

Normatec

Quick Start Guide



1 Plug in Power and Connector

Plug the power supply into an electrical outlet and then into the Normatec 3 device. Attach the hose connector to the air outlet on the Normatec 3 device. Insert the connector firmly into the Normatec 3 device until you hear an audible "click."



2 Put on Normatec

Put the leg, arm, or hip devices on. Find a comfortable position sitting, reclined, or lying down in the gravity chair. If the attachments have a zipper, be sure to zip up the devices completely. Never try to use the system with the zipper partially or totally unzipped.



3 Connect Air Attachments

Attach each of the device connectors to the air hose outlets. The device connectors can only be attached to the air hose junction in the correct orientation. Insert the device connectors firmly into the air hose outlets until you hear an audible "click"



4 Turn on the Normatec

Press the power button on the Normatec 3 device firmly for one second to turn on the system. While the device is on, the LED lights on the face of the unit will come on. The number of lights at the top will indicate your battery level.



5 Press Start

Select your desired settings, and press the Start/Stop button to begin compression. Settings can be adjusted. A session can be adjusted or ended at any time by pressing this button again.