

## **THERAGUN ELITE WARNINGS AND GUIDANCE (PRECAUTIONS AND CONTRAINDICATIONS)**

### **BACKGROUND**

This percussive therapy massage device is intended to enhance muscle recovery, reduce stress and tension, and soothe pain and discomfort. If you have any specific medical conditions or concerns, please consult your physician before using this product. There will be times when it is advisable to modify how devices are used (precautions) or times when it is not appropriate to use certain devices (contraindications). The following document highlights these for the Theragun Elite as of the date of printing. For up-to-date information, please visit us online.

### **IMPORTANT SAFETY INFORMATION**

#### General Theragun Elite Device Use

Read the full warnings and guidance prior to using the Theragun Elite.

This device is intended for use by people in good health. This device is contraindicated against and should not be used by those with acute or severe cardiac, liver, or kidney disease/condition or other underlying conditions linked to these diseases. It is not recommended that this device is used over various skin infections and conditions, or directly over a surgical site/hardware, bone fracture, or if you are experiencing unexplained pain in the area. It is also advised that this device is not used for those who have neurological and/or peripheral conditions as well as other conditions that may influence or alter sensation and perception.

In the event of any adverse reaction, discontinue use. Please consult your physician prior to use if you are unsure if you have any of the previously listed conditions. Immediately stop using the device at the first sign of discomfort.

Adult supervision should be provided for those under the age of 18 using this device. If you have any medical concerns regarding the use of this device, please consult your physician prior to use.

### **Precautions and Contraindications**

These recommendations are derived from consultation with medical experts and the published research.

#### **Precautions**

Due care is required in these circumstances and the use of the devices may need to be modified (such as attachment used, the force applied, the position of the body, avoidance of use in direct contact with an area, etc.). Where appropriate or if you have any concerns, seek the advice of a medical professional.

- Hypertension (controlled)
- Osteopenia
- Osteoporosis
- Pregnancy
- Diabetes
- Varicose veins
- Bony prominences or regions
- Abnormal sensations (e.g., numbness)

- Sensitivity to pressure
- Recent injury or surgery
- Scoliosis or spinal deformity
- Medications that may alter client sensations

For a full list of contraindications and additional warnings, please visit [www.therabody.com](http://www.therabody.com). Patents & Pending Patents at [www.therabody.com](http://www.therabody.com).

### **Contraindications**

The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rash, open wounds, blisters, local tissue inflammation, bruises, infections or tumors
- Deep vein thrombosis, osteomyelitis
- Hypertension (uncontrolled)
- Acute or severe cardiac, liver, or kidney disease
- Neurologic conditions resulting in loss or altered sensation
- Direct application to the face, throat, or genitalia
- Bleeding disorders
- Recent surgery or injury
- Connective tissue disorders
- Peripheral vascular insufficiency or disease
- Medications that thin the blood or alter sensations

- Direct pressure over surgical site or hardware
- Direct pressure over eyes or throat
- Extreme discomfort or pain felt by client
- Severe scoliosis or spinal deformity
- Pacemaker, ICD, or history of embolism

For a full list of contraindications and additional warnings, please visit [therabody.com](http://therabody.com).

### **UNIT WARNINGS**

BEFORE USING OR CHARGING THE THERAGUN ELITE, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE BATTERY, AND ON THE THERAGUN ELITE. NEW BATTERIES MUST BE CHARGED BEFORE FIRST USE.

The Theragun Elite is intended for commercial or home use. Do not place your finger or any objects near the metal piston above the attachment while the Theragun Elite is in use or immediately after use. The metal piston can become extremely hot. Do not use the Theragun Elite above your Adam's Apple or C4 vertebra, on your head, or near your genitals. Do not use the Theragun Elite above the waist during pregnancy. Do not get hair caught in the attachment arm or in any other moving part on the Theragun Elite. Do not get the Theragun Elite device wet. Only clean the Theragun Elite with a disinfectant wipe to remove any residue. Once the device is residue-free, use a new wipe to disinfect the surface area by wiping all sides in a downward motion. Do not block the vents of the motor or

stabilize the device during use with anything that could cause excessive heat build up inside the Theragun Elite device. This Theragun product is not intended to diagnose, treat, or prevent any diseases. We strive to make the Theragun Elite as safe as possible. This is an advanced mechanical tool with electric components. If the Theragun Elite and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. When using the Theragun Elite, these basic precautions should always be followed including:

1. USE ONLY AS INSTRUCTED. Use the Theragun Elite as described in the Theragun Elite Instruction Manual only. Use only Therabody recommended accessories and replacement parts. Do not carry out any maintenance other than as advised by Therabody.
2. NOT FOR CHILDREN. The Theragun Elite are not intended for use by young children or persons with reduced physical, sensory, or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person. Do not allow the Theragun Elite to be used as a toy. Close attention is necessary when used by or near children. Children should be supervised to ensure that they do not play with the Theragun Elite
3. DO NOT PULL OUT THE BATTERY WHILE THE THERAGUN ELITE IS ON.
5. USE THE THERAGUN ELITE ONLY WITH THERAGUN ELITE BATTERIES. Use of other batteries may result in a risk of fire, electric shock, or personal injury.

6. CHARGING LOCATIONS. The Theragun Elite should be charged indoors in a well ventilated, dry location. Do not charge the Theragun Elite outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the Theragun Elite on wet surfaces and do not expose it to moisture, rain, or snow. Do not use the Theragun Elite in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.

9. DO NOT OVERCHARGE. Do not leave the battery in the charger for more than 1 hour after the battery has been fully charged. The battery includes a protection system to avoid the risk of overcharging. However, overcharging may reduce its life over time.

10. DO NOT BLOCK MOTOR VENTS. Do not put any obstructions into vents or openings. Do not use if any vent is blocked. Keep free of dust, lint, hair, and anything that may reduce airflow. Keep hair, loose clothing, and fingers from vents and moving parts. Never drop or insert any object into any opening.

11. DO NOT BURN OR INCINERATE THE THERAGUN ELITE OR ITS BATTERIES. The battery may explode, causing personal injury or damage. Toxic fumes and materials are created when the battery is burned.

12. DO NOT CRUSH, DROP, OR DAMAGE THE THERAGUN ELITE BATTERIES. Do not use a charger that has received a sharp blow, been dropped, run over, or damaged in any way.

13. BATTERY CHEMICALS CAUSE SERIOUS BURNS. Never allow the internal

battery to come into contact with the skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water for 20 minutes and seek medical attention. Remove and dispose of contaminated clothing.

14. DO NOT SHORT CIRCUIT. A battery will short circuit if a metal object makes a connection between the positive and negative contacts on the battery. Do not place a battery near anything that may cause a short circuit, such as coins, keys, or nails in your pocket. A short circuited battery may cause fire and personal injury.

15. DO NOT OPERATE UNDER BLANKET AND PILLOW. Excessive heating can occur and cause fire, electric shock, or injury.

16. STORING THE THERAGUN ELITE, BATTERY, Store in a cool, dry place. Only charge the Theragun Elite when the ambient temperature is between 0°C/32°F and 40°C/104°F. Do not store the Theragun Elite, batteries, where temperatures may exceed 40°C/104°F, such as in direct sunlight, in a vehicle, or metal building during the summer.

17. DISPOSING OF BATTERIES. Always dispose of Theragun Elite batteries according to federal, state, and local regulations. Contact a recycling agency in your area for recycling locations. Even discharged batteries contain some energy. Before disposing, use electrical tape to cover the Theragun Elite's 16V connector/terminals to prevent the battery from shorting, which could cause a fire or explosion.

18. DO NOT DISASSEMBLE. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty will be void if the Theragun Elite, batteries, are disassembled or if any parts have been removed. If the Theragun Elite or any parts are damaged, contact Theragun by emailing [info@therabody.com](mailto:info@therabody.com).

19. SERVICE. If the Theragun Elite, batteries, is not working properly, has received a sharp blow, or has been dropped, damaged, left outdoors, or dropped into water, do not use and contact Theragun by emailing [info@therabody.com](mailto:info@therabody.com) for repair or service. Do not attempt to repair or disassemble the Theragun Elite which may result in an electric shock or fire.

20. DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK. Do not place or store the Theragun Elite, batteries, where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into or come into contact with water. Unplug immediately.

21. THERMAL LIMITER. The Theragun Elite has an automatic reset thermal limiter that shuts off the Theragun Elite to prevent overheating and fire.

22. POLARIZED PLUG. To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the Theragun proper outlet. Do not change the plug in any way.

23. DO NOT OPERATE where aerosol (spray) is being used or where oxygen is



being administered.

24. The appliance must only be supplied at safety extra low voltage corresponding to the marking on the appliance.

25. This appliance contains batteries that are non-replaceable.

### **SAVE THESE INSTRUCTIONS**

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s).

Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;

2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### **LIMITED WARRANTY**

FCC Supplier's Declaration of Conformity

Theragun Elite / TGELITES-01

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.

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Please note, this is not a return address or a retail location. No products or packages will be accepted at this location.