

# Homedics® modulair compression

complete compression system

**please take a  
moment now**

register your product at  
[www.Homedics.com/register](http://www.Homedics.com/register)

Your valuable input regarding this  
product will help us create  
the products you will want  
in the future.

wrist  
wrap

knee  
wrap

calf  
wrap

foot  
wrap

universal  
battery

**INSTRUCTION MANUAL AND  
WARRANTY INFORMATION**

**2-year limited warranty**

SR-CM10 Series | L-04182, Rev. 1

# IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING.

## **DANGER** – TO REDUCE THE RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- DO NOT reach for a unit that has fallen into water. Unplug it immediately.
- NEVER use pins or other metallic fasteners with this appliance.

## **WARNING** – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- DO NOT use outdoors.
- Use this appliance only for its intended use as described in this manual. DO NOT use attachments not recommended by Homedics; specifically, any attachments not provided with the unit.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- 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 if it has been dropped into water. Return the appliance to the Homedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- DO NOT stand on or in appliance. Use only while seated.
- Keep long hair away from massager while in use.
- DO NOT use massager in close proximity to loose

clothing or jewelry.

- Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
- Prevent unintentional starting. Ensure the switch is in the off position before connecting to battery pack, picking up or carrying the appliance. Carrying the appliance with your finger on the switch or energizing appliance that have the switch on invites accidents.
- Disconnect the battery pack from the appliance before making any adjustments, changing accessories, or storing appliance. Such preventive safety measures reduce the risk of starting the appliance accidentally.
- Use heated surfaces carefully. May cause serious burns. DO NOT use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- Recharge only with the charger specified by the manufacturer. A charger that is suitable for one type of battery pack may create a risk of fire when used with another battery pack.
- Use appliances only with specifically designated battery packs. Use of any other battery packs may create a risk of injury and fire.
- When battery pack is not in use, keep it away from other metal objects, like paper clips, coins, keys, nails, screws or other small metal objects, that can make a connection from one terminal to another. Shorting the battery terminals together may cause burns or a fire.
- Under abusive conditions, liquid may be ejected from the battery; avoid contact. If contact accidentally occurs, flush with water. If liquid contacts eyes, seek medical help. Liquid ejected from the battery may cause irritation or burns.
- DO NOT use a battery pack or appliance that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.
- DO NOT expose a battery pack or appliance to fire or excessive temperature. Exposure to fire or temperature above 130°C may cause explosion.
- Follow all charging instructions and do not charge the battery pack or appliance outside of the temperature range specified in the instructions. Charging improperly or at temperatures outside of the specified range may damage the battery and increase the risk of fire. Product operating and charging range: 0°C – 40°C

## **SAVE THESE INSTRUCTIONS**

**CAUTION** – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING.

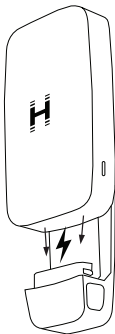
- Consult your doctor prior to using this product, if:
  - You are pregnant
  - You have a pacemaker
  - You have any concerns regarding your health
- NOT recommended for use by diabetics.
- NEVER leave the unit unattended, especially if children are present.
- NEVER cover the unit when it is in operation.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- DO NOT use this product before bed. The massager has a stimulating effect and can delay sleep.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- NOT for use by children.
- This unit should not be used by people with disabilities without supervision.
- This appliance is intended for household use only.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.

**NOTE:** This unit will shut off automatically after 15 minutes of use. If your unit overheats, turn off the unit and let cool for 30 minutes before turning on again and continuing use.

Congratulations on your purchase of a Homedics modular™ product. Modular™ is the first pneumatic compression system that allows you to customize your experience by offering compression wraps and products for all parts of the body all using the same battery module for complete flexibility. To start using your modular™ system, you'll need at least one modular™ battery module (Model SR-CMX10J) and at least one modular™ compression wrap.

1. Your modular™ compression system uses a modular battery module (SR-CMX10J). To start, when opened, your battery module may require charging. To charge the battery, plug one end of the USB cord into the unit and plug the other end into an adapter. Your battery module will be fully charged after a maximum of 5 hours charge time, and the charge will last up to 2 hours.

**NOTE:** This device only comes with a USB cord, not an adapter. A USB charger will also charge the units. Do not attempt to use a cord that is not a USB-type cord. Use only with Listed/Certified ITE Power Supply. The units will not operate when charging. Use a 5V/2A (or 5V/1A, slower) charger, but not higher than 5V.



2. Your compression wrap can be used on either the left or right side.
3. Use the fastening tape to adjust the wrap so it's snug but comfortable. Do not overtighten.
4. Connect your battery module to the compression wrap, sliding it into the dock until it "clicks" into place. See image to the right.
5. Press the power button to turn on the unit. The display will illuminate to confirm the unit is on.
6. Press the "MODE" button to select between the 4 massage modes. Press the "HEAT" button to toggle between 3 levels of heat. Press the "INTENSITY" button to adjust the intensity of the air compression.
7. The unit will turn off automatically after 15 minutes. Be sure to check out [homedics.com](http://homedics.com) for a growing list of wraps and products that work with this system to offer a customizable, all-body compression solution.

**CAUTION:** To avoid injury, always remain seated when using massager.

The modulaire™ Battery Module is equipped with our intelligent SMRTflex chip. This technology gives our battery module the ability to detect which modulaire™ compression wrap it's docked into and perform the programs specific to that wrap. This allows you to add on to your system and build a compression regimen that fits your needs, all while doing it with the same battery module.

## BATTERY INDICATOR

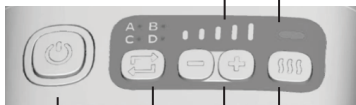
The color indicates the battery level remaining.

- Solid White: 40% - 100% Charge
- Solid Red: 20 - 40% Charge
- Flashing Red: ≤20% Charge

## HEAT INDICATOR

The color indicates the intensity of the heat selected.

- Green: Low
- Blue: Medium
- Purple: High



## POWER

To turn the massager on/off, press the power button. The screen will illuminate white to indicate that the unit is on.

**NOTE:** The massager will begin on mode A and 60% intensity with no heat.

## MODE BUTTON

Press the mode button to select between the four massage modes. The mode is indicated on the LED screen directly above the button.

- (A) Alternating
- (B) Full
- (C) Sequential
- (D) Pulsing

## HEAT BUTTON

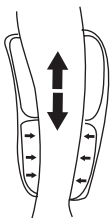
To select between three levels of heat therapy (Low, Medium, and High), press the heat button to reach the desired level.

## INTENSITY

Press the intensity button to select your preferred level of pressure. The intensity level is indicated on the LED screen to the left of the button.

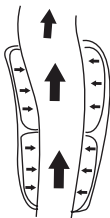
- 20%
- 40%
- 60%
- 80%
- 100%

## 4 MASSAGE MODES



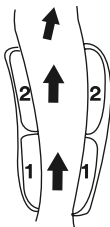
### MODE A: ALTERNATING

The first airbag is inflated to the desired pressure and maintains the pressure for 5 seconds. The air is then released for 2 seconds. The second airbag begins to inflate to the desired pressure and maintains the desired pressure for 5 seconds. The air is then released for 2 seconds. Both airbags inflate simultaneously and maintain pressure for 5 seconds. The pattern continues to repeat until auto shutoff at 15 minutes.



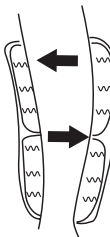
### MODE B: FULL

The two airbags are inflated to the desired pressure at the same time. The airbags hold the pressure for 5 seconds and then release the air for 3 seconds. This pattern continues to repeat until auto shutoff at 15 minutes.



### MODE C: SEQUENTIAL

The lower airbag is inflated to the desired pressure, and the pressure is held for 3 seconds. The upper airbag then inflates to the desired pressure. Air pressure is held in both airbags for 5 seconds and then released for 5 seconds. This pattern continues to repeat until auto shutoff at 15 minutes.



### MODE D: PULSING

The two airbags are inflated to the desired pressure at the same time, then the airbags immediately release the air for 1 second. The airbags then continue to inflate to the desired pressure. This pattern continues to repeat until auto shutoff at 15 minutes.

# **MAINTENANCE**

## **TO CLEAN THE MASSAGER**

Allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit. **DO NOT** clean the unit while charging.

- **DO NOT** immerse in any liquid to clean.
- **NEVER** use abrasive cleaners, brushes, or strong chemicals that may or may not be flammable and/or damaging to the product to clean.
- **DO NOT** attempt to repair the massager. There are no user-serviceable parts. For service, contact Consumer Relations at the telephone number listed in the Warranty section.

## **TO STORE**

Place massager in its box or in a cool, dry place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, do not wrap the charging cable around the unit. **DO NOT** hang the unit by the charging cable.

**CAUTION: All servicing of this massager must be performed by authorized Homedics service personnel only.**



# **SUPPLIER'S DECLARATION OF CONFORMITY**

**Product Description:** MODULAIR PNEUMATIC  
COMPRESSION SYSTEM

**Model Number:** SR-CMX10J, SR-CMXC10HJ, SR-CMXF10HJ,  
SR-CMXH10HJ, SR-CMXK10HJ

**Trade Name:** Homedics

## **FCC Compliance Statement**

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.

## **U.S. Contact Information**

**Company:** Homedics, LLC.

**Address:** 3000 N Pontiac Trail, Commerce Township, MI 48390  
8:30am-7:00pm EST Monday-Friday 1-800-466-3342

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user 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 to 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.

CAN ICES-003(B)/NMB-003(B)

## 2-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 2 years from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit [www.Homedics.com](http://www.Homedics.com). For Canada, please visit [www.Homedics.ca](http://www.Homedics.ca).

---

**FOR SERVICE IN THE USA**

**CSERVICE@HOMEDICS.COM**

**8:30AM-7:00PM EST**

**MONDAY-FRIDAY**

**1-800-466-3342**

**FOR SERVICE IN CANADA**

**CSERVICE@HOMEDICSGROUP.CA**

**8:30AM-5:00PM EST**

**MONDAY-FRIDAY**

**1-888-225-7378**

©2023 Homedics, LLC. All rights reserved.

Homedics is a registered trademark of Homedics, LLC.

Distributed by Homedics, LLC, 3000 N Pontiac Trail, Commerce Township, MI 48390

IB-SRCM10