



iReliev<sup>®</sup>

Leg & Foot Air Compression System



Model # CO-2000

## **INDICATIONS**

Read this instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in this manual. Failure to follow and implement according to the use and operating instructions can cause harm to the user or device.

### **What is Compression Therapy?**

Compression Therapy is the process of applying even pressure over parts of the body that are painful or fatigued. It may be used to relieve pain, reduce swelling, increase blood circulation, promote relaxation and soothe Restless Leg Syndrome.

### **WARNING**

The iReliev Leg & Foot Air Compression System is not intended for medical use. Consult your doctor prior to using this product if you are pregnant, diabetic, have a pacemaker, or if you have any concerns regarding your health. Never leave the iReliev Leg & Foot Air Compression System unattended, especially in the presence of children. DO NOT use this product for more than 20 minutes at a time.



## **Thank you for purchasing the iReliev<sup>®</sup> Leg & Foot Air Compression System**

Please read this manual carefully before use to ensure proper operation & use. Please keep this manual in a safe place for future reference.

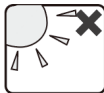
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## **⚠ WARNINGS**

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings in this manual carefully before using this product.

1. Consult your doctor before using if you are receiving any medical treatment.
2. Consult your doctor if you have any of the following conditions:
  - a. Pacemaker or other devices susceptible to electrical interference
  - b. Malignant tumors
  - c. Cardiac disease
  - d. Peripheral neuropathy or sensory disturbance caused by diabetes
  - e. Condition or injury that makes massage unsuitable
3. Keep out of the reach of infants, children, and adults who are unable to use the product independently.
4. Only use the power adapter that came with the product.
5. Don't scratch, damage, process, excessively bend, pull, or twist the power cord on the power adapter. It could cause electric shock or fire.
6. Don't use if the power adapter is not working properly or the plug is loose.
7. Don't plug or unplug the power adapter with wet hands.
8. Don't use this product in high-temperature conditions.
9. Don't remodel, disassemble, or repair the product without permission.



## **⚠ CAUTIONS**

1. Stop using immediately if you feel unwell. Consult with your doctor before using it again.
2. Don't wrap the power cord around the controller.
3. Don't use the product in the bathroom or in other humid or moist environments.
4. Unplug the power adapter from the socket before cleaning the product.
5. Unplug the power adapter when not in use.
6. Don't walk around while using this product or while wearing the leg wraps.

## **FAQs**

Q: What is the massage purpose of this product?

A: The leg and foot circulation therapy system achieves massage function through air pressure. Airbags inside the leg wrap pump and release air to massage the muscles in your feet and legs. The massager encourages blood to flow from the feet to the legs to increase circulation and relaxation in the body.

Q: How does the massager operate?

A: There are 2+2 airbags inside the leg wraps. The airbags inflate and deflate to simulate human hands kneading and stroking your muscles. It can relax your muscles, increase circulation, and relieve pain.

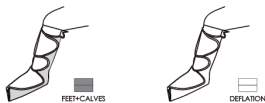
Q: How many massage modes, and what's the difference?

A: There are 2 massage modes.

**Mode 1:** Sequence Mode - This mode massages the feet and calves separately. You can choose from 3 levels of pressure and optional heat in this mode.



**Mode 2: Whole Mode** - This mode massages the feet and calves at the same time. You can choose from 3 levels of pressure and optional heat in this mode.



Q: What if the massage pressure feels too tight or too light?

A: You can start by adjusting the pressure level up or down on the controller.

Next, adjust the velcro straps to loosen or tighten the leg wraps, as needed.

Q: What if my feet are too big?

A: Undo the snap at the toe area.

Q: Why isn't air pumping when the controller is turned on?

A: Make sure both air hoses are plugged correctly into the controller. Both hoses must be plugged in even if you are only using one leg wrap.

Q: How often and how long can I use it?

A: We suggest you use the massager once daily for 20 minutes per session.

Q: Why is the hand controller hot to the touch?

A: It is normal for the controller to get hot when the product is used for more than 20 minutes or repeatedly without a cool-off period.

Q: Why does the hand controller make noise?

A: The noise is caused by the air pumping through the hoses. This is normal.

Q: How can I reduce the hand controller noise?

A: You can reduce the noise while using the massager by placing the controller on a soft surface such as a bed, sofa, or blanket. Do not place the controller on a hard surface.

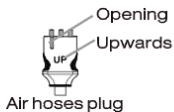
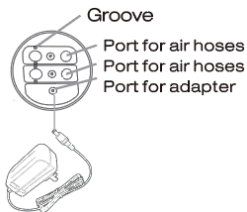
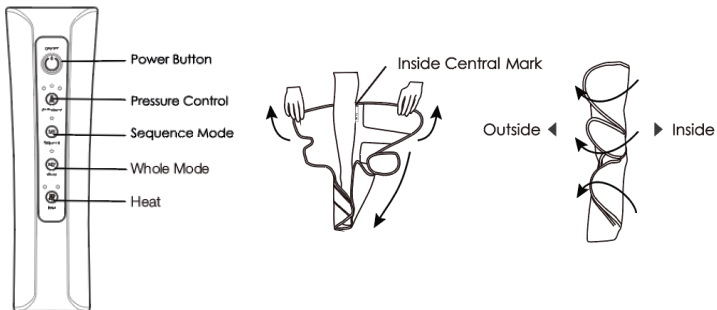
## TROUBLESHOOTING GUIDE

<b>Problems/Issues</b>	<b>Causes/Solutions</b>
The product won't turn on.	<ol style="list-style-type: none"><li>Make sure the power adapter is connected properly.</li><li>Press the power button on.</li></ol>
The Indicator light is off.	<ol style="list-style-type: none"><li>Make sure the power adapter is connected properly.</li><li>Press the power button on.</li></ol>
The product suddenly stops operating.	<ol style="list-style-type: none"><li>Make sure the power adapter hasn't come loose or fallen off.</li><li>After 20 minutes of use, the automatic timer will shut off the product.</li><li>Make sure air hoses are securely in place.</li></ol>
The massage pressure is too light or too tight.	<ol style="list-style-type: none"><li>Use the hand controller to adjust the air pressure setting up or down.</li><li>Loosen or tighten the velcro straps on the leg wraps.</li><li>Turn off the power if pressure is too tight.</li></ol>
The massage pressure is too light even on the highest setting.	<ol style="list-style-type: none"><li>Make sure the strap is securely attached.</li><li>Check hoses to make sure nothing is stuck inside them.</li><li>Make sure air hoses aren't crimped or damaged.</li><li>Make sure both air hoses are securely attached to the hand controller and leg wraps.</li></ol>
The hand controller is hot.	While it is normal for the hand controller to get hot, we suggest turning off the product for 10 minutes and allowing it to cool.

# SPECIFICATIONS

Product Name: iReliev® Leg & Foot Air Compression System	Input Voltage: DC12V/3A
Rated Power: 36W	Timing : 20 Mins.
Intended for use by adults 18 and over	

## Names of components





# INSTRUCTIONS FOR USE

## Cautions:

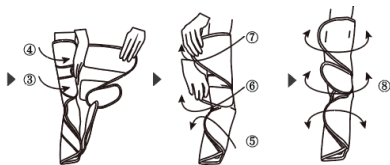
Please read all instructions and safety precautions before using this product. We suggest using this massager daily, but no more than 20-40 minutes per day. You may wear loose-fitting pants while using the massager to help decrease the temporary pressure marks on your legs. If you do have marks, they will go away soon after your massage treatment.

1. Use the right leg wrap as an example. Place your leg inside the wrap with the inside label next to the back of your upper calf.



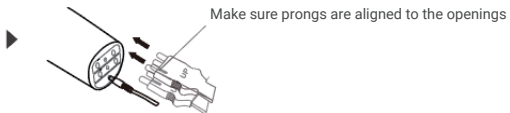
2. Wrap the velcro across the front of the leg and foot. Make sure it fits comfortably and not too tightly.

**Note:** There should be a slight gap between the wrap and your skin.



3. Check and adjust the position and tightness. If possible, leave a slight gap between your skin and the leg wrap.

4. Plug the power cord into the hand controller.



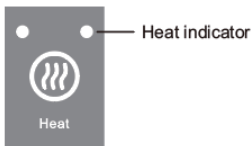
5. Plug the power adapter into the wall socket.



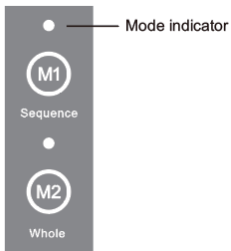
6. Insert both of the air hoses into the hand controller until snug.

7. Press the ON/OFF button on the hand controller to start the device. It will default to M1 (Sequence Mode) and the lowest Air Pressure setting when turned on. After 20 minutes, the device will shut off automatically. Press the power button to restart and continue using.

**Note:** The Heat function is OFF by default. Press the Heat button once for the "low" Heat setting or press it again for the "high" heat setting. Press the button again to shut off the heat function.

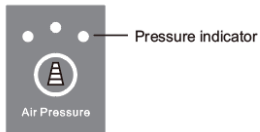


8. You can change the mode by pressing the M2 (Whole Mode). You may switch between the modes during your massage therapy. See pgs. 3-4 for more information about the Modes.



9. Press the Air Pressure button to increase the strength to the next level. There are three levels of pressure: Low/Medium/High. We suggest starting with the lowest level. If necessary, shut off the device and adjust the tightness of the leg wraps to make the pressure more comfortable.

**Note:** If the air pressure strength feels too tight or painful, press the power button and shut off the device immediately.



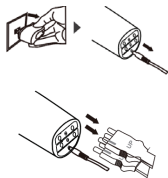
10. Press the On/Off Button to turn off the device.

**Warnings:** We suggest 20 minutes per session as the recommended amount of massage time. The device will shut off automatically after 20 minutes of use.

## CARE & MAINTENANCE

### After use

1. Unplug the power adapter from the socket.
2. Unplug the hoses from the adapter and hand controller.
3. Remove the leg wraps and store all items in a dry place.



### Cleaning

Make sure the power is disconnected before cleaning the product.

1. Wipe the hand controller and hoses with a soft cloth moistened with a mild soap solution. **DO NOT IMMERSE THE CONTROLLER IN WATER.**
2. Do not use gasoline, alcohol, or other irritants to wipe the device. It could cause malfunction, discoloration and damage to the components.
3. Do not allow foreign materials to enter the hoses.
4. Use a toothpick to remove hair or other materials stuck on the velcro.
5. Inner Sleeves may be removed from the leg wraps and washed by hand using water and a mild detergent. Hang to dry. Never place in dryer.

### Storage

- Keep out of the reach of children.
- Don't disassemble the product.
- Don't place the device in high temperature or high humidity locations. Avoid direct sunlight.
- Avoid needles or sharp items that could puncture the airbags and hoses.
- Don't place heavy items on the device.

### Disposal

Please adhere to local regulations for disposal.

## WHAT'S INCLUDED?

### Package Contents

- (2) Leg & Foot Wraps
- Hand Controller
- DC12V/3A Adapter
- User Manual



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IRELIEV® PRODUCTS

Wireless

## Premium TENS + EMS Therapeutic Wearable System

Experience the freedom of wireless TENS + EMS muscle stimulation coupled with powerful medical grade strength technology and a low-profile design. The convenience and simplicity of this system make it the clear leader within the iReliev® line-up of pain relief and muscle stimulation devices.

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## Premium TENS + EMS Pain Relief & Recovery

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Model # ET-8080



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## Hot and Cold Therapy Gel Pack

Soothe your strains & pain with our reusable microwaveable hot/cold pack. It stays flexible even when frozen, so you have the freedom to use this pack however you like. Our packs are made of soft-touch vinyl and features a velcro material so you can secure your pack with the included straps on your arms or legs.



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Joint & Muscle Ache Relief

## Pain Relief Roll-on Gel

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Model # TO-3RO



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## Hand & Wrist Massager

You will enjoy this gentle, warming massage. It is perfect for soothing arthritis, carpal tunnel syndrome, and general fatigue or aches from overuse.



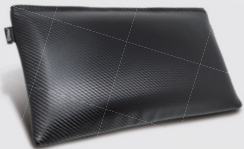
Model # MA-7000-WH



Relaxable™ Series

## Pillow Massager

This stylish lumbar pillow comes in your choice of four colors and features breathable fabric on the back in a coordinating solid color. The classic design makes it the perfect accent for any home or office decor.



Comes in 4 colors



Relaxable™ Series

## Relaxable™ Foot Massager Ottoman

This beautiful multipurpose piece of furniture delivers style and comfort to any room. You'll enjoy the benefits of a relaxing massage without leaving the comfort of your favorite chair.



Comes in 3 colors



**iReliev<sup>®</sup>**

ExcelHealth Inc.

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Fort Worth, TX 76244

If you have any questions whatsoever regarding your  
**iReliev<sup>®</sup> Leg & Foot Air Compression System**  
Model # CO-2000 contact your reseller or ExcelHealth Inc. at:  
855-723-2582 or visit [www.iReliev.com](http://www.iReliev.com)

