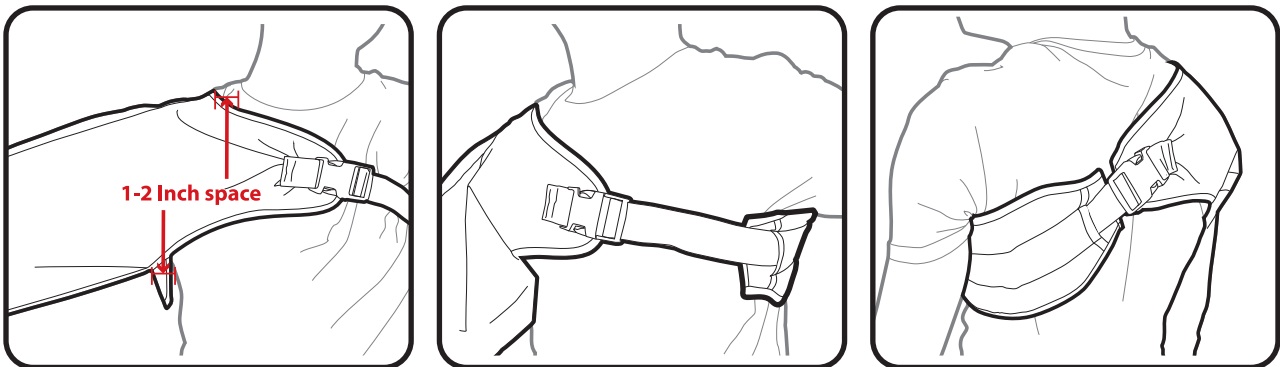


AIR RELAX[®] ARM SLEEVE

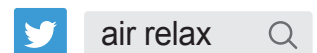
Please Read This Quick Guide. Thank You.



1. The control unit should be placed on a stable flat surface from where it will not slip or fall. Position the control unit so that the user can easily reach it during sessions.
2. Plug the power cord into an appropriate electrical wall outlet.
3. Insert the arm into the arm sleeve, so the zipper stays on the top of your arm.
4. Pull the sleeve over your shoulder leaving a **1-2-inch** space between your neck and the sleeve.
5. Wrap the fastening strap around the torso, under the free arm.
6. Fasten the strap at the torso and adjust the length by pulling on the buckle for a comfortable fit.
7. Connect the hose plug to the air socket on the control unit making sure the **arrow sign** is facing up.
8. Press the **ON/OFF** button on the control unit to turn on the system.
9. Press the **MODE** button on the control unit to select the mode.
10. Press the **PRESSURE** button on the control unit to adjust the pressure level.
11. When the session is completed, the control unit will turn off automatically.
12. Allow the arm sleeve to deflate for 30 seconds before you remove it.

Note:

- The hoses should not be twisted or folded.
- If other buttons are pressed during a current session, another 15 minutes starts from the time the last button is pressed.



 **WARNING**

- For your safety and to avoid property damage, please read the Air Relax manual provided with the system and use as indicated. Non-Compliance may cause serious injuries or death and or severe property damage. Do not use the system in any way other than the usage stated in the manual.
- This system does not constitute medical treatment and is not a substitute for a medical examination or diagnosis. If you are dealing with a serious health condition check with your health care provider before using.

 **CAUTION**

- The arm sleeve is not sterile, do not place directly against open wounds, sores, rashes, infections, or stitches. A layer of clothing between the garment and skin is recommended. Remove **any jewelry or watches** before wearing the arm sleeve.
- Using pressure over **100 mmHg (Level 2)** with the arm sleeve is not recommend. Ecchymosis (redness), skin irritation or bruising may occur. The arm sleeve compresses very close to your heart.

Tips:

- Select the compression strength starting from low to high level.
- Limit movements during the session.
- Registering your product will help us provide you with quicker and more efficient service and support and assure you get the most out of your warranty.

Register your product at <https://www.air-relax.com/pages/registration>



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