

Homedics®

real relief full leg air
compression massager



**please take a
moment now**
register your product at
www.Homedics.ca/register

Your valuable input regarding this
product will help us create
the products you will want
in the future.

INSTRUCTION MANUAL AND WARRANTY INFORMATION

2-year limited warranty

SR-160HJ | L-04192, Rev. 2

IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- DO NOT reach for a unit that has fallen into water. Unplug it immediately.
- NEVER use pins or other metallic fasteners with this appliance.

WARNING – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attachments.
- DO NOT use outdoors.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. DO NOT use attachments not recommended by Homedics; specifically, any attachments not provided with the unit.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- NEVER operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Return the appliance to the Homedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

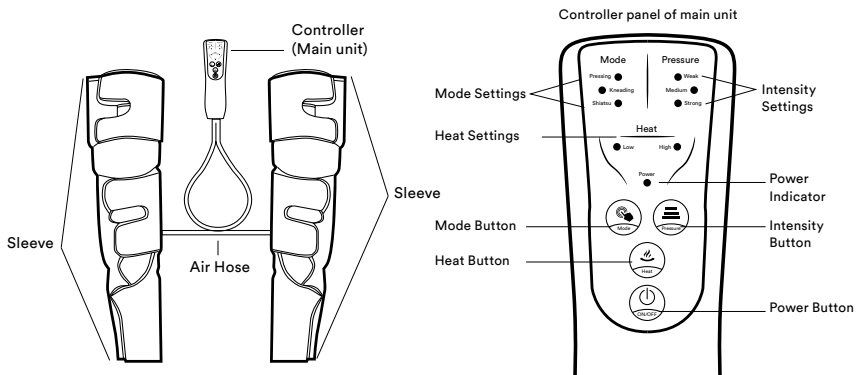
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- DO NOT use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.
- DO NOT use any other AC adapter than what is supplied with the product. Use of any other AC adapter may damage the product and may increase risk of harm to user or property. Only AC adapter bearing the Part#: PP-SR160HJADP should be used.

SAVE THESE INSTRUCTIONS

CAUTION – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING.

- Consult your doctor prior to using this product, if:
 - You are pregnant
 - You have a pacemaker
 - You have any concerns regarding your health
- NOT recommended for use by diabetics.
- NEVER leave the unit unattended, especially if children are present.
- NEVER cover the unit when it is in operation.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- NOT for use by children.
- This unit should not be used by people with disabilities without supervision.
- This appliance is intended for household use only.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.

NOTE: This unit will shut off automatically after 15 minutes of use. If your unit overheats, turn off the unit and let cool for 30 minutes before turning on again and continuing use.

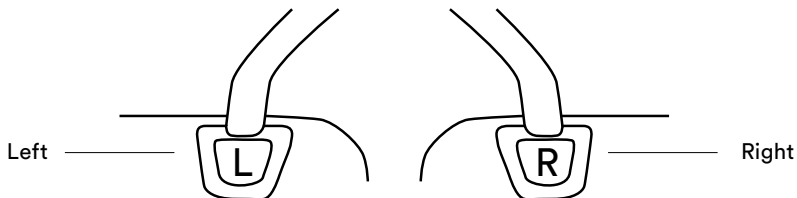


Name	Description
On/Off Button	Turning on or turn off the main unit.
Mode Button	The device includes 3 modes: Pressing mode, kneading mode, shiatsu mode.
Intensity Button	Low Intensity: 165mmHg Medium Intensity: 180mmHg High Intensity: 225mmHg
Heat Button	The device includes Low and High heat settings. Press the heat button and the indicator will light up. Press the heat button to switch between settings LOW/HIGH/HEAT OFF.
LED Light of Mode	The corresponding mode name is marked next to each LED lamp. During treatment, the LED corresponding to the selected mode will light up.
LED Light of Pressure	The corresponding pressure level name is marked next to each LED lamp. During treatment, the LED corresponding to the selected pressure level will light up.
Power Indicator	The indicator will light up if the device is turned on.

INSTRUCTIONS FOR USE

FITTING YOUR REAL RELIEF FULL LEG AIR COMPRESSION MASSAGER

1. Please note the left (L) and right (R) leg wrap according to the symbol marked at the base of the air hose on both legs.



2. To fit the wraps around your legs, unfold the leg wraps and lay them flat. Place your leg into the opened wraps one at a time (Fig. 1).
3. Fit the foot wrap around your foot and fasten it with the strap (Fig. 2).
4. Fit the calf wrap around your calf and fasten it with the strap (Fig. 3).

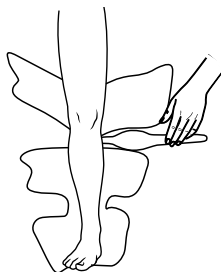


Fig. 1

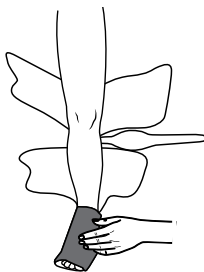


Fig. 2



Fig. 3

5. Fit the knee wrap around your knee and fasten it with the strap (Fig. 4).
6. Fit the thigh wrap around your thigh and fasten it with the strap (Fig. 5).
7. Check the position and tightness and adjust if needed. The wraps should be snug but not overtight (Fig. 6).

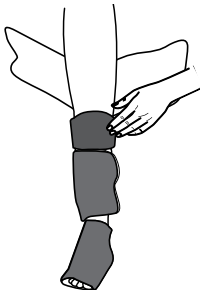


Fig. 4

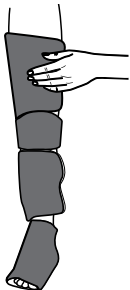


Fig. 5

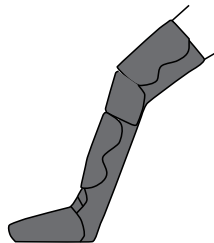


Fig. 6

8. Insert the 2 air hose connectors into the air hose socket located at the bottom of the controller (Fig. 7).

Please note that the air hose connectors have a groove in the connector (see Fig. 8) that allows them to only be inserted one way to ensure proper connection and inflation.

9. Insert the output end of the power adapter into the power input port located at the bottom of the controller (Fig. 9), and then plug the adapter into the wall outlet. The Power LED indicator will begin flashing to indicate that the device is plugged in.

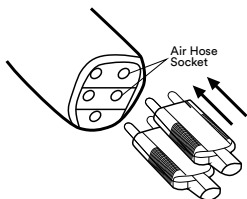


Fig. 7

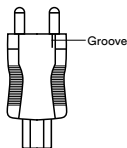


Fig. 8

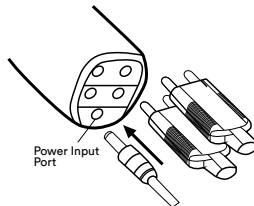


Fig. 9

USING YOUR REAL RELIEF FULL LEG AIR COMPRESSION MASSAGER

1. Press the Power button to turn on the device.

NOTE: The device will always turn on in its default settings:

- The default treatment mode is PULSE mode
- The default pressure level is LOW
- The default treatment time is 15 minutes

The power LED will turn on as well as the LED indicators for the current treatment mode and intensity.

2. Press the MODE button to select desired mode.

NOTE: Adjusting the mode during operation will not make the timing restart.

3. Press the Intensity button to adjust the pressure level from Low, Medium and High.

The LED corresponding to selected pressure level will light up.

NOTE: The pressure levels are as follows:

- Low: 165 mmHg
- Medium level: 180 mmHg
- High level: 225 mmHg

NOTE: Adjusting air pressure level during operation will not make the timing restart.

4. The device will automatically turn OFF after 15 minutes and the Power LED indicator will begin to flash again.

If less time is desired, press the Power button to turn the device OFF.

If more time is desired (we suggest 15 minutes of use), press the Power button to turn the device back on. Adjust the settings as desired.

AFTER USE

1. Remove the power adapter from the wall socket.
2. Remove the air hoses from the bottom of the controller by pulling them. Pull from the connector, not the hose.
3. Remove the wraps from your legs by unstrapping each section. Carefully fold each sleeve.
4. Store wraps and power adapter in the included storage bag.

MAINTENANCE

TO CLEAN THE MASSAGER

Allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit. DO NOT clean the unit while charging.

- DO NOT immerse in any liquid to clean.
- NEVER use abrasive cleaners, brushes, or strong chemicals that may or may not be flammable and/or damaging to the product to clean.
- DO NOT attempt to repair the massager. There are no user-serviceable parts. For service, contact Consumer Relations at the number listed in the Warranty section.

TO STORE

Place massager in its box or in a cool, dry place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, do not wrap the charging cable around the unit. DO NOT hang the unit by the charging cable.

CAUTION: All servicing of this massager must be performed by authorized Homedics service personnel only.

SUPPLIER'S DECLARATION OF CONFORMITY

Product Description: REAL RELIEF FULL LEG AIR COMPRESSION MASSAGER

Model Number: SR-160HJ

Trade Name: Homedics

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.

U.S. Contact Information

Company: Homedics, LLC.

Address: 3000 N Pontiac Trail, Commerce Township, MI 48390

8:30am-7:00pm EST Monday-Friday 1-800-466-3342

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user 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 to 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.

CAN ICES-003(B)/NMB-003(B)



2-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 2 years from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit www.Homedics.com. For Canada, please visit www.Homedics.ca.

FOR SERVICE IN THE USA
CSERVICE@HOMEDICS.COM
8:30AM-7:00PM EST MONDAY-FRIDAY
1-800-466-3342

FOR SERVICE IN CANADA
CSERVICE@HOMEDICSGROUP.CA
8:30AM-5:00PM EST MONDAY-FRIDAY
1-888-225-7378