



Therabody

# RecoveryAir JetBoots

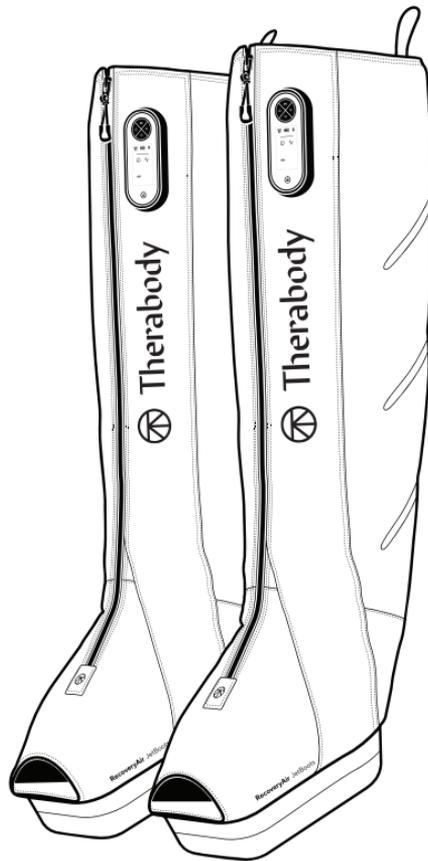
Portable Recovery.

# RecoveryAir JetBoots

Integrated Pneumatic Compression System

Fully wireless compression boots.

Your RecoveryAir JetBoots come with two compression boots, each with integrated pumps. Plus a 36W charger, a splitter charging cord, and a carrying pouch.



See Warnings on pg. 10 for important safety instructions.

## Getting started

1. To get started, put your boots on and get into a comfortable position.
2. Once ready, turn ON the RecoveryAir JetBoots integrated pump, by pressing the power button.
3. After your boots are ON and have automatically paired, you can adjust the pressure and time settings directly from the integrated pumps before your treatment begins. More settings can be made from the Therabody app. (If your boots are not automatically paired, see section Troubleshooting on page 17.)
4. Use your JetBoots at the same time as a pair or independently of each other.

## Prepare your treatment

1. After turning on and pairing your RecoveryAir JetBoots, you are ready to choose your program settings.
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 Pressure button 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

### A Buttons



*Power Button*



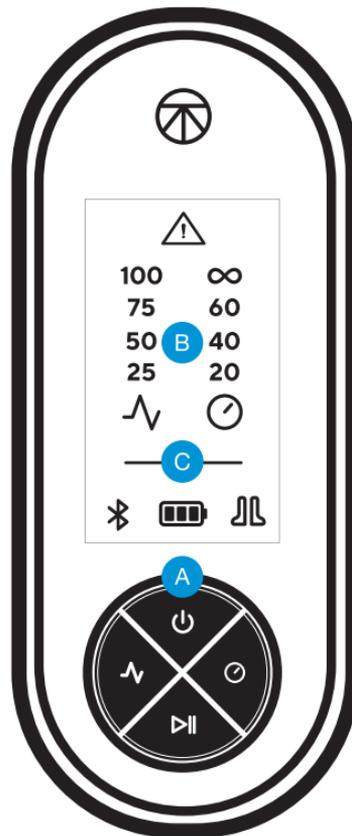
*Start/Pause/Stop Button*



*Time Button*



*Pressure Button*



## B Settings (Adjustable Range)



### **Pressure Setting**

Adjustable Pressure Range (25-100 mmHg) in increments of 25 mmHg. Adjustable pressure changes via the Therabody app in increments of 5 mmHg



### **Time Setting**

4 time intervals (20, 40, 60, and continuous)  
*Additional time options available via the Therabody app*

## C 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 fully lit bars to indicate battery life



### **Paired Indicators**

No indicator: Boot has not been paired



1 Paired Indicator:

Boot is paired but was not able to connect with the other boot

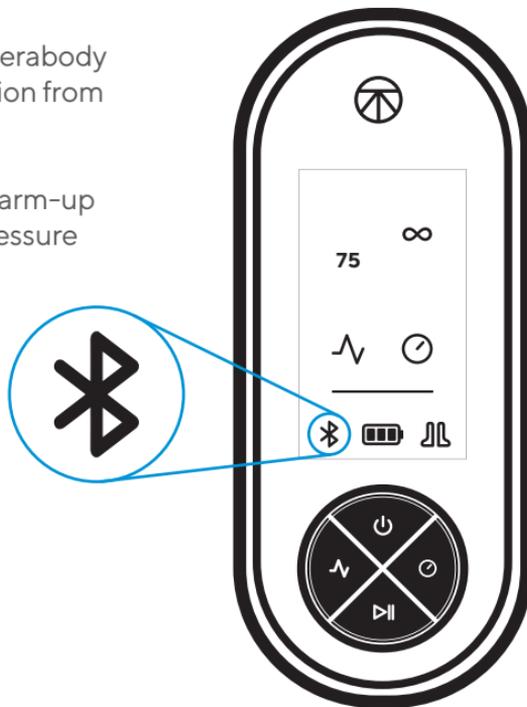


2 Paired Indicator : Boots are paired and connected

## Smart Features

The RecoveryAir JetBoots also connect to the Therabody app via Bluetooth, giving you control of your 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.



# RecoveryAir JetBoots Programs

## About negative gradient for all programs:

The RecoveryAir JetBoots' 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

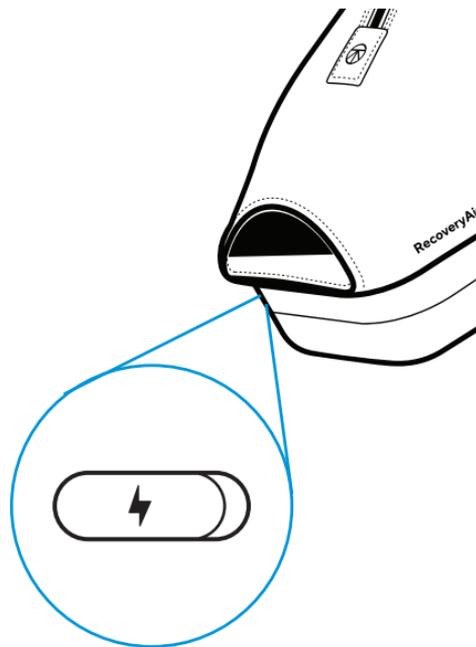
Both the Recover and Warm-Up preset programs use the Sequential inflation cycle.

- A directional massage is applied, starting at the base of the treated area, and progresses upwards towards the torso and then releases.
- 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.

# Charging the RecoveryAir JetBoots

You can use your JetBoots while they are charging. Also, you can charge one of the boots at the time directly with the power adapter.

1. After turning off the integrated pump, locate the power charging port found at the front right side of the foot of the boot.
2. Connect one side of the splitter to the charging port.
3. Do the same for the second boot.
4. Connect the other end (female end) of the splitter to the power adapter and connect the other side to a wall power outlet.
5. Charging is complete when all 3 LED lights of the LED battery indicator are lit.



## Superior, hygienic design

It's important to take proper care of your RecoveryAir JetBoots compression boots because the longer they last, the longer you will feel the benefits. Each boot has non-porous medical grade material that helps 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 JetBoots:

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. Avoid using sprays or soaking wet wipes on the back of the pump due to the air vents. Clean with caution.

### **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.

# Traveling with your RecoveryAir JetBoots

The RecoveryAir JetBoots' components are all packed into a sleek, compact design for on-the-go recovery, making traveling even more convenient.

When traveling with your RecoveryAir JetBoots, we recommend:

- Pack your boots, including the integrated pump, in the provided carrying pouch and simply fold to fit into your travel bag or carry on luggage.
- The integrated pump eliminates the need to pack the pump separately.

## Important Safety Information

Read all instructions before using the RecoveryAir JetBoots 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.

# Important Safety Information

## Safety Warnings and Precautions

### Warning:

- **Explosion Hazard:** Do not use the RecoveryAir JetBoots in the presence of flammable gases, including flammable anesthetics.
- **Electric Shock Hazard:** Do not allow liquid to enter any part of the RecoveryAir JetBoots pump. Do not immerse in water or liquid. To clean, follow instructions found on page 8.
- **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 JetBoots' performance.
- Do not modify any part of the RecoveryAir JetBoots.
- 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 JetBoots while operating a vehicle.
- Do not store or transport the RecoveryAir JetBoots beyond the specified temperature, humidity, and atmospheric pressure range.
- Do not use the RecoveryAir JetBoots beyond the specified temperature range: 10 to 30°C (50 to 86°F).
- Do not use the RecoveryAir JetBoots beyond the specified humidity range: 30%rH–75%rH, noncondensing.
- Only use the RecoveryAir JetBoots up to 3000m above mean sea level.
- To prevent any damage to the RecoveryAir JetBoots, 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.
- 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.

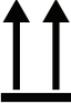
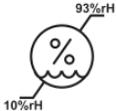
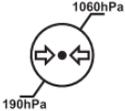
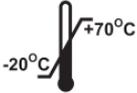
# Labels

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

<b>Label</b>	<b>Description</b>	<b>Location</b>
<b>IP 22</b>	Degree of protection against ingress of water	On garment label
	Read instructions before use	On garment label
	Read instructions before use (for China only)	On garment label
	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 garment label (only in the EU)

Label	Description	Location
	Read instructions before use	On garment label
	Level of protection type BF applied part	On garment label
	Double insulation	On DC power adapter
	Direct current	On garment label
	Therabody, Inc. 6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048	On garment label
	Date of Manufacture	On garment label

Label	Description	Location
 <p>UDI : (01) 00810036056908 (10) 2143 (21) 00001</p>	<p>Unique Device Identification (UDI)</p>	<p>On garment label and package, and garment bag and package</p>
	<p>Separate collection for waste electrical and electronic equipment</p>	<p>On garment label</p>
	<p>In accordance with Directive 2014/35/EU electrical equipment designed for use within certain voltage limits, and Directive 2014/30/EU electromagnetic compatibility</p>	<p>On garment label</p>
	<p>Serial number of the console</p>	<p>On console base</p>
	<p>Fragile, handle with care</p>	<p>On package</p>
	<p>Keep dry</p>	<p>On package and console base.</p>

Label	Description	Location
	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
	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

Symptom	Possible Cause	Corrective 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.

<b>Symptom</b>	<b>Possible Cause</b>	<b>Corrective Action</b>
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.
	Internal malfunction	Contact Therabody.
An irregular noise.	Pump transferring vibrations to a surface	Make sure the pump is standing evenly on all four of its bumpers.
	Internal malfunction	Contact Therabody.
Boots are not automatically paired.	Boots were not pre-paired.	If your boots are not automatically paired, press the pressure and time buttons at the same time and hold both for 5 seconds to enable the pairing of the two boots.

# 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 - WarrantyAttn: 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:**

- 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.

## **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