

THERAGUN PRO 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 PRO as of the date of printing. For up-to-date information, please visit us online at www.therabody.com.

IMPORTANT SAFETY INFORMATION

General Theragun PRO Device Use

Read the full Warnings and Guidance prior to using the Theragun PRO

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.

The Supersoft attachment should not be used more than 2 minutes at one time to avoid overheating and/or melting.

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

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
- Bone fracture or myositis ossificans
- 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
- Severe scoliosis or spinal deformity
- Pacemaker, ICD, or history of embolism

For a full list of contraindications and additional warnings, please visit www.therabody.com. Patents & Pending Patents at www.therabody.com.

UNIT WARNINGS

BEFORE USING OR CHARGING THE THERAGUN PRO, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, ON THE BATTERY, AND ON THE THERAGUN PRO. If your device doesn't turn off or battery indicator displays low battery level, please charge before first use. The Theragun PRO 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 PRO is in use or immediately after use. The metal piston can become extremely hot. Do not use the Theragun PRO above your Adam's Apple or C4 vertebra, on your head, or near your genitals. Do not use the Theragun PRO above the waist during pregnancy. Do not get hair caught in the attachment arm or in any other moving part on the Theragun PRO. Do not get the Theragun PRO device wet. Only clean the Theragun PRO 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. Consider using a Theragun CareKit to reduce friction, noise and preserve moving parts inside your Theragun. 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 PRO device. This Theragun device is not intended to diagnose, treat, or prevent any diseases. Therabody strives to make the Theragun PRO as safe for intended use as possible. This is an advanced mechanical tool with electric components. If the Theragun PRO and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury.

Consider using QuietForce™ Solution: Gently extend device arm and remove attachment. Apply 3-4 drops of solution on metal piston. Make sure to cover the entire circumference. Turn on device and run for 10-15 seconds. Keep metal piston facing up the entire time. When using the Theragun PRO, the following basic precautions should always be followed:

1. USE ONLY AS INSTRUCTED. Use the Theragun PRO as described in the Theragun PRO 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 PRO and charger 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 PRO 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 PRO or charger.
3. DO NOT PULL OUT THE BATTERY WHILE THE THERAGUN PRO IS ON.
4. REDUCING RISK OF INJURY. Only charge the Theragun PRO with the Therabody USB-C charger or Theragun PRO wireless charger. Do not connect the Theragun PRO charger to a power supply plug or car cigarette lighter. The battery will be permanently disabled or damaged. Only use the appropriate Theragun wireless charger to wirelessly charge the Theragun PRO.
5. THE SUPERSOFT ATTACHMENT should not be used more than 2 minutes at one time to avoid overheating and/or melting.
6. ONLY USE THE THERAGUN PRO ONLY WITH COMPATIBLE THERAGUN PRO BATTERIES. Use of other batteries may result in a risk of fire, electric shock, or personal injury. The limited product warranty will be void if the Theragun PRO is used with third-party batteries.
7. CHARGING LOCATIONS. The Theragun PRO should be charged indoors in a well ventilated, dry location. Do not charge the Theragun PRO outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the Theragun PRO or charger on wet surfaces and do not expose the charger to moisture, rain, or snow. Do not use the Theragun PRO or its compatible charger in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.
8. UNPLUGGING THE CHARGER. Pull the plug, not the cord, to reduce the risk of damage to the electrical plug and cord. Never carry the charger by its cord. Keep the cord from heat, oil, and sharp edges. Do not use or charge with a damaged cord. Do not stretch the charger cord or place the cord under strain. Keep the cord away from heated surfaces. Do not handle the charger, including the charger terminals, or Theragun PRO with wet hands. Always unplug this appliance from the electrical outlet immediately after using and before cleaning. Only use Therabody USB-C adapter charge your Theragun PRO with the Theragun PRO Wireless Charger Stand.
9. THERABODY USB-C ADAPTER CARE. Unplug the adapter when not in use. Unplug the adapter from the outlet when not in use for extended periods. Make sure the cord is located so that it will not be stepped on, tripped over, or otherwise subjected to damage or stress. Have a damaged charger replaced immediately. Keep the cord away from heated surfaces. 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 dropped into water. For long term storage, the battery should be fully charged.

10. 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.
11. 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.
12. DO NOT BURN OR INCINERATE THE THERAGUN PRO OR ITS BATTERIES. The battery may explode, causing personal injury or damage. Toxic fumes and materials are created when the battery is burned.
13. DO NOT CRUSH, DROP, OR DAMAGE THE THERAGUN PRO BATTERIES OR CHARGER. Do not use a charger that has received a sharp blow, been dropped, run over, or damaged in any way.
14. 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.
15. 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 or the 16V connector. 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.
16. DO NOT OPERATE UNDER BLANKET AND PILLOW. Excessive heating can occur and cause fire, electric shock, or injury.
17. STORING THE THERAGUN PRO, BATTERY, AND CHARGER. Store in a cool, dry place. Only charge the Theragun PRO when the ambient temperature is between 0°C/32°F and 40°C/104°F. Do not store the Theragun PRO, batteries, or charger where temperatures may exceed 40°C/104°F, such as in direct sunlight, in a vehicle, or metal building during the summer.
18. DISPOSING OF BATTERIES. Always dispose of Theragun PRO 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 PRO's 16V connector/terminals to prevent the battery from shorting, which could cause a fire or explosion.
19. DO NOT DISASSEMBLE. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The limited product warranty will be void if the Theragun PRO, batteries, or charger are disassembled or if any parts have been removed. If the Theragun PRO or any parts are damaged, contact Therabody by emailing info@therabody.com.
20. SERVICE. If the Theragun PRO, batteries, or charger 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 Therabody by emailing info@therabody.com for repair or service. Do not attempt to repair or disassemble your Theragun PRO, which may result in an electric shock or fire.
21. DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK. Do not place or store the Theragun PRO, batteries, or charger 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.

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

23. 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.

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

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.

LIMITED WARRANTY

For full warranty information, please visit www.therabody.com/warranty. To request a copy of the warranty by mail, you may send a request to the following address

:

Therabody - Warranty
Attn: Customer Service
6100 Wilshire Blvd., Suite 200
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.

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