



Therabody

# Theragun Mini Plus

Heated, portable massage for faster warm-up and recovery on the go.

User Manual & Unit Warnings

## Table of Contents

1. Product Overview
2. What's in the Box
3. Download the Therabody App
4. Getting to Know Your Device
5. Using Your Device
6. Attachments
7. Care, Cleaning, and Charging
8. Troubleshooting Guide

# Theragun Mini Plus

## 1. Product Overview

Theragun Mini Plus is the only travel-sized Theragun enhanced with heat, combining powerful percussive massage and a heated percussive attachment for consistent, rapid heat up to 131°F. Simple two-button controls adjust between 3 massage speeds and 3 heat intensity levels, while its rounded ergonomic grip ensures comfortable use for hands of any size. Compact and lightweight, Theragun Mini Plus is designed for recovery on-the-go.

### Intended Use

Theragun Mini Plus delivers scientifically-proven 10mm percussive therapy intended to speed up recovery, optimize warm-up, reduce soreness, and relieve minor pain.

## 2. What's in the box

- A** Theragun Mini Plus device
- B** USB-C charging cable
- C** Heated Percussive Attachment
- D** Travel pouch
- E** Instruction manual

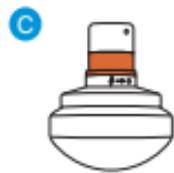


Figure 1. What's in the box

### 3. Download the Therabody App

With Bluetooth connectivity to the Therabody app, connect your device to access additional speed levels, adjust settings, track pressure applied, monitor battery life, and follow step-by-step guided routines that help you get the most out of every treatment.

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Get personalized recovery recommendations with Coach by Therabody, now available for free in the Therabody app. Receive science-backed recovery plans tailored to your goals, daily activity, and performance data from wearables like Garmin, Apple Health, Strava, or Google Fit.

*If you currently have the Therabody app, proceed to step 3.*

1. Download the Therabody app from the App Store or Play Store.
2. Follow the in-app instructions to create a new app account and verify your email.
3. Once logged in, follow the onboarding steps to connect your device to the app. Be sure that your phone's Bluetooth settings are enabled.
4. Select "Theragun Mini Plus" as your Therabody device when prompted.
5. Press and hold the power button on your device to turn it on. The device must be powered on to locate and pair to the app.
6. Select "Theragun Mini Plus" to confirm the device and app connection.
7. Once connected, you can customize your treatments based on your preferences. Explore the library of guided pain and stress relief routines that show you exactly which muscle to treat and which attachment to use.

### 4. Getting to Know the Device

- A** Ergonomic grip
- B** Power and speed button
- C** Intensity button
- D** LED battery indicator light
- E** LED speed indicator light
- F** USB-C charging port
- G** Interchangeable percussive attachments



Figure 2. QR code to download the app

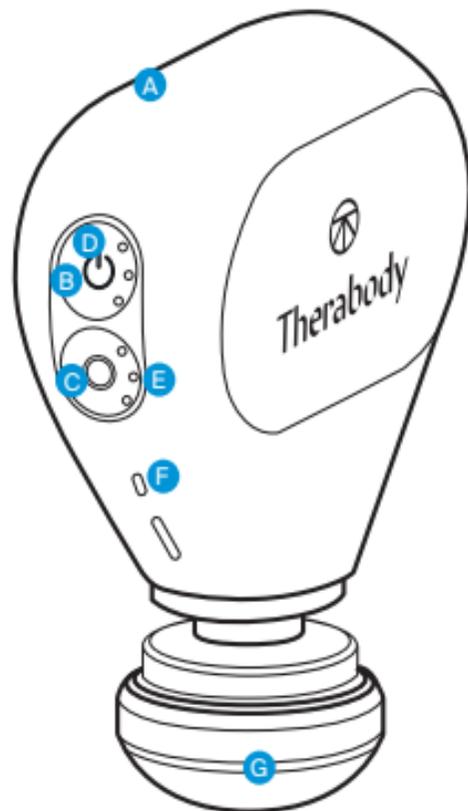


Figure 3. Corresponding pictures/diagrams of the device

## 5. Using the Device

1. **Turn on the device.** To turn on the device, firmly press and hold the power button on the side of the device.
2. **Choose your treatment speed.** Press the power button to toggle between the three speeds (low, medium, and high). The white LED light speed indicator will light up depending on the selected speed setting (low: 1 light, medium: 2 lights, high: 3 lights). The treatment setting used in your last session will become the default setting for your next session in Quick Start.
3. **Choose your temperature intensity.** Press the intensity button to toggle through three temperature options: (low: 1 light, medium: 2 lights, high: 3 lights).
4. **Use the device.** Move the device back and forth across your intended treatment areas. Apply light to moderate pressure as needed. Never apply excessive pressure or any level of pressure that causes pain, discomfort, or impedes the normal function of the device. Do not start by putting pressure directly on an area of discomfort. Instead, work slowly around the area to reduce tension.
5. **Turn off the device.** To turn off the device, firmly press and hold the power button until the device turns off.
6. **Lock the device.** When not in use or during transport, lock the device to prevent turning it on accidentally. Quickly press the power button three times to initiate the lock function. Each LED light will flash sequentially to indicate that the device is locked. Quickly press the power button three times again to unlock. Each LED light will flash sequentially (in the opposite direction) to indicate that the device is unlocked.

## 6. Attachments

The device includes one high-quality, scientifically-designed attachment for targeted treatment. It's comfortable, hygienic, and does not absorb sweat, lotion, or oils.

Attachment	Muscle Group	Intended Use
 Heated Percussive Plus	All-over treatment to loosen up stiff muscles and accelerate recovery	Use all-over to loosen up stiff muscles and speed up recovery. The Heated Percussive Plus Attachment treats deep into muscles delivering 3 levels of fast, consistent heat to help speed up recovery, optimize warm-up, reduce soreness and relieve pain faster, and more effectively than percussive massage alone.

Upgrade your recovery with even more treatments—Theragun Mini Plus is compatible with the full line of multi-therapy Plus Attachments, including Cold, Vibration, Standard Ball, Wedge, and Micro-point Attachments, allowing you to create a recovery routine tailored to your unique needs (attachments sold separately).

Attachment	Muscle Group	Intended Use
Dampener Plus (Sold separately)	For tender or sensitive muscles	Use on tender or sensitive muscles to reduce minor aches and pains. Experience comfortable relief with the Dampener attachment. With lower density foam and a wide base that maximizes contact with the body, this attachment delivers a soothing, low-impact treatment to effectively reduces aches and pains and keep you feeling your best.
Thumb Plus (Sold separately)	For trigger points and the lower back	Use on lower back muscles and trigger points to ease painful knots. Designed with a higher impact level and a shape that mimics the feel of an actual thumb, the Thumb attachment offers a dense, focused treatment for those stubborn areas, making it ideal for trigger point therapy and targeting the lower back.

Attachment	Muscle Group	Intended Use
Cold Plus (Sold separately)	For joints and muscles	Use on joints & muscles to reduce pain, swelling and inflammation. Whether you're dealing with acute injuries or sore muscles, the Cold attachment uses 3 science-backed temperature levels of cold therapy to reduce joint and muscle pain, inflammation, and swelling.
Vibration Plus (Sold separately)	Relieve sore, sensitive joints and muscles	Use on sore, sensitive joints & muscles to improve circulation and relieve pain and tension. Vibration therapy offers a gentler, more subtle form of massage than percussive therapy, ensuring comfort while still targeting pain, soreness, and tension in your muscles and joints. Theragun Mini Plus was designed for fast, effective recovery sessions on the go. To optimize your device's performance and longevity, it will automatically turn off after 8 minutes when using this attachment.
Standard Ball Plus (Sold separately)	For small and large muscle groups	Use all-over to relieve soreness and activate small and large muscle groups. This attachment offers a more targeted percussive therapy treatment with a firm, smaller surface area and medium impact level. Perfect for quick re-activation and easing soreness, the Standard Ball is your go-to during a workout, delivering effective relief while keeping you moving.
Wedge Plus (Sold separately)	For shoulder blades & IT bands	Use to scrape and flush muscles around shoulder blades & IT bands. This attachment helps create "scraping" and "flushing" motions that mimic similar deep tissue techniques that improve mobility and circulation, keeping you at peak performance. With its sharp, wedge-like edge and medium impact level, this attachment delivers the firm, controlled pressure needed to tackle the unique contours of the shoulder blades and power through tight areas like the IT band.
Micro-point Plus (Sold separately)	For targeted circulation	Use on smaller muscle areas for targeted circulation and relief. With a compact surface area and therapeutic micro-points, this attachment delivers a more focused treatment, providing increased stimulation to smaller muscle areas such as forearms, hands and the bottom of feet. Ideal for those nagging problem areas, this is your go-to for precise muscle relief.

#### How to Connect and Remove Attachments

1. Ensure that the device is turned off before connecting or removing any attachments.
2. Insert the attachment into the device arm, twist clockwise to lock into place.
3. To unlock and remove the attachment, twist counterclockwise and pull it off.

*Warning: Do not place your finger between the attachment and the end of the arm, as this may cause pinching or injury.*

*It is recommended that you replace the attachments if you start to notice signs of wear. Visit [therabody.com](http://therabody.com) to shop all Theragun Plus attachments.*

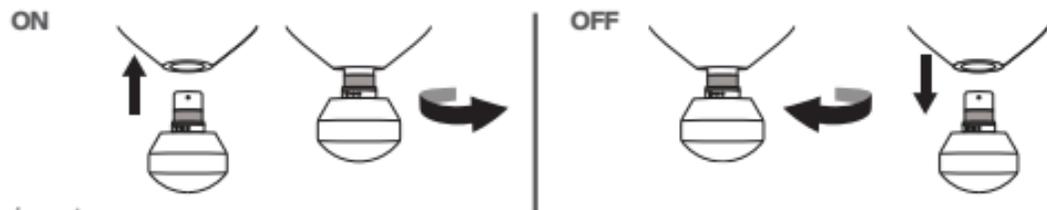


Figure 4. Corresponding diagram of connecting attachments

## 7. Care, Cleaning, and Charging

### Device Maintenance

The following maintenance instructions are important to ensure that your device continues to work as it was designed. Failure to follow these instructions may cause your device to stop working.

#### Cleaning the Device

Read the following instructions carefully before cleaning the device to ensure longevity of the device and its components. For the most hygienic device experience, sanitize it after each use.

1. Wipe the device with a damp cloth or alcohol-free cleansing wipe.
2. Use a new wipe to disinfect the surface area by wiping all sides in a downward motion.

Note: This device is not waterproof. Only clean with a damp cloth or alcohol-free cleansing wipe by wiping the device. Do not submerge the device in water or clean it under running water. Do not allow the device to come into contact with corrosive solutions, which can damage the device's appearance and function.

#### Charging the Device

1. The device is USB-C enabled and comes with a charging cable. Before charging, ensure that the device is powered off.
2. Connect one end of the charging cable to the USB-C charging port on the device. Connect the other end of the charging cable to a power adapter.
3. The LED light will indicate the battery status when the device is on or charging. Turn the device on to check the battery status.
  - Flashing Orange: Low battery
  - Flashing Blue: Half battery
  - Flashing Green: High battery

The battery life of the device is up to 3 hours depending on the attachment and treatment intensity used.

A power adapter is not included with this device. Use the charging cable with a USB-C power adapter of at least 5-15V with a minimum charging wattage of 5W. Ensure it is from a certified manufacturer and has not suffered any structural damage. Do not try to use the device while charging.

#### Store and Transport the Device

Store and transport the device in the travel pouch. Store the device in a cool and dry place (Temperature: 0°C/32°F - 40°C/104°F Relative humidity: <85% RH). Do not store the device where temperatures may exceed 40°C/104°F, such as in direct sunlight or in a vehicle. Recharge the battery every 3 months.

## 8. Troubleshooting Guide

SCENARIO	ERROR CODE DISPLAYED	POTENTIAL CAUSE	POTENTIAL SOLUTIONS
No Power	The power button LED indicator blinks orange, blue, and green	The battery pack has overheated during charging or use	Ensure the device is powered off, remove from charger, and let the device rest for 60 minutes. If the issue still persists after verifying all of the above, the device may be damaged. Contact Therabody for further assistance. Visit <a href="https://www.therabody.com/us/en-us/support/support.html">https://www.therabody.com/us/en-us/support/support.html</a> for the available contact methods.
	The 3 LED lights blink white 5 times then turns off	The motor has overheated	Ensure the device is powered off and let the device rest for 60 minutes. If the issue still persists after verifying all of the above, the device may be damaged. Contact Therabody for further assistance. Visit <a href="https://www.therabody.com/us/en-us/support/support.html">https://www.therabody.com/us/en-us/support/support.html</a> for the available contact methods.
Percussion works, but the heat attachment does not produce heat	The LED lights blink orange 5 times then turns off	The heat attachment has overheated, or another error has occurred	
The power is on, but the cold attachment is not functioning	The LED lights blink blue 5 times then turns off	The cold attachment has overheated, or another error has occurred	
The power is on, but the vibration attachment is not functioning	The LED lights blink green 5 times then turns off	The vibration attachment has overheated, or another error has occurred	

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## 8. Troubleshooting

SCENARIO	ERROR CODE DISPLAYED	POTENTIAL CAUSES	POTENTIAL SOLUTIONS
The device turns off automatically	N/A	Battery level is low	Charge the device If the issue still persists after verifying all of the above, the device may be damaged. Contact Therabody for further assistance. Visit <a href="https://www.therabody.com/us/en-us/support/support.html">https://www.therabody.com/us/en-us/support/support.html</a> for the available contact methods.
The device cannot turn on	N/A		
The device shuts off mid-use or the vibration motor does not turn on	N/A	Charge the device The motor or connection may have been damaged	Charge the device fully, remove the charging cable, and press the power button for 3 seconds. If the issue still persists after verifying all of the above, the device may be damaged. Contact Therabody for further assistance. Visit <a href="https://www.therabody.com/us/en-us/support/support.html">https://www.therabody.com/us/en-us/support/support.html</a> for the available contact methods.
Cannot charge the battery	N/A	The ambient temperature may be too high or too low The battery may be defective The charging cable may be defective	Charge the device when the ambient temperature is between 5° C and 35° C Try using a different USB-C cable and adapter If the issue still persists after verifying all of the above, the device may be damaged. Contact Therabody for further assistance. Visit <a href="https://www.therabody.com/us/en-us/support/support.html">https://www.therabody.com/us/en-us/support/support.html</a> for the available contact methods.

## Warnings and Guidance (Precautions and Contraindications)

### Background

EN Therabody products are designed to unlock the body's natural ability to achieve health and well-being. Through science and technology, the Therabody portfolio of products 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). Read the following safety information for the Theragun Mini Plus in its entirety prior to use.

### Important Safety Information

#### General Device Use

Read the full Warnings and Guidance prior to using the device.

This device is intended for use by people in good health. This device is contraindicated against and should not be used by or on anyone with a history of epilepsy, seizures or cardiopathy.

The device is not recommended for anyone with an electronic implanted device (such as a pacemaker), cardiac arrhythmia, tumors, or acute episodes of inflammatory diseases. The device is not recommended for those who have arteriosclerosis, thromboses, or implants in the body region being treated.

Please consult your physician prior to using the device if you are pregnant and/or nursing. **Immediately stop using the device at the first sign of discomfort.** If you have any medical considerations, please consult your doctor before using the device.

### Safety, Precautions, and Contraindications

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications as of the printing date. For up-to-date information, please visit us online at <https://www.therabody.com/us/en-us/precautions-and-contraindications.html>.

### 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. Consult a medical professional before use.

- 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: plastic, silicone, aluminum, stainless steel, copper alloy, paint

#### Limited Warranty and Customer Service

For full warranty information, please visit [www.therabody.com/warranty](http://www.therabody.com/warranty).

Customers who are in need of product support should visit <https://www.therabody.com/us/en-us/support/support.html> for the available contact methods.

FDA-Registered

Limited Warranty Only With Authorized Retailer Purchase

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Patents at [www.therabody.com/patents](http://www.therabody.com/patents)

Manufactured and Distributed by:

Therabody, Inc.

1640 S Sepulveda, Suite 300

Los Angeles, CA 90025

USA

In the Australian market, the Therabody Theragun Mini Plus device warranty is 1 year.

For Australian Market Only: The purchase of this device is accompanied by a limited warranty. For complete details about the rights afforded to you under this warranty, visit <https://therabody.com/anz/en-au/warranty-support/>.

Importers:

Therabody Australia Pty Ltd

Waterman Business Centre

175 Maroondah Highway

Suite 16, C307, Level 3

Ringwood Vic 3134 Australia

Therabody International Limited

5th Floor, 40 Mespil Road,

DO4C2N4 Dublin, Ireland

Therabody UK Limited

Portsoken House 155-157

The Minorities, London,

United Kingdom, EC3N1LJ

Device Battery Information - EU

The weight: 0.25lbs, 113g

The capacity: 2000mAh

The chemistry: Lithium-ion battery

Therabody China Limited

地址: 上海市浦东新区沪南路2218号西楼18层

## UNIT WARNINGS

READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, AND ON THE DEVICE BEFORE USING OR CHARGING THE DEVICE AND ITS ACCESSORIES.

When using the device, the following precautions should always be adhered to:

- 1. USE ONLY AS INSTRUCTED.** Use only Therabody recommended accessories and replacement parts. This device is not intended to diagnose, mitigate, or treat diseases. The device is an advanced mechanical tool with electric components. If the device and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Failure to use and maintain the device and corresponding attachments in accordance with the instructions outlined in this manual will void the warranty and may result in product damage or physical injury. The device is intended for commercial and home use. This device was designed for fast, effective recovery sessions on the go. To optimize your device's performance and longevity, it will automatically turn off after 8 minutes when using the Vibration Plus attachment (sold separately).
- 2. NOT FOR CHILDREN.** The device is not intended for use by young children or persons with reduced physical, sensory, or reasoning capabilities or lack of experience and knowledge, unless given supervision or instruction concerning use of the device by a person responsible for their safety. The device is not a toy. Do not play with, bend, or pull the electrical components. Advise children not to play with the device or accessories. Adult supervision should be provided for those under 18 using the device.
- 3. CHARGING.** If your device doesn't turn on or the battery indicator displays a low battery level, please charge before first use. Charge the battery using the USB-C cable (included). When you use the charging cable (included), make sure its USB-C connector is fully inserted into a compatible power adapter before you plug the adapter into a power outlet. You can also charge the battery with third party cables that are compliant with USB-C and with applicable country regulations and international and regional safety standards. Other adapters may not meet applicable safety standards, and charging with such adapters could pose a risk of death or injury. Do not force the cable into place. Fully charge the device at least once every six months to prevent device and battery damage. Unplug the power adapter and charging cable when not in use.
- 4. DO NOT OVERCHARGE.** Do not leave the device connected to the power adapter for more than one hour after the battery has been fully charged. The battery includes a protection system to avoid the risk of overcharging. However, overcharging may reduce its life over time.
- 5. CHARGING LOCATIONS.** Ensure that the battery status LED is OFF before charging. Insert the USB-C cable into the port (behind the power button) to charge the device. Do not use the device while charging. Avoid skin contact when the USB-C is plugged into a power source as it may cause discomfort or injury. Do not sleep or sit on the USB-C connector. The device should be charged indoors in a well-ventilated, dry location. Do not charge the device outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the device or charger on wet surfaces, and do not expose the charger to moisture, rain, or snow. Do not use the device or its compatible charger in the presence of explosive atmospheres (gaseous fumes, dust, grain, metal powders, or flammable materials). Sparks may be generated, possibly causing a fire.
- 6. UNPLUGGING THE CHARGER.** Pull the plug, not the cord, to reduce the risk of damage to the electrical plug and cord. Never carry the charger by its cord. Keep the cord away from heat, oil, and sharp edges. Do not stretch the charger cord or place the cord under strain. Do not handle the charger, terminals, or the device with wet hands. Always unplug this appliance from the electrical outlet immediately after using and before cleaning. Store cable to ensure it is not stepped on, tripped over, or otherwise subjected to damage or stress. Do not use a power adapter or charging cable that has received a sharp blow, been dropped, run over, or damaged in any way. For long-term storage, store with a fully charged battery.
- 7. DO NOT CRUSH, DROP, OR DAMAGE THE DEVICE OR CHARGER.** Do not use a power adapter or charging cable that has received a sharp blow, been dropped, run over, or damaged in any way. Do not puncture or damage the device. Puncturing the device can lead to incorrect operation.
- 8. POWER ADAPTER AND CHARGING CABLE CARE.** Unplug the power adapter and charging cable when not in use. Pull the plug, not the cable, to reduce the risk of damage to the electrical plug and cable. Store cable to ensure it is not stepped on, tripped over, or otherwise subjected to damage or stress. Keep the cable away from heated surfaces, oil, and sharp edges. Never operate this device if it has a damaged cable or plug if it is not working properly, if it has been dropped or damaged, or dropped into water. Do not stretch the charger cable or place the cable under strain. Do not handle the cable with wet hands. For long-term storage, store with a fully charged battery. Therabody is not responsible for damages that may occur due to the use of third-party chargers.
- 9. USAGE.** Discontinue use of the device if you are feeling severe pain. Make sure the Battery status LED is OFF when the device is not in use. While in use, hold the device in your hands only.
- 10. DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury.
- 11. SERVICE.** If the device is not working properly, has received a sharp blow, or has been dropped, damaged, left outdoors, or dropped into water, then do not use it. Do not attempt to repair or disassemble the device which may result in an electric shock or fire.
- 12. DEVICE CARE.** Handle the device with care. The device contains electronic components that can be damaged if dropped, burned, punctured, or crushed. Do not disassemble the device or attempt to repair it yourself. Disassembling the device may damage it, result in loss of water resistance, and may cause injury. If the device is damaged or if malfunctions occur, contact Therabody Customer service. Do not use a damaged device, for example, visible water intrusion, as these may cause injury. Avoid heavy exposure to dust or sand.
- 13. CLEANING INSTRUCTIONS.** Visually inspect the device for any obvious signs of debris build-up. Wipe your device with a damp cloth or alcohol-free cleansing wipe. After cleaning, allow the device to dry thoroughly before storing or beginning another treatment. A properly cleaned device should have no visible signs of debris or moisture. Note: This product is not waterproof. Only clean with a damp cloth or alcohol-free cleansing wipe by wiping the device. Do not submerge the device in water or clean it under running water. Do not allow the device to come into contact with corrosive solutions, which can damage the device's appearance and function.
- 14. DO NOT DISASSEMBLE.** Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or

exposure to battery chemicals. The warranty will be void if the device, batteries, or charger are disassembled or if any parts have been removed.

15. **STORING THE DEVICE AND CHARGING CABLE.** Store in a cool, dry place. Only charge the device when the ambient temperature is between 40°C/104°F and 0°C/32°F. Do not store the device or charging cable where temperatures may exceed 70°C/158°F, such as in direct sunlight, in a vehicle, or in a metal building during the summer. Recharge the battery every 3 months.

### Reporting adverse events to FDA

MedWatch is the Food and Drug Administration's (FDA) program for reporting serious reactions, product quality problems, therapeutic inequivalence/failure, and product use errors with human medical products, including drugs, biologic products, medical devices, dietary supplements, infant formula, and cosmetics.

If you think you or someone in your family has experienced a serious reaction to a medical product, you are encouraged to take the reporting form to your doctor. Your health care provider can provide clinical information based on your medical record that can help the FDA evaluate your report. However, we understand that for a variety of reasons, you may not wish to have the form filled out by your healthcare provider, or your health care provider may choose not to complete the form. Your health care provider is not required to report to the FDA. In these situations, you may complete the Online Reporting Form yourself.

You will receive an acknowledgement from the FDA when your report is received. Reports are reviewed by FDA staff. You will be personally contacted only if we need additional information.

### Submitting adverse event reports to FDA

Use one of the methods below to submit voluntary adverse event reports to the FDA:

1. Report Online at: [www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home](http://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home)
2. Consumer Reporting Form FDA 3500B. Follow the instructions on the form to either fax or mail it in for submission. For help filling out the form, see MedWatchLearn. The form is available at: [www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf](http://www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf)
3. Call FDA at 1-800-FDA-1088 to report by telephone.
4. Reporting Form FDA 3500 commonly used by health professionals. The form is available at: [www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf](http://www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf)

Please scan QR code for a copy of the Declaration of Conformity under Regulation (EU) 2019/1020



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.

changes or modifications not expressly approved by the party responsible for compliance could void the user's 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 into 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.

### Medical EMC + Safety

IEC 60601-1 and IEC60601-11 Requirement ( Warning )—For Medical device apply for US, CA

This device is Class III equipment with type BF applied. It complies with Medical Electrical Safety Standards (IEC 60601-1).

This device also complies with Medical EMC Standard (IEC 60601-1-2).

The has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices to IEC 60601-1-2: 2014. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.

1\* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

2\* WARNING: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

3\* WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the ME EQUIPMENT, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

GARMENT CARE. Meanings of symbols:

No.	Icon	Description	Location of Label
1		CE Mark	On rating label
2		Please read the user manual before use.	In packaging
3		Separate collection for waste electrical and electronic equipment. Note: For more information about disposal of equipment, its parts and accessories, please contact your local distributor.	On rating label
4	IP22	IP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm $\Phi$ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm $\Phi$ and greater.	On rating label
5		RCM Mark	On rating label and packaging
6		Type BF apply part	On rating label
7		Manufacturer information	On rating label
8		UKCA Mark for UK	On rating label
9		Bluetooth	On packaging
10		IC Canada	On rating label
11		Unique Device Identification (UDI)	On rating label and packaging
12		Date of Manufacture	On rating label

**GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSION – FOR ALL EQUIPMENT AND SYSTEMS**

**Guidance and manufacturer's declaration – electromagnetic emission**

The **Theragun Mini Plus** is intended for use in the electromagnetic environment specified below. The customer or the user of **Theragun Mini Plus** should assure that it is used in such an environment.

EMISSIONS TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The <b>Theragun Mini Plus</b> uses RF energy only for its internal function. There for, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The <b>Theragun Mini Plus</b> suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage function / flicker emissions IEC 61000-3-3	Not applicable	

**GUIDANCE AND MANUFACTURER'S DECLARATION - ELECTROMAGNETIC IMMUNITY - FOR ALL EQUIPMENT AND SYSTEMS**

EN

Guidance and manufacturer's declaration - electromagnetic immunity			
The <b>Theragun Mini Plus</b> is intended for use in the electromagnetic environment specified below. The customer or the user of the <b>Theragun Mini Plus</b> should assure that it is used in such an environment.			
IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrostatic transient / burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1kV differential mode ±2kV common mode	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0,5 cycle g) At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°  0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0°  0 % UT; 250/300 cycle 0 % UT; 250/300 cycle	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the <b>Theragun Mini Plus</b> requires continued operation during power mains interruptions, it is recommended that the <b>Theragun Mini Plus</b> be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz magnetic field) IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE $U_T$ is the a.c. mains voltage prior to application of the test level.			

**Guidance and manufacturer's declaration – electromagnetic immunity –  
for EQUIPMENT and SYSTEM**

**Guidance and manufacturer's declaration – electromagnetic immunity**

The **Theragun Mini Plus** is intended for use in the electromagnetic environment specified below. The customer or the user of the **Theragun Mini Plus** should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Conducted RF	3 Vrms	N/A	Portable and mobile RF communications equipment should be used no closer to any part of the <b>Theragun Mini Plus</b> , including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance:  $d = \left[ \frac{3.5}{V_1} \right] \sqrt{P}$ 80 MHz to 800 MHz  $d = \left[ \frac{12}{V_2} \right] \sqrt{P}$  $d = \left[ \frac{3.5}{E_1} \right] \sqrt{P}$ 800 MHz to 2.7 GHz  $d = \left[ \frac{7}{E_1} \right] \sqrt{P}$  where p is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). <sup>b</sup> Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, <sup>a</sup> should be less than the compliance level in each frequency range. <sup>b</sup> Interference may occur in the vicinity of equipment marked with the following symbol: 
IEC 61000-4-6	150kHz to 80MHz	10 V/m	
Radiated RF	6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz	80MHz to 2.7GHz	
IEC 61000-4-3	10 V/m	385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.

- a The ISM (industrial, scientific and medical) bands between 150 kHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0,15 MHz and 80 MHz are 1,8 MHz to 2,0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz.
- b Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the **Theragun Mini Plus** is used exceeds the applicable RF compliance level above, the **Theragun Mini Plus** should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the **Theragun Mini Plus**.
- c Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.

#### Recommended separation distances between portable and mobile RF communications equipment and the EQUIPMENT or SYSTEM - for EQUIPMENT and SYSTEMS

#### Recommended separation distances between portable and mobile RF communications equipment and the Theragun Mini Plus

The **Theragun Mini Plus** is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the **Theragun Mini Plus** can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the **Theragun Mini Plus** as recommended below, according to the maximum output power of the communications equipment

Rated maximum output of transmitter W	Separation distance according to frequency of transmitter m			
	150 kHz to 80 MHz outside ISM and amateur radio bands $d = \left[ \frac{3.5}{V_1} \right] \sqrt{P}$	150 kHz to 80 MHz in ISM and amateur radio bands $d = \left[ \frac{12}{V_2} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[ \frac{12}{V_2} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[ \frac{7}{E_1} \right] \sqrt{P}$
0.01	0.12	0.20	0.035	0.07
0.1	0.38	0.63	0.11	0.22
1	1.2	2.00	0.35	0.70
10	3.8	6.32	1.10	2.21
100	12	20.00	35	70

For transmitters rated at a maximum output power not listed above the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.





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