

VERVE®

Recovery Boots Hip Attachment

USER MANUAL

VER-CRS-HIP



PRESSURE RANGE

40–150mmHg

PROGRAM MODES

3

LENGTH

570mm

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
vervefitness.com

Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

1. Emergency stop. If you feel severe pain, unusual symptoms, or need to remove the Hip Attachment during use: press the power button on the control unit to stop the device, or disconnect the hoses. Remove the attachment and consult your doctor if symptoms continue.

2. Pre-use consultation. Consult your doctor before using this device if you have a pacemaker or other medical device that may be affected by electrical interference, a malignant tumour, heart disease, peripheral neuropathy or sensory disturbances (including from diabetes), or an injury or fracture that would make the device unsuitable to use.

3. Keep out of reach. Keep the Hip Attachment, hoses and control unit out of reach of infants, children, and anyone unable to use them independently.

4. Power & adapter safety. Only use the original power adapter supplied with your control unit. Do not scratch, bend, pull or twist the power cord, and never plug in or unplug it with wet hands.

5. Temperature control. Do not place the control unit under a quilt or use it in excessively high temperatures.

6. No unauthorised repair. Do not attempt to remodel, disassemble, or repair the Hip Attachment or control unit without authorisation.

DO NOT USE IF YOU HAVE

The following conditions, unless cleared by a licensed medical professional:

- Severe atherosclerosis or other serious arterial conditions
- Active infections in the legs, hip, waist, or abdomen
- Open wounds, sores, or skin ulcers in the treatment area
- Congestive heart failure (CHF)
- Major injuries in the legs, hip, waist, or abdomen
- Acute pulmonary edema
- Uncontrolled high blood pressure

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Compatibility & What's In The Box.

NOT A STANDALONE PRODUCT

The Hip Attachment is an add-on for the VERVE Compression Recovery Boots system. It does **not** include its own control unit — it connects to the same control unit that powers your VERVE Recovery Boots. You need a VERVE Compression Recovery Boots system (VER-CRB-002) to use it.

Product includes.

- **Hip Attachment** ×1, waist wrap with two thigh cuffs and two integrated air hoses



Hip Attachment, laid flat

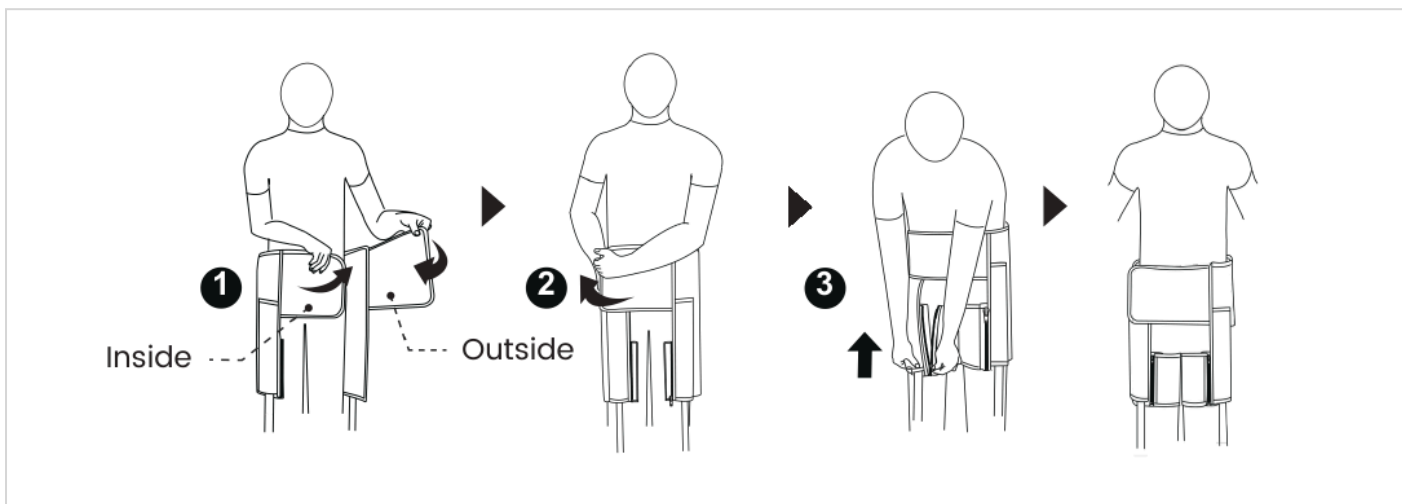
- 1 Waist wrap.** Adjustable velcro closure across the lower back, with a zip on each side securing the two thigh cuffs.
- 2 Air hoses (×2).** Built into the attachment, each ending in a connector plug that attaches to your Recovery Boots control unit.

NOTE

Length: 570mm. Check the attachment against this list before you begin fitting. If anything looks damaged, contact VERVE support before use.

Fitting The Hip Attachment.

Follow these steps to put the Hip Attachment on properly before connecting it to your control unit.



1–2. Wrap it around your hip

Position the attachment around your hip with the labelled **Inside** panel against your body and the **Outside** panel facing out. Wrap the velcro loop and velcro hook together to secure the waist wrap.

3. Zip up both zippers

Zip up both of the two zippers on the thigh cuffs completely. Do not use the system with a zipper partially or totally unzipped.

Connect the air hoses

Connect both air hose connector plugs to your VERVE Recovery Boots control unit. Make sure both hoses are properly and completely connected before powering on.

IMPORTANT

Make sure the zipper is zipped up completely before wearing the Hip Attachment. Never try to use the system with the zipper partially or totally unzipped.

Make sure both air hoses are properly and completely connected to the control unit before you start a session.

Operating Instructions.

Read Safety Information (page 2) and Fitting The Hip Attachment (page 4) before you begin.

Turning it on

Once the Hip Attachment is fitted and both hoses are connected, press the power button on the back of the control unit. The Hip Attachment starts in **Sequence mode at 60mmHg** by default.

Program modes

Choose between three program modes on the control unit: **Sequence**, **Circulation**, and **Combination**.

Intensity

Press the **- / + intensity** button on the control unit to adjust pressure between **40–150mmHg**.

Timer

Press the **timer** button to set the session length, between **15 and 60 minutes**. The Hip Attachment stops the session automatically once the set time is up.

Pause & stop

Press **START/PAUSE** to pause the session. This only pauses the unit — it does not deflate the Hip Attachment. To fully deflate, turn the control unit off with the power button on the back and disconnect the hoses.

To turn the control unit off, press the power button on the back.

NOTE

Your control unit's exact button icons and layout may vary — the functions above (power, mode, intensity, timer, start/pause) are the ones documented for the Hip Attachment. If you're unsure which control does what on your unit, check the manual that came with your VERVE Compression Recovery Boots or contact VERVE support.

Care, Maintenance & Troubleshooting.

Cleaning

Power off before cleaning. If dirty, wipe the Hip Attachment and hoses with a damp, clean cloth, then dry thoroughly. Do not use gasoline, alcohol, solvents, or other harsh liquids — they can cause discolouration or damage. Avoid letting foreign objects enter the hoses, and do not dry clean.

Storage

Keep the Hip Attachment out of reach of infants, children, and anyone unable to use it independently. Avoid high-temperature or high-humidity conditions and direct sunlight. Protect the attachment and hoses from punctures by sharp objects, and don't place heavy items on top of it. Do not attempt to disassemble it — it has no user-serviceable parts.

ISSUE	LIKELY CAUSE	WHAT TO DO
Control unit screen is off and nothing happens	Power not turned on, or battery flat	Press the power button on the control unit. Fully charge the control unit if needed.
Screen is on but the Hip Attachment doesn't inflate	START/PAUSE not pressed, or a hose isn't fully connected	Press START/PAUSE to begin. Check both hose connectors are properly and completely attached.
Session stops or pressure drops during use	The set timer has ended, or the battery has run out	This is normal once the set time is up — press power to start a new session. Otherwise, charge the control unit.

If a problem persists after checking the above, contact VERVE support rather than attempting a repair yourself.

NEED HELP?

Missing parts, damaged components or fitting questions — we'll sort it fast.
Contact support@vervefitness.com or visit vervefitness.com/support