Intended Use

The RecoveryTherm Cube is intended to relieve aches and pains, reduce inflammation and muscle soreness, and maximize recovery. Hot and cold therapies offer unique therapeutic benefits, and alternating between the two, known as contrast therapy, can help to maximize muscle recovery and performance. RecoveryTherm Cube is designed to be a portable, handheld device used to provide targeted relief to an area and can also be securely fastened to the intended treatment area for longer, hands-free treatments. While cooling, heating, and vibration offer unique therapeutic benefits, rapidly alternating between the three, known as contrast therapy, optimizes and increases blood flow to reduce pain and soreness.

Getting To Know Your RecoveryTherm Cube



A Cold Therapy Button

B Heat Therapy Button

C Contrast Therapy
(Press A & B)

D Temperature Level
Indicator

E USB-C Charging Port and
Battery Level Indicator

F Treatment Area

G Cube Strap Frame

H Grip Area

I Air Vents
(Do not Cover)

J Short Strap

K Long Strap

Getting started

Powering the RecoveryTherm Cube On and Off

Long press the cold or hot button to begin the cold or hot treatment. Simultaneously long press both the cold and hot buttons to begin contrast treatment. Long press either the hot or cold button to manually power the device off.

Automatic Shut Off

The device will automatically shut off following the completion of each treatment.

Step 1

Place and secure the device on treatment area

- I. RecoveryTherm Cube can be used as a handheld device or securely fastened to the treatment area using the cube strap frame and straps provided. Use the device directly on the skin to maximize benefits or through light clothing if desired. Securely fasten your hair before device use.
- II. The device will arrive inside the cube strap frame. Remove the device from the cube strap frame by pushing on the front and back edges of the cube strap frame. **(See Figure 1)** The device can be removed from the cube strap frame when being used as a handheld device for increased comfort. To return, align and snap the device into the cube strap frame.

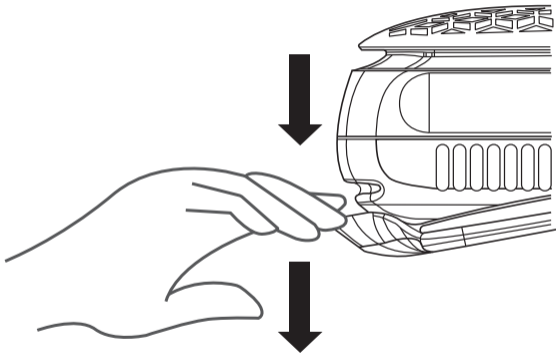


Figure 1. Removing device from Cube Strap Frame

III. To use as a handheld device, place the device on the intended treatment area with the Therabody logo facing out. Grip the device using the recommended flat grip area on each side. Do not cover air vents or lay on top of the device. Use the device by either holding it still on the treatment area or gently massaging. *If you plan to hold the device during treatment, proceed to Step 2: Use the device

IV. **Arms and limbs:** When using the RecoveryTherm Cube on the arms and limbs, use a single strap. **(See Figure 2)** Hold the device with the Therabody logo facing up. Thread the strap with the Therabody logo through one of the buckles on the cube strap frame. Velcro to secure the strap. Place the device on the intended treatment area (Therabody logo facing out) and wrap the strap around the limb. Thread the strap through the buckle on the other side of the device, adjusting as needed, and secure it with velcro.

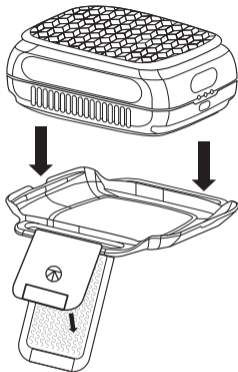


Figure 2. Using one short strap

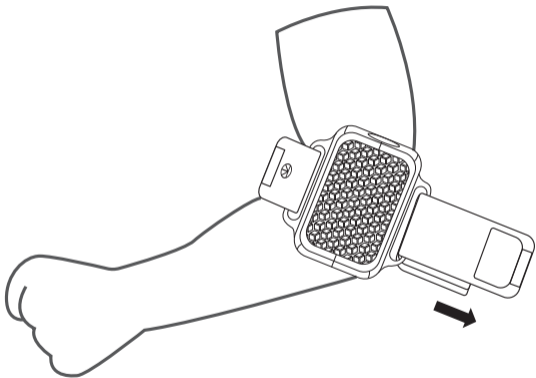


Figure 2 continued. Using one short strap

V. **Torso, shoulder, and back:** When using the RecoveryTherm Cube on the torso, shoulders, and back, use both straps together. **(See Figure 3)** Hold the device with the Therabody logo facing up. Thread the first strap with the Therabody logo through the buckle on the left side of the cube strap frame. Next, thread the second strap with the Therabody logo through the buckle on the right side of the cube strap frame. Velcro to secure each strap so that the Therabody logo faces out. Place the device on the intended treatment area (Therabody logo facing out). Place one strap around the front of your body with the Velcro facing out. Place the second strap on top of it with the short Velcro facing in to connect the two straps. Adjust to tighten as needed. Do not fasten straps around the neck to prevent choking.

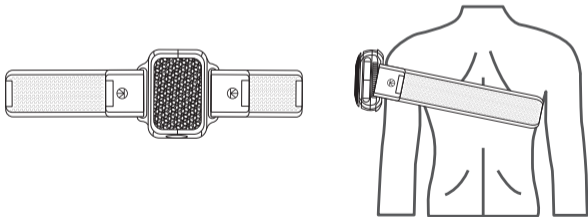
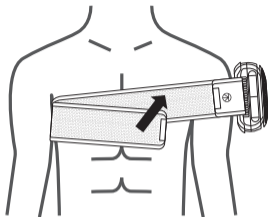


Figure 3. Using both straps

*Figure 3 continued.
Using both straps*



Step 2

Use the device

- I. Securely rest the device on the intended treatment area, and long press either the cold or hot button to power the device on and begin treatment. If placing the device on the intended treatment area makes the cold and hot buttons out of reach, power on and choose your treatment first.
- II. Long press the cold (snowflake) button to begin cold treatment. The cold button will illuminate as blue as the cold treatment begins. Short press the cold button at any point during treatment to toggle through temperature options: 1 LED light: 16 °C (61 °F) (default), 2 LED lights: 12 °C (54 °F), 3 LED lights: 8 °C (46 °F). The treatment will run for 18 minutes.

- III. Long press the hot (heat wave) button to begin hot treatment. The hot button will illuminate as orange as the hot treatment begins. Short press the hot button at any point during treatment to toggle through temperature options: 1 LED light: 35 °C (95 °F) (default), 2 LED lights: 39 °C (102 °F), 3 LED lights: 43 °C (109 °F). The treatment will run for 24 minutes.
- IV. Simultaneously long press both the cold and hot buttons to reach contrast mode. Both the cold and hot buttons will illuminate as the contrast treatment begins. The treatment will run for 20 minutes, spending five minutes in cold treatment and five minutes in hot treatment, and repeating once. Short press the cold or hot button at any point during their respective treatment to toggle through temperature options (Cold: 3 LED lights: 8 °C (46 °F) (default), 1 LED light: 16 °C (61 °F), 2 LED lights: 12 °C (54 °F); Hot: 3 LED lights: 43 °C (109 °F) (default), 1 LED light: 35 °C (95 °F), 2 LED lights: 39 °C (102 °F).
- V. Treatment times do not reset when the treatment temperature is changed. Treatment times do reset when switching between hot and cold treatment. The device will power off once the treatment is complete.
- VI. Long press the cold or hot button to turn off the device.

Step 3

Feel the difference.® Every day.

Whether used for targeted pain relief or muscle soreness and stiffness, RecoveryTherm Cube will help keep you feeling your best.

See Warnings for important safety instructions



Scan the QR code to get started.

Protocols Overview

Table 1. Modes

	1 LED light	2 LED lights	3 LED lights
<p>Hot mode 24 minutes total</p> <p>Short press hot button to toggle between three temperature options.</p>	<p>35 °C 95 °F</p> <p>Default temperature</p>	<p>39 °C 102 °F</p>	<p>43 °C 109 °F</p>
<p>Cold Mode 18 minutes total</p> <p>Short press cold button to toggle between three temperature options.</p>	<p>16 °C 61 °F</p> <p>Default temperature</p>	<p>12 °C 54 °F</p>	<p>8 °C 46 °F</p>

	Step 1	Step 2	Step 3	Step 4
<p>Contrast Mode 20 minutes total</p> <p>Simultaneously long press both hot and cold buttons to begin contrast treatment</p>	<p>5 minutes</p> <p>Cold</p> <p>The default temperature is 8 °C. Short press the cold button to toggle through the three temperature options.</p>	<p>5 minutes</p> <p>Hot</p> <p>The default temperature is 43 °C. Short press the hot button to toggle through the three temperature options.</p>	<p>5 minutes</p> <p>Cold</p> <p>The default temperature is 8 °C. Short press the cold button to toggle through the three temperature options.</p>	<p>5 minutes</p> <p>Hot</p> <p>The default temperature is 43 °C. Short press the hot button to toggle through the three temperature options.</p>

Table 2. Treatment type selection

Treatment Mode	Pro Tip
Hot Mode	<p>Reduce muscle pain and soreness</p> <p>Reduce muscle and joint stiffness</p>
Cold Mode	<p>Decrease inflammation and swelling</p> <p>Treat acute injury to reduce pain, inflammation, swelling</p>
Contrast Mode	<p>Maximize muscle recovery and performance</p> <p>Maximize post-exercise recovery</p>

RecoveryTherm Cube Device

After Care & Cleaning

Device Maintenance

The following maintenance instructions are important to ensure that your device continues to work as it was designed. Failure to follow these instructions may cause your device to stop working.

Care and Cleaning

1. The RecoveryTherm Cube is NOT waterproof or machine washable. Do not allow any liquid or water to enter the device or air vents.
2. Ensure that the device is powered off before cleaning.
3. To clean, wipe the inner surface of the strap with a dampened microfiber cloth. Wipe down the device, strap case, and straps completely.

Charging

- Plug one end of the USB-C charging cable into the USB-C port and the other into your USB-A adapter of choice to charge the RecoveryTherm Cube.
- Check the device's battery status on the LED battery level indicator (on the right-hand side of the USB-C port).
 - Orange: Low battery
 - Blue: Medium battery
 - Green: Full battery
- The LED battery level indicator will flash while properly connected until fully charged. The LED indicator will turn green when charging is complete.
- The battery life is approximately 120 minutes for cold and heat mode and 60 minutes for contrast mode.

**Note: If using an alternative USB-C cable, ensure that it is from a trusted source and has not suffered any structural damage. Do not try to use the device while charging.

RecoveryTherm Cube

by Therabody

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



@Therabody