START YOUR RECOVERY

twitch**Rx**
RAPID RECOVERY™

CONTENTS: twitchRx Controller · Wrap · Manual · USB cable · Water Bottle

PATENT PENDING

① Charge Controller

Connect enclosed USB cord and charge controller. Green LED light flashes when charging, stays lit when fully charged. Fill enclosed spray bottle with clean water.

② Snap Into Place

Align controller as shown and snap into place on 2 rivets in adjustable sleeve. Orientation of logo up or down doesn't matter.

③ Remove Cover
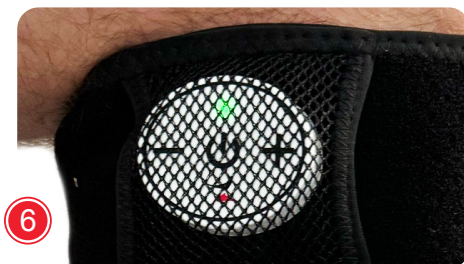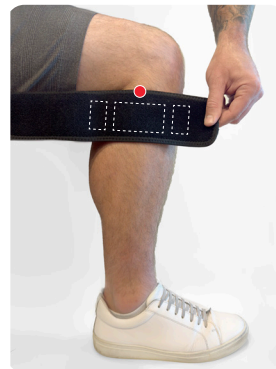
Remove protective velcro cover from end of sleeve.

④ Moisten Pads

Lightly mist 3 pads

⑤ Locate Fibular Head & Position Strap As Shown

Starting at your outer ankle bone, go straight up calf until you feel a bone right below your knee: this is the location of your fibular head. Larger center pad to be placed right below the fibular head facing your skin. Close the strap comfortably. Position of the controller isn't important as long as the pads are positioned correctly.

Adjust Intensity

Press "+" to increase intensity
Press "-" to decrease intensity (20 levels available)

Gradually increase intensity to a level that is comfortable while also providing a slight "Twitch" of your feet.

Each time "+" or "- " button is pressed to change the intensity level, green LED light will flash once and the controller will beep once. If the intensity reaches the highest/lowest level, the light will flash twice and controller beep once.

If you remove the wrap from your calf for more than 1 minute, the intensity will automatically reduce to zero and controller turn off automatically.

⑥ Turn on Controller

Push center power button to turn on controller. Green LED light stays lit when on.

Timer settings:

Default countdown timer is set to 20 minutes. When the timer ends, the device will automatically turn off.

To change default timer, press and hold the "+" button to change the timer in the order of 30/40/50/60/10/20 minutes represented by the number of flashes and beeps. For example, flashing and beeping 3 times indicates 30 minutes, 4 times indicates 40 minutes, and so on. Holding the "-" button will change the timer in reverse order.

To turn off device, press and release power button, green LED light will turn off.