

Therabody Product Portfolio

Product Warnings and Guidance — Precautions and Contraindications

Background

Therabody® products are designed to unlock the body's natural ability to achieve health and well-being. Through science and technology, the Therabody portfolio allows people to access the therapeutic benefits of different natural phenomena to meet both their needs and preferences. 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 each device and product family. As with any medical device, we recommend speaking to your medical professional if you have any questions regarding the use of a Therabody product.

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Theragun and Wave Devices

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for myofascial interventions.¹ These recommendations are for every Theragun model except for the Theragun Pro Plus which you will find below.

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:

These are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, bruises, 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 felt by client
- • Severe scoliosis or spinal deformity
- • Pacemaker, ICD, or history of embolism

Theragun Pro Plus & Prime Plus

Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications for hot, cold, percussive, infrared light, and vibration therapy. ^{14, 15, 16}

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- • 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. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, bruises, 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 felt by client
- • Severe scoliosis or spinal deformity

- • Allergy to device material (TPU, PC+ABS, aluminum, plastic, PA6, PU foam)
- • Pregnancy/ nursing
- • Abnormal sensations (ex. numbness)
- • Cancer/tumors
- • Epilepsy
- • Cardiopathy (heart disease)
- • Photo allergy or disorder (ex. Lupus, porphyria)
- • Medications that cause light sensitivity
- • Medications for severe acne
- • Extreme sensitivity to light
- • Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- • Suspicious lesions or skin cancer — please visit your physician
- • If taking or using any retinol or/ sun sensitive medications or /products or benzoyl peroxide do not use infrared LED light

Theragun Wireless Charging Stands

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications.

- • **Explosion Hazard:** Do not use the Wireless Charging Stand in the presence of flammable gases, including flammable anesthetics.
- • **Electric Shock Hazard:** Do not allow liquid to enter any part of the Wireless Charging Stand. Do not immerse in water or liquid.
- • **Electric Shock Hazard:** To prevent electric shock, do not open the Wireless Charging Stand. Do not attempt to service the Wireless Charging Stand yourself. All repairs should be performed only by Therabody trained and authorized service personnel. Service by unauthorized personnel will void any warranty.
- • Stop using the system if there is any change in the Wireless Charging Stand's performance
- • Do not modify any part of the Wireless Charging Stand.
- • The Wireless Charging Stand includes small parts that could cause choking in children.

- • Keep away from children and pets.
- • Do not apply excessive force to the Wireless Charging Stand. Do not use the Wireless Charging Stand for any purpose other than intended by the manufacturer. Use of excessive force and/or misuse shall void the manufacturer's warranty.

Pneumatic Compression Devices

This section is for the following products:

- - RecoveryAir Prime
- - RecoveryAir Pro
- - JetBoots
- - JetBoots Prime

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for compression therapy.^{2,3}

Precautions:

Due care is required in these circumstances and the use of the devices may need to be modified (such as pressure setting used, the fill pattern configured, the limiting the use to certain areas of the limb rather than the entire limb, etc). Where appropriate 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
- • Due to movement of fluids in the body when using the device, use with caution on patients with heart disease. High pressure is not recommended for patients who have peripheral occlusion disease.

Contraindications:

These are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, bruises, or tumors
- • 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
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Extreme discomfort or pain felt by client
- • Pacemaker, ICD, or history of embolism
- • Significant arterial insufficiency
- • Edema from congestive heart failure
- • Active phlebitis
- • Presence of localized wound infection or cellulitis
- • Presence of lymphangiosarcoma
- • Severe PAOD
- • Cardiopulmonary Edema
- • Severe Migraines
- • Known or suspected deep vein thrombosis (DVT) or pulmonary embolism

- • Decompensated cardiac failure
- • Severe arteriosclerosis or other ischemic vascular disease
- • Recent skin graft or vascular bypass in the affected area
- • Known or suspected compartment syndrome
- • Any circumstance where increased venous and lymphatic return is undesirable

JetBoots PRO Plus

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications.

Precautions:

Due care is required in these circumstances and the use of the devices may need to be modified (such as pressure setting used, the fill pattern configured, the limiting the use to certain areas of the limb rather than the entire limb, etc). Where appropriate 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:

These are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, bruises, 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 felt by client
- • Severe scoliosis or spinal deformity
- • Pacemaker, ICD, or history of embolism
- • Allergy to device material (Nylon)
- • Significant arterial insufficiency
- • Pregnancy/ nursing
- • Abnormal sensations (ex. numbness)
- • Cancer/tumors
- • Epilepsy
- • Cardiopathy (heart disease)
- • Photo allergy or disorder (ex. Lupus, porphyria)
- • Medications that cause light sensitivity

- Medications for severe acne
- Extreme sensitivity to light
- Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- Suspicious lesions or skin cancer-- please visit your physician
- If taking or using any retinol or/ sun sensitive medications or /products or benzoyl peroxide do not use infrared LED light

PowerDot Electrical Stimulation

These recommendations are derived from consultation with medical experts and the published research on precautions and contraindications for electrical stimulation.⁴⁻⁹

Precautions:

Due care is required in these circumstances and the use of the devices may need to be modified (such as electrode pad placement, intensity of stimulation, avoidance of use in direct contact with an area, etc.). Where appropriate or if you have concerns, seek the advice of a medical professional.

- Abnormal sensations (e.g., numbness)
- Recent injury, surgery, or trauma
- Muscle atrophy.
- Persistent pain.
- Do not use PowerDot near metal or strong magnets (such as an MRI).
- Do not exert yourself when using electrical muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use the stimulator at altitudes of over 3,000 meters.

Discuss the following with your healthcare provider or physician in any of the following cases:

- **Electrode Placement:** Caution should be taken when placing the electrodes with electrode placement. Neuromuscular Electrical Stimulation (NMES) and Transcutaneous Electrical Nerve Stimulation (TENS) are safe to use in clinical and healthy populations. Avoid use over sympathetic ganglia, vagus nerve, carotid sinus, and cardiac muscle in all populations, and lumbar, abdominal, and pelvic region during pregnancy unless monitored by a practitioner.

- • **Sensory-Altering Medications:** Medications that impair sensory function may prevent the one from feeling and/or providing feedback regarding the intensity of the treatment or other abnormal sensations such as burning.
- • **Varicose Veins:** Avoid placement of electrodes directly over varicose veins. NMES and TENS may help in the prevention of varicose veins and deep vein thrombosis by increasing circulation. However, those with varicose veins are more likely to develop deep vein thrombosis.
- • **Recent Injury or Surgery:** Depending on the nature of the injury, electrical stimulation may cause further damage and delay healing.
- • **Areas of Nerve Sensitivity:** Due to the stimulation of sensory and/or motor nerves, those with areas of nerve sensitivity should use the device with caution.
- • **Menstruation:** Using NMES on the abdominal, lumbar, and pelvic regions may cause further pain, discomfort, and bleeding.
- • **Unfused epiphyseal plates:** Electrical stimulation should not be used directly over active epiphyses (growth plates).
- • **Local Infection:** Caution should be taken when using the same gel adhesive pads across multiple people as this may lead to the spread of a local infection.
- • **Severe Obesity:** Skin irritation can occur at higher intensities used for stimulation through excessive fat tissue.
- • **Intake of NSAIDs, Narcotics, and Caffeine:** These reduce the natural analgesic effects of electrical stimulation.

Pad Usage Precautions

- NEVER attach electrode pads:
 - • Near or to your head.
 - • On the front and sides of the neck
 - • Across your chest
 - • On your front torso (i.e. chest or abs) and back torso (i.e. upper back, lower back) simultaneously
 - • Over painful areas. If you have painful areas, you should consult with your physician before using this device.
 - • Over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
 - • Over, or in proximity to, cancerous lesions.

Only use electrode pads supplied by PowerDot Inc. or Therabody.

Contraindications:

These are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Use of any cardiac stimulator (pacemaker), implanted defibrillator or other implanted metallic or electronic device.
- • Epilepsy (or history of seizures) or any sensory or mental impairment preventing communication or sensation of stimulation intensity
- • Cancer or cancerous lesions
- • Any heart problem or condition
- • Pregnancy (do not use over abdominal area or low back area)
- • Serious circulation disorders in lower limbs (arterial disease, blood clots, etc.)
- • Abdominal or inguinal hernia
- • This system should not be used over swollen or inflamed areas, skin eruptions or other wounds, uncontrolled hemorrhage, infections, or tumor sites.
- • Consult your physician prior to use.

Discuss the following with your healthcare provider or physician in any of the following cases:

- • **Cardiac Disability:** Electrical stimulation of the thorax or neck may result in the disruption of normal respiratory or cardiac function. Avoid use over sympathetic ganglia, vagus nerve, carotid sinus, and cardiac muscle.
- • **Pacemaker:** Avoid electrode placement over areas where current flow may interfere with a pacemaker's function.
- • **Arterial Disease:** May result in pain and/or exacerbate ischemia.
- • **Uncontrolled Hemorrhage:** May increase the amount of blood flow lost.
- • **Sites of Infection (Including Osteomyelitis):** May spread infection and contaminate equipment.
- • **Blood Clots:** Do not apply to any part of the body with active deep vein thrombosis and/or thrombophlebitis. The clot may dislodge and be released into the venous system.

- • **Pregnancy:** Stimulation of abdominal, lumbar, or pelvic regions may have an adverse effect on a developing fetus. If used during pregnancy over the abdominal, lumbar, or pelvic region it should be under the guidance of a trained expert.
- • **Cancerous Lesions:** This may result in the growth or spread of a tumor.
- • **Exposed Metal Implants:** Contact with a metal object can result in severe electric shock.
- • **History of Seizures:** Application of e-stim to the head, neck, or shoulder region may trigger a seizure. Those with a history of seizures should maintain caution with device use on other areas as well.
- • **Sensory or Mental Impairment:** The patient may be unable to provide feedback regarding tolerance to or feeling of the stimulation which may result in burns or trauma.
- • **Unstable Fractures:** Muscle stimulation can place unwanted stress on healing tissues.

TheraFace Pro

Microcurrent Ring Attachment

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for red, infrared, and blue light, percussive, and vibration therapy.¹⁶

When using the device with the microcurrent treatment, a microcurrent conductive gel primer **is required**. Prior to starting the microcurrent treatment, test by applying a small amount of the conductive gel on a small patch of skin.

Precautions:

- • Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.
- • Do not use during a Current breakout from Herpes Simplex Virus
- • Do not use over facial hair; facial hair must be shaved prior to use as hair can interfere with the conductivity
- • Do not use if you suffer from any heart condition
- • Do not use directly over center of neck (bone)

- Do not use on breast area
- Do not use across your chest
- Do not use on groin area
- Do not use directly on eyeball/eyelid
- Do not apply to broken skin
- Do not use on children

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, infection, bruises, or tumors
- Pacemaker or other implanted electronic devices
- Epilepsy
- Pregnancy
- Cancer/tumors
- Thrombosis
- Phlebitis
- Metal plates or pins in the application area
- Implanted defibrillators/ stimulators

LED Ring Attachment (Red LED+IR LED, and Blue LED Therapies)

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications.

Precautions:

- Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.
- Current breakout from Herpes Simplex Virus
- For facial hair: Use LED over facial hair, following the pattern of hair growth (typically in a downward motion)
- Do not apply directly to the eyeball/eyelid
- Do not apply to broken skin

- Do not apply retinol before use of red LED light

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- Skin rash, open wounds, blisters, local tissue inflammation, infection, bruises, or tumors
- Pregnancy/ nursing
- Abnormal sensations (ex. numbness)
- Cancer/tumors
- Epilepsy
- Cardiopathy (heart disease)
- Photo allergy or disorder (ex. Lupus, porphyria)
- Medications that cause light sensitivity
- Medications for severe acne
- Extreme sensitivity to light
- Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- Suspicious lesions or skin cancer-- please visit your physician
- If taking or using any retinol or/ sun sensitive medications or /products or benzoyl peroxide do not use infrared light

Percussive Therapy Attachments (Flat, Cone, Micropoint)

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications.

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.

- Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.
- Current breakout from Herpes Simplex Virus
- Hypertension (controlled)

- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure
- • Medications that may alter sensations
- • Do not apply directly to the eyeball/eyelid
- • Do not apply to broken skin

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, infection, bruises, or tumors
- • Active acne breakout
- • 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 eyes or throat
- • 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
- • Extreme discomfort or pain
- • Pacemaker, ICD, or history of embolism

Cleansing Ring Attachment

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications.

Precautions:

- • Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.

- • Current breakout from Herpes Simplex Virus
- • If you have facial hair, use the cleansing ring following the pattern of hair growth (typically a downward motion) and/or make small circular motions if comfortable
- • Do not apply directly to the eyeball/eyelid
- • Do not apply to broken skin

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, infection, bruises, or tumors

Hot Ring Attachment

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications.

Precautions:

- • Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.
- • Current breakout from Herpes Simplex Virus
- • Do not apply directly on the eyeball/eyelid
- • Do not apply to broken skin

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, infection, bruises, or tumors

Cold Ring Attachment

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications.

Precautions:

- • Recent injury, surgery, or facial treatment such as neurotoxin, dermal filler, microneedling, laser, and/or chemical peel until skin has fully healed.
- • Current breakout from Herpes Simplex Virus
- • For facial hair use Cold Ring as noted in standard protocol

- Do not apply on the eyeball/eyelid
- Do not apply to broken skin

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- Skin rash, open wounds, blisters, local tissue inflammation, infection, bruises, or tumors
- Cold hypersensitivity/Cold urticaria
- Circulatory insufficiency

TheraFace Mask

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications for red, infrared, and blue light and vibration therapy.¹⁶ Users should remove all make-up, glasses, and face piercings/jewellery prior to use.

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- Have face piercings/jewellery that cannot be removed
- Recent injury or surgery to the face or eyes
- Recent facial treatment, including neurotoxin, dermal filler, microneedling, laser, and chemical peel until the skin has fully healed.
- Current Herpes Simplex Virus breakout
- Broken skin
- Retinol application before use of red LED light

Contraindications:

These are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- Eye-related disorders such as e.g. retinitis pigmentosa, ocular albinism, other congenital retinal disorders

- • Skin rash, open wounds, blisters, local tissue inflammation, infection, bruises, or tumors
- • Pregnancy/nursing
- • Abnormal sensations (e.g., numbness)
- • Cancer/tumors
- • Epilepsy
- • Cardiopathy (heart disease)
- • Photo allergy or disorder (e.g., Lupus, porphyria)
- • Medications that cause light sensitivity
- • Medications for severe acne
- • Extreme sensitivity to light
- • Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- • Suspicious lesions or skin cancer — please consult your physician
- • If taking or using any retinol or other sun-sensitive medications, products, or benzoyl peroxide, do not use infrared light
- • Allergy to the device material (Lycra fabric and medical grade transparent TPE and silicone)

TheraFace Mask Vibration Therapy

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications.

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- • Recent injury, surgery, or facial treatment, including neurotoxin, dermal filler, microneedling, laser, and chemical peel until the skin has fully healed.
- • Current Herpes Simplex Virus breakout
- • Broken skin
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure

- Medications that may alter sensations

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- Skin rash, open wounds, blisters, local tissue inflammation, infection, bruises, or tumors
- Active acne breakout
- Bone fracture or myositis ossificans
- Hypertension (uncontrolled)
- Acute or severe cardiac, liver, or kidney disease
- Neurologic conditions resulting in loss or altered sensation
- Bleeding disorders
- Recent surgery or injury
- Connective tissue disorders
- Peripheral vascular insufficiency or disease
- Medications that thin the blood or alter sensations
- Direct placement over surgical site or hardware
- Extreme discomfort or pain
- Pacemaker, ICD, or history of embolism

Therabody SleepMask

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications.

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- Recent injury or surgery
- Hypertension (controlled)

- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure or vibration
- • Bony prominences or regions
- • Mild peripheral neuropathy
- • It's recommended that you remove contact lenses before using the device
- • This device should fit tightly but should NOT restrict circulation in any way

Contraindications:

These are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other causes of sensory impairment
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that may alter or thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • History of embolism

TheraFace Depuffing Wand

TheraFace Depuffing Wand Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications.

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- • Recent injury or surgery to the face or eyes
- • Recent facial treatment, including neurotoxin, dermal filler, microneedling, laser, and chemical peel until the skin has fully healed.
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to cold or heat
- • Mild peripheral neuropathy
- • This device should NOT restrict circulation in any way

Contraindications:

These are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other causes of sensory impairment
- • Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- • Direct pressure over recent or healing surgical site or hardware
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that may alter or thin the blood or alter sensations
- • Pacemaker or ICD
- • History of embolism
- • Allergy to device material (Metal, Rubber, Plastic, Silicone)

- Do not use in the presence of unexplained pain

RecoveryPulse Calf

RecoveryPulse Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for compression and vibration therapy. ^{3,16}

Precautions:

Due care is required in these circumstances, and the devices' use may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a professional.

- Recent injury or surgery
- Hypertension (controlled)
- Abnormal sensations (e.g., numbness)
- Sensitivity to pressure
- Pregnancy
- Mild peripheral neuropathy
- This garment should fit tightly but should NOT restrict circulation in any way
- Do not wear this garment overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- Bone fracture or myositis ossificans
- Hypertension (uncontrolled)
- Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- Acute or severe cardiac, liver, or kidney disease
- Severe peripheral neuropathy or other cause of sensory impairment

- • Bleeding disorders
- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • History of embolism
- • Allergy to garment/sleeve material
- • Extreme deformity of the limb, or unusual leg shape or size preventing correct fit
- • Do not use in the presence of unexplained calf pain

RecoveryPulse Arm

RecoveryPulse Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for compression and vibration therapy. ^{3,16}

Precautions:

Due care is required in these circumstances, and the devices' use may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a professional.

- • Recent injury or surgery
- • Pregnancy
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure
- • Mild peripheral neuropathy
- • This garment should fit tightly but should NOT restrict circulation in any way
- • Do not wear this garment overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Bone fracture or myositis ossificans
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • History of embolism
- • Allergy to garment/sleeve material
- • Extreme deformity of the limb, or unusual leg shape or size preventing correct fit
- • Do not use in the presence of unexplained calf pain

RecoveryTherm Hot Vibration Back & Core

RecoveryTherm Hot Vibration Back & Core™ Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for heat and vibration therapy. ¹⁴⁻¹⁶

Precautions:

Due care is required in these circumstances, and the use of the garment may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- • Recent injury or surgery
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure
- • Mild peripheral neuropathy
- • This garment should fit tightly but should NOT restrict circulation in any way
- • Do not wear this garment overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Herniated disks
- • Bone fracture or myositis ossificans
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • Implanted devices such as IUDs, metal pins/plates
- • History of embolism
- • Allergy to garment/sleeve material
- • Do not use in the presence of unexplained pain

RecoveryTherm Hot & Cold Vibration Knee

RecoveryTherm Hot & Cold Vibration Knee™ Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for cold, heat, and vibration therapy. ¹⁴⁻¹⁶

Precautions:

Due care is required in these circumstances, and the use of the garment may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- • Recent injury or surgery
- • Pregnancy
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to pressure
- • Mild peripheral neuropathy
- • This garment should fit tightly but should NOT restrict circulation in any way
- • Do not wear this garment overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Bone fracture or myositis ossificans
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses (DVT), and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Bleeding disorders

- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • Implanted devices such as IUDs, metal pins/plates
- • History of embolism
- • Allergy to garment/sleeve material
- • Extreme deformity of the limb or unusual leg shape or size preventing correct fit
- • Do not use in the presence of unexplained pain

RecoveryTherm Cube

RecoveryTherm Cube Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research regarding precautions and contraindications for cold, heat, and vibration therapy. ¹⁴⁻¹⁶

Precautions:

Due care is required in these circumstances, and the use of the garment may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- • Recent injury or surgery
- • Pregnancy
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to cold or heat
- • Mild peripheral neuropathy
- • This garment should fit tightly but should NOT restrict circulation in any way
- • Do not wear this garment overnight while sleeping

Contraindications:

The following are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses (DVT), and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Direct pressure over recent or healing surgical site or hardware
- • Allergy to the device material (plastic, aluminum, neoprene, velcro, rubberized paint)
- • Extreme deformity of the limb or unusual leg shape or size preventing correct fit
- • Do not use in the presence of unexplained pain
- • Pregnancy/nursing
- • Cancer/tumors
- • Cardiopathy (heart disease)

TheraCup

TheraCup Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for myofascial interventions.¹

Precautions:

Due care is required in these circumstances, and the use of the garment may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- • Recent injury or surgery
- • Pregnancy
- • Diabetes
- • Osteopenia
- • Osteoporosis
- • Hypertension (controlled)

- • Abnormal sensations (e.g., numbness)
- • Bony prominences or regions
- • Sensitivity to heat, vibration, or pressure
- • Mild peripheral neuropathy
- • Do not wear this device overnight while sleeping

Contraindications:

These are circumstances where the potential risks may outweigh the benefits.

Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Skin conditions such as eczema or psoriasis
- • Bone fracture or myositis ossificans
- • Osteomyelitis
- • Severe scoliosis or spinal deformity
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses (DVT), and varicose veins
- • History of embolism
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Direct application to the face, head, throat, neck, or genitalia
- • Pacemaker or ICD
- • Do not use in the presence of unexplained pain

SmartGoggles

SmartGoggles Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for myofascial, heat, and vibration therapy.^{1,14-16}

Precautions:

Due care is required in these circumstances, and the devices' use may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a professional.

- • Recent injury or surgery
- • Hypertension (controlled)
- • Abnormal sensations (e.g., numbness)
- • Sensitivity to heat or pressure
- • Bony prominences or regions
- • Mild peripheral neuropathy
- • Remove eye lenses (i.e. contact lenses) before using the device
- • This device should fit tightly but should NOT restrict circulation in any way

Contraindications:

These are circumstances where the potential risks may outweigh the benefits. Therefore, it is advised that you should seek the advice of a medical professional before using the device.

- • Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- • Hypertension (uncontrolled)
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Acute or severe cardiac, liver, or kidney disease
- • Severe peripheral neuropathy or other cause of sensory impairment
- • Bleeding disorders

- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Pacemaker or ICD
- • History of embolism
- • Do not use in the presence of unexplained pain

Therabody Lounger

Therabody Lounger Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and the published research in regards to precautions and contraindications for Vibroacoustic therapy.¹⁶

Precautions:

Due care is required in these circumstances, and the devices' use may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a professional.

- • Hypertension (controlled)
- • Diabetes
- • Bony prominences or regions
- • Recent injury or surgery
- • Scoliosis or spinal deformity
- • Abnormal sensations (e.g., numbness)
- • Medications that may alter sensations

Contraindications:

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

- • Open wounds, infections, or tumors
- • Acute inflammatory disease
- • Pregnancy

- • Hypertension (uncontrolled)
- • Hypertension
- • Psychoses
- • Seizure disorders
- • Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses, and varicose veins
- • Pacemaker or ICD
- • History of embolism
- • Acute or severe cardiac, liver, or kidney disease
- • Neurologic conditions resulting in loss or altered sensation
- • Bleeding disorders
- • Connective tissue disorders
- • Medications that thin the blood or alter sensations
- • Direct pressure over surgical site or hardware
- • Extreme discomfort or pain

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