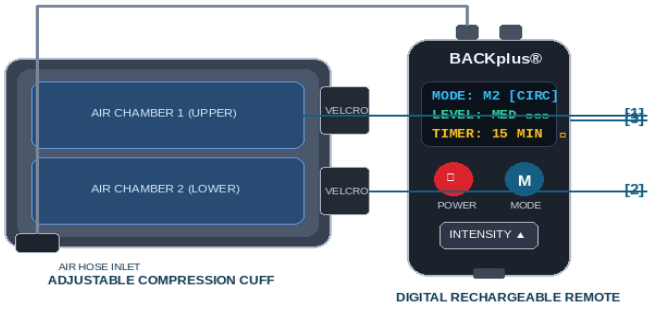
Redfern
Home + Health

BACKplus® Air Massager

CORDLESS AIR COMPRESSION THERAPY FOR LEGS & ARMS

Pneumatic Compression Chambers • 3 Massage Modes • 3 Intensity Levels • Rechargeable Cordless Design

VERSATILE MULTI-ZONE USE: CALVES, THIGHS & ARMS • 15-MINUTE AUTO SHUT-OFF • WEIGHT: 1.1 KG



MULTI-ZONE COMPRESSION THERAPY APPLICATION

A. Calves & Legs
- Wraps snugly around calves
- Relieves heavy, tired legs
- Promotes venous blood flow
- Eases swelling & stiffness
- Ideal for nurses, travelers, teachers & standing jobs

15 MIN / SESSION

B. Thighs & Quads
- Adjustable for upper leg
- Alleviates hamstring tension
- Post-workout recovery
- Soothes quadricep fatigue
- Great for runners, cyclists, athletes & daily gym goers

RECOVERY MODE M3

C. Arms & Forearms
- Fits forearms & upper arm
- Eases repetitive strain
- Relieves desk & typing ache
- Improves arm circulation
- Gentle rhythmic squeezing restores relaxed flexibility

GENTLE MODE M1

[4]

SYSTEM COMPONENT GUIDE

1. Dual Pneumatic Air Chambers
Upper and lower airbags deliver rhythmic, graduated compression therapy.

2. High-Strength Velcro Straps
Wide industrial Velcro ensures a non-slip, customized fit on any limb.

3. Digital Handheld Remote Controller
Backlit LCD screen displaying active mode, pressure level & battery charge.

4. 3 Programmed Massage Modes
Sequential compression, circulation kneading, and full combined pressure.

5. 3 Adjustable Intensity Levels
Low, Medium, and High pressure settings for personalized muscle comfort.

6. Cordless Rechargeable Battery
High-capacity battery provides ~1 hour runtime per ~1 hour USB quick-charge.

7. Quick-Connect Silicone Air Hoses
Durable, kink-resistant tubing ensures airtight dynamic inflation.

8. 15-Minute Safety Auto Shut-Off
Automatically stops session after 15 min to prevent over-compression.

INSTRUCTION & OWNER'S OPERATING MANUAL

Please read this manual thoroughly before operating your BACKplus® Air Massager and retain for future reference.
For customer service inquiries, parts, or warranty support, visit **redfernent.com** or call **1-877-387-7770**.

1. Product Overview & Compression Technology

Thank you for choosing the **BACKplus® Air Massager** from **Redfern Enterprises**. Engineered to deliver professional-grade compression therapy in the comfort of your home, the BACKplus® Air Massager is an innovative, cordless wellness solution designed for tired legs, aching calves, fatigued thighs, and overworked arms. Utilizing precision **pneumatic air compression technology**, the system features multiple internal air-filled chambers that rhythmically inflate and deflate. This dynamic squeezing action simulates manual massage techniques, promoting healthy venous circulation, facilitating lymphatic drainage, easing localized fluid accumulation, and melting away muscular stiffness. With **three distinct massage modes**, **three adjustable intensity levels**, and a convenient **cordless rechargeable design**, the BACKplus® Air Massager provides customizable, soothing relief whenever you need to recharge.

Pneumatic Compression Science & Physiological Benefits

Dynamic Pneumatic Air Chambers	Multi-segmented air bladders expand and contract smoothly, delivering rhythmic peristaltic compression that gently squeezes muscle tissue to alleviate tightness without painful pressure points.
Circulation & Venous Return Boost	Graduated compression assists the body's natural circulatory mechanisms, counteracting gravitational pooling in the lower extremities, reducing heavy leg sensations, and expediting muscle recovery.
3 Targeted Therapeutic Massage Programs	Features three engineered modes: Mode 1 (Sequential Squeezing for lymphatic flow), Mode 2 (Circulation Kneading for stiffness), and Mode 3 (Whole Compression for deep tissue relaxation).
Rechargeable Cordless Lithium-Ion Power	Equipped with an advanced rechargeable battery providing approximately 1 hour of cordless runtime per 1-hour USB quick charge. Enjoy total freedom of movement anywhere in your home.
Ergonomic Multi-Limb Wrap Architecture	Contoured, breathable fabric wrap cuffs fitted with heavy-duty industrial Velcro straps ensure a secure, custom-tailored fit around calves, thighs, and arms of varying circumferences.

Key Benefits & Usability Features

- **Rhythmic Air Compression:** Dual pneumatic chambers deliver a deeply relaxing, wave-like squeezing sensation.
- **Customizable Intensity:** Toggle between Low, Medium, and High pressure settings to match your personal comfort.
- **Multi-Zone Versatility:** Designed for use across the calves, thighs, hamstrings, forearms, and upper arms.
- **Digital Remote Controller:** Backlit LCD screen clearly displays active mode, pressure level, and battery status.
- **15-Minute Auto Shut-Off:** Built-in smart timer ensures safe session duration and prevents over-massaging.
- **Compact & Travel-Ready:** Lightweight (1.1 kg gross) and easily packable for travel, office, or athletic use.

Recommended User Profiles & Application Scenarios

- **Active Standing Professionals:** Nurses, teachers, hospitality workers, and retail staff suffering from swollen, heavy legs.
- **Sedentary Desk Workers:** Remote workers and drivers experiencing leg stiffness, poor circulation, and typing arm fatigue.
- **Athletes & Fitness Enthusiasts:** Runners, cyclists, and gym-goers seeking rapid post-exercise lactic acid clearance.
- **Frequent Travelers:** Provides revitalizing relief after long flights or extended car road trips.

2. Device Anatomy & Operating Guide

Component Anatomy Reference

Review the key components, digital controller, and wrap assemblies of your BACKplus® Air Massager:

Component	Location	Function & Description
1. Compression Wrap Cuffs	Dual wearable wraps	Ergonomically contoured technical fabric sleeves housing internal dual-chamber pneumatic air bladders.
2. Pneumatic Air Bladders	Inside wrap sleeves	Upper and lower sealed chambers that inflate sequentially or simultaneously to produce rhythmic squeezing.
3. Industrial Velcro Straps	Outer wrap surface	High-adhesion hook-and-loop fastening straps allowing micro-adjustable sizing on calves, thighs, and arms.
4. Digital Remote Controller	Handheld unit	Houses the micro-air pump, rechargeable battery, digital LCD display, and tactile operation buttons.
5. Backlit LCD Display	Controller front face	Displays active Massage Mode (M1/M2/M3), Pressure Intensity (Low/Med/High), and Battery charge level.
6. Control Push Buttons	Below LCD display	Tactile buttons: Power (■), Mode Selection (M), and Pressure Intensity (▲) adjustment.
7. Dual Air Hose Assembly	Controller to wraps	Kink-resistant medical-grade silicone tubing with leak-proof quick-connect nozzles for airtight inflation.
8. USB Charging Port	Base of controller	Recharges the internal lithium-ion battery via the included standard USB power cable.

Step-by-Step Wrap Fitting & Application Instructions

1. **Charging Before First Use:** Fully charge the handheld controller using the included USB cable. The battery icon will indicate a full charge (approx. 1 hour charging time).
2. **Air Hose Connection:** Firmly insert the air hose connector nozzles into the top ports of the handheld controller until securely seated.
3. **Calf & Lower Leg Fitting:** Wrap the cuff smoothly around the calf muscle, ensuring the air hose faces downward toward the ankle. Fasten the Velcro straps snugly, leaving enough room to slide one finger between the cuff and your skin.
4. **Thigh / Arm Fitting:** Position the cuff around the mid-thigh or forearm/upper arm. Secure the Velcro straps firmly. Ensure the wrap is comfortable and not excessively tight before inflation.
5. **Relaxing Posture:** Sit comfortably in an armchair or recline with legs slightly elevated for optimal venous circulatory benefits.

Controller Operation & Mode Guide

- **Powering On / Off:** Press and hold the red **POWER (■)** button for 2 seconds. The LCD display will illuminate and default to Mode 1 (Low Intensity). To turn off, press and hold the Power button again.
- **Selecting Massage Modes (M):** Press the **MODE (M)** button to cycle through the 3 programmed massage sequences:
  - *Mode 1 (Sequential Squeezing):* Inflates lower chamber first, then upper chamber, creating a peristaltic upward milking sensation.
  - *Mode 2 (Circulation Kneading):* Alternates dynamic pressure between chambers to knead muscle tissue and release stiffness.
  - *Mode 3 (Whole Compression):* Inflates all air chambers simultaneously for deep, soothing overall pressure therapy.
- **Adjusting Pressure Intensity:** Press the **INTENSITY** button to toggle between **Low** (gentle relaxation), **Medium** (revitalizing relief), and **High** (deep tissue recovery).
- **15-Minute Auto Shut-Off:** The unit automatically powers down after 15 minutes of continuous therapy. If desired, restart for a second session after a brief 5-minute rest.

3. Important Safety Information & Precautions

■■ CRITICAL MEDICAL CONTRAINDICATIONS & HEALTH WARNINGS:
• CONSULT YOUR PHYSICIAN: Always consult a healthcare professional before use if you are pregnant, have an implanted cardiac pacemaker/defibrillator, or suffer from cardiovascular disease.
• DO NOT USE WITH DEEP VEIN THROMBOSIS (DVT): Individuals diagnosed with or suspected of having DVT, blood clots, pulmonary embolism, severe varicose veins, phlebitis, or arterial insufficiency must NOT use pneumatic compression therapy.
• SKIN & SKELETAL CONDITIONS: Do not apply directly over open wounds, skin infections, recent surgical incisions, bone fractures, active hemorrhages, or areas of severe acute inflammation.
• SENSORY DEFICITS: Use caution if you suffer from severe peripheral neuropathy or diabetic nerve insensitivity. Regularly inspect your skin during use.

Safe Operation & Proper Usage Guidelines

- **Wrap Tightness:** Do not overtighten the Velcro straps before starting. The air chambers expand significantly during inflation. Always begin your session on the **Low** intensity setting to assess tolerance.
- **Discontinue if Painful:** Compression should feel pleasant, rhythmic, and relieving. If you experience numbness, sharp pain, or extreme discomfort, immediately turn off the controller and loosen the straps.
- **Session Duration:** Do not exceed two consecutive 15-minute sessions (30 minutes total) on the same limb area per day without medical guidance.
- **Dry Environment Only:** This device is not waterproof. Do not use in bathrooms, bathtubs, saunas, or near standing water. Keep hands dry when operating the controller.

Rechargeable Battery & Charging Safety Protocols

- **Approved Charging Power:** Charge the unit using a certified standard 5V / 1A or 5V / 2A USB power adapter. Do not use high-voltage fast chargers exceeding 5V.
- **Disconnect When Full:** Disconnect the charging cable once the battery icon indicates a full charge (approx. 1 hour). Do not leave the device charging unattended overnight.
- **Do Not Operate While Charging:** For electrical safety and battery protection, the massager cannot be used while connected to the USB charging cable.
- **Thermal Environment:** Never store or charge the device in direct sunlight, near space heaters, or in hot enclosed vehicles.

Child & Pet Safety Safeguards

Keep the massager, air hoses, and charging cables out of reach of infants, children, and pets. Small children should not operate the device unsupervised. Do not allow pets to bite or scratch the air hoses or fabric sleeves.

4. Maintenance, Cleaning & Troubleshooting

Cleaning, Care & Seasonal Storage Guide

Proper routine maintenance ensures hygienic therapy, protects the pneumatic air bladders, and prolongs product lifespan:

1. **Spot Cleaning Fabric Wraps:** Disconnect the air hoses and controller. Gently wipe the exterior and interior fabric surfaces with a soft cloth lightly dampened with warm water and mild antiseptic soap. **Never immerse wraps in water or machine wash**.
2. **Air Drying:** Allow the fabric cuffs to air dry completely in a well-ventilated, shaded indoor area before rolling or storing. Do not use clothes dryers, heat guns, or direct irons.
3. **Controller Maintenance:** Wipe the plastic handheld controller with a clean, dry microfiber cloth. Keep the air nozzles and USB charging port free of dust and lint.
4. **Air Hose Preservation:** Avoid bending, kinking, or pinching the silicone air hoses during use or storage. Store hoses loosely coiled without sharp folds.
5. **Battery Preservation:** For extended periods of storage, recharge the internal battery to approximately 50–70% capacity every 3 months to prevent cell degradation.
6. **Storage Environment:** Store the complete system in a clean, dry, dust-free bag at room temperature away from direct sunlight, sharp objects, and humidity.

Troubleshooting Matrix

Observed Condition	Probable Cause	Recommended Action
Unit will not power on; LCD dark	• Battery completely depleted. • Power button pressed too briefly. • Charging cable still connected.	• Connect USB charger and charge for 1 hour. • Press and hold Power button for full 2 seconds. • Disconnect USB cable before turning on.
Weak or insufficient air compression	• Velcro straps fastened too loosely. • Air hoses not fully inserted into controller. • Air hose kinked or pinched. • Intensity set to Low.	• Fasten Velcro straps more snugly. • Firmly push air hose connectors into ports. • Straighten any kinks in silicone tubing. • Press Intensity button to Medium or High.
Compression feels excessively tight or painful	• Velcro fastened too tightly. • Intensity set too high for user sensitivity. • Initial user muscle tension.	• Immediately press Power to deflate. • Loosen Velcro straps to allow 1 finger space. • Restart on Low Intensity mode.
Unit shuts off automatically during use	• Normal 15-minute auto shut-off. • Battery reached low-voltage cutoff.	• Normal smart timer feature. Restart if desired. • Recharge battery via USB cable.
Air pump makes humming sound but no inflation	• Air hose disconnected at wrap or controller. • Foreign debris blocking air nozzle.	• Re-seat both air hose connectors firmly. • Inspect nozzles for dust; clear gently.

5. Technical Specifications & Warranty

Technical Specifications Table

Specification Parameter	Official Value / Construction Rating
Product Brand & Model	BACKplus® Air Massager (Air Compression Massager)
Manufacturer & Distribution	Distributed in Canada by Redfern Enterprises Ltd.
Massage Technology	Dynamic Pneumatic Air Compression with Sequential Squeezing
Target Application Zones	Calves, Thighs, Feet, and Arms (Forearms & Biceps)
Massage Programs	3 Pre-Set Modes: M1 (Sequence), M2 (Circulation), M3 (Whole Relief)
Pressure Intensity Levels	3 Adjustable Settings: Low, Medium, High
Automatic Shut-Off Timer	15 Minutes Continuous Therapy per Cycle
Battery Type & Power	Integrated Rechargeable Lithium-Ion Battery Pack
Charging Specifications	USB 5V DC / 1A–2A (Standard USB-A to USB Type-C / Micro-USB)
Charging Time	Approximately 1 Hour for Full Capacity Recharge
Operational Battery Runtime	Approximately 1 Hour Continuous Use (~4 full 15-min sessions)
Product Gross Weight	1.1 kg (Packaged) • Ultra-Lightweight & Portable
Materials & Fastening	Breathable Technical Fabric, Medical-Grade Air Bags, Industrial Velcro
Included in Packaging	2x Compression Cuffs, 1x Digital Remote Controller, 1x Dual Air Hose Assembly, 1x USB Charging Cable, 1x Operating Manual

Redfern Enterprises Limited Manufacturer Warranty

Redfern Enterprises Ltd. warrants this BACKplus® product against defects in materials and workmanship under normal personal residential use for a period of **one (1) year** from the date of original purchase. During the warranty period, Redfern Enterprises will, at its option, repair or replace defective components free of charge. This warranty does not cover damage resulting from accidental drops, liquid immersion, electrical power surges, unauthorized disassembly, piercing of air bladders, pet damage, or commercial misuse. Please retain your original proof of purchase to validate warranty claims.

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