



Therabody

Theragun Prime Plus

Professional User Manual

Table of Contents

Product Overview	3
Getting To Know Your Theragun Prime Plus	4
Getting Started	5-7
After Care and Cleaning	8
Professional Protocol	9-17
Theragun Prime Plus Sales Sheet	18
How to Use the Theragun Prime Plus	19
Suggested Menu Descriptions	20
FAQs	21
Important Safety Information + Contraindication	22-27

Product Overview

Theragun Prime Plus

A powerful 16mm percussive massage gun enhanced with heat in a durable design. The heated percussive attachment treats deep into muscles with science-backed doses of heat to help speed up recovery time, optimize warm-up, reduce soreness and relieve pain faster, and more effectively than percussive massage alone. Get effective treatment anywhere on the body with the easy-reach patented triangle grip and 3 targeted percussive attachments that treat both large muscles and sensitive areas. Unlike other massage guns, Theragun Prime Plus is made with a quiet, anti-stall motor so you can massage even the toughest knots using up to 40lbs of pressure without compromising on depth and speed.

Key Features

- Powerful 16mm percussive massage with heat therapy is scientifically proven to deliver benefits 3x faster
- Customizable treatments with 5 massage speeds and 3 heat intensity levels
- 4 Scientifically- designed attachments
 - Heated Percussive – accelerate warm-up and recovery
 - Dampener – tender or sensitive muscles
 - Standard Ball – small & large muscles
 - Wedge – shoulder blades & IT bands
- Compatible with Theragun Plus attachments to add more therapies based on your needs (*sold separately)
- New and improved patented triangle grip
- New durable material-drop and scratch resistant
- Bluetooth connectivity to the Therabody app for step-by-step guided routines
- Long-lasting 120-min battery life and travel lock for hassle-free transport

Science-Backed Benefits

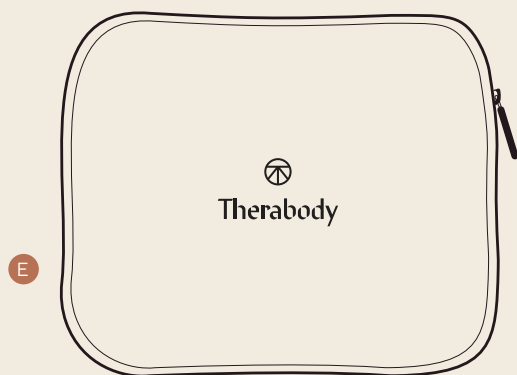
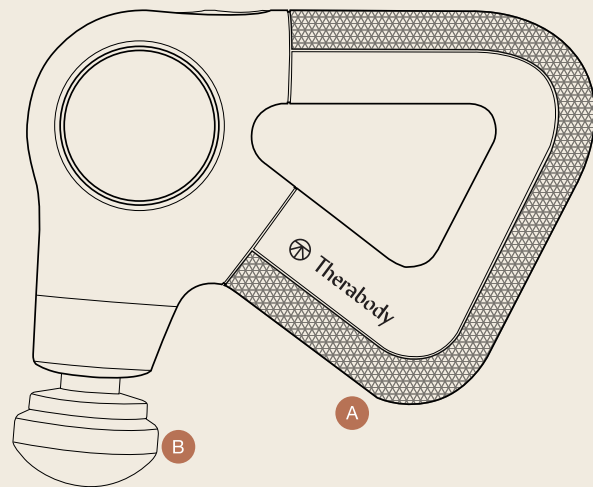
- Enhance recovery
- Optimize warm-up
- Reduce soreness
- Relieve pain
- Improve performance
- Increase mobility
- Reduce tightness
- Reduce tension



Getting To Know Your Theragun

What's in the box

- A Theragun Prime Plus device
- B Heat attachment
- C Three percussive attachments (Dampener, Standard Ball, Wedge)
- D USB-C charging cable
- E Travel Pouch



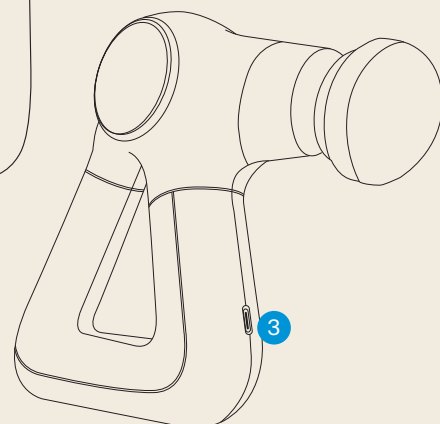
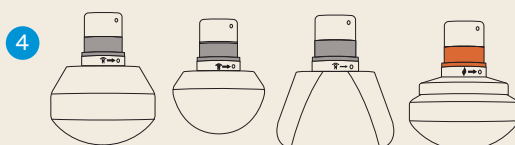
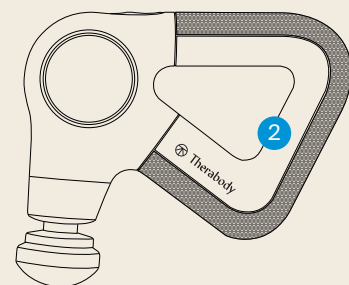
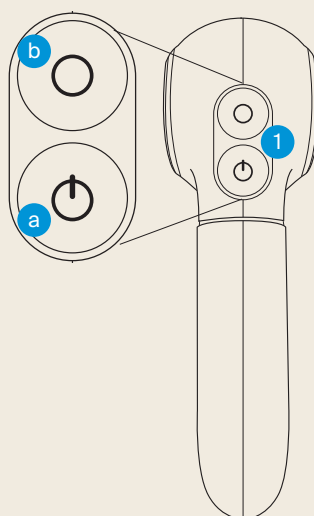
1 Easy-to-use two-button control panel

- a Power and speed button (5 LED speed indicators)
- b Intensity button (3 LED intensity indicators)

2 Patented triangle multi-grip handle

3 USB-C port

4 Interchangeable heat and percussive attachments



Getting Started

Powering The Theragun Device On and Off

To power on your Theragun Prime Plus device, firmly press the center button on the device. Firmly press the same button to power off the device.

Step 1

Pick up and hold the device.

Slide your hand into the ergonomically designed Theragun triangle handle. Our patented Theragun triangle multi-grip handle design is three-sided, so you can hold the Theragun Prime Plus device from any side in a variety of ways, making it easier than ever to treat hard- to-reach areas like your back without strain on your hands, wrists, and forearms.

Step 2

Turn on and try the device.

Firmly press the center button to turn on the device. The device's TFT LCD screen will light up when the device is on. You can select Quick Start or toggle through a variety of treatment routines using the up and down buttons. Press the center button to select your treatment. Move the Theragun Prime Plus device back and forth over the area you're treating and experiment with different amounts of light-to-moderate pressure on your body. Do not start by putting pressure directly on an area of discomfort. Instead, work slowly around the area to reduce tension.

Step 3

Use the Therabody app.

Connect your Theragun Prime Plus to the Therabody app to learn more about how to use the device, access step- by-step guided routines that span all therapy types, and receive recommendations based on your personal wellness goals, activities, and concerns. Using the Therabody app, you can also download the guided routines directly to your Theragun Prime Plus device for quick, on-the-go access.

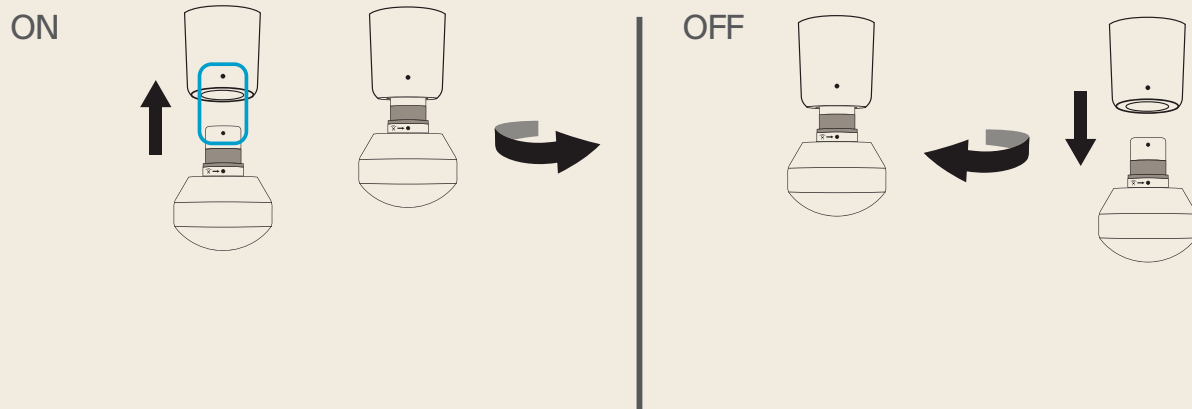


Getting Started

Connecting the Attachments

1. Ensure that the device is powered off before connecting or removing any attachments.
2. Insert the attachment into the device arm, twist clockwise and lock into place.
3. To unlock and remove the attachment, twist counterclockwise and pull it off.
4. Warning: Do not place your finger between the attachment and the end of the arm, as this may cause pinching or injury.

*Attachments can be used across other Theragun Plus models.

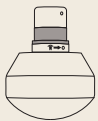


Getting Started

Using the Attachments

The Theragun Prime Plus device has eight high-quality attachments designed for a more personalized treatment. The five percussive attachments, the Dampener, Standard Ball, Thumb, Micro-point, and Wedge, and the Vibration, Heat, and *Cold attachments are comfortable and hygienic without absorbing sweat, lotion, or oils.

*Cold attachment sold separately



Dampener

For tender or sensitive areas and overall use.

Use the Dampener attachment for a firm yet softer, soothing full-body massage. The Dampener attachment is specifically designed for general use and a low-impact treatment around tender, sensitive or bony areas. Do not directly contact bones (i.e., spine, knee cap) using this device. Its wide base maximizes surface area for greater, more efficient contact with the body.



Standard Ball

For large and small muscle groups.

Use the Standard Ball attachment for a full-body massage. The Standard Ball attachment is specifically designed for overall use on both large and small muscle groups. With a smaller shape and higher impact level than the Dampener, it is a firmer option for overall use and is your go-to attachment for tension.



Thumb

For trigger points and the lower back.

Relieve pain with the high pressure point Thumb attachment. Specifically designed to mimic a human thumb, use this attachment for point therapy on the lower back. Use the Thumb anywhere you may have otherwise used your thumb for pain relief.



Vibration

For joints and boney areas.

Relieve joint pain and treat sensitive areas. Use the Vibration attachment to target joint pain and treat boney areas. The vibration attachment increases circulation to treat sensitive areas. 3 speeds: Low, Medium, High.

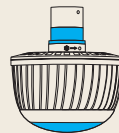


Heat

For muscles.

Loosen up stiff muscles and accelerate recovery. Use the Heat attachment to loosen up stiff muscles before a workout, or after a workout to accelerate muscle recovery.

113°, 122°, 131° degree Farenheit.



Cold (Sold separately)

For joints and muscles.

Reduce inflammation, pain, and swelling. Use the Cold attachment to relieve swelling and reduce inflammation.

59°, 50°, 41° degree Farenheit.



Micro-point

For increased stimulation.

Increase circulation with the Micro-point attachment. The Micro-point attachment delivers a highly targeted treatment and increases stimulation and circulation to each treatment area.



Wedge

For shoulder blades and IT bands.

Warm up muscles and improve flexibility with the Wedge attachment. Uniquely designed for use on shoulder blades and IT bands, the Wedge attachment is used for “scraping” and “flushing” motions, mirroring techniques commonly used in sports massages.

Infrared LED light therapy. The Theragun Prime Plus device is equipped with 13 LED lights to provide infrared LED light therapy. For pain relief for joints, improved circulation and muscle oxygenation, reduced inflammation, and improved recovery from activity. To add infrared LED light therapy to your routine, toggle to the infrared LED light indicator. Short press to turn the infrared LED light therapy on and short press to turn it off. Infrared LED light therapy is most effective when applied directly to the skin. Infrared LED light therapy will be applied to the treatment area simultaneously with percussive, vibration, and heat therapy. To maximize your treatment benefits, use for approximately 90 seconds on each treatment area. Infrared LED light therapy will not turn on during cold treatments.

Wavelength: 830 ± 10nm

Vibration therapy. To add Vibration Therapy to your routine connect the Vibration attachment to your device. Proceed to step 2 to use the device with the Vibration attachment.

Heat therapy. To add Heat Therapy to your routine, connect the Heat Therapy attachment to your device. Short press the right button to toggle to the heat indicator. Short press the up button to increase the heat temperature and short press the down button to increase the heat temperature. There are three hot temperature settings, low, medium, and high.

Cold therapy. (*Cold therapy attachment sold separately.) To add Cold Therapy to your routine, connect the Cold Therapy attachment to your device. Short press the right button to toggle to the cold indicator. Short press the up button to make the temperature colder and vice versa. There are three cold temperature settings, low, medium, and high.

The Theragun Prime Plus Device After Care & Cleaning

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.

1. Visually inspect the device for any obvious signs of debris build-up.
2. Wipe the device with a non-abrasive, lint-free damp cloth or alcohol-free cleansing wipe.
3. Dry the device with a non-abrasive, lint-free cloth.
4. After cleaning, allow the device to dry thoroughly before storing or beginning another treatment. The device is NOT waterproof or machine washable. Do not allow excess liquids or water to enter the product.
5. 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.

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. It is located on the handle of the device. Connect the other end of the charging cable to a power adapter.
3. The power button has an LED light that will indicate the battery status when the device is on or charging. Turn on the device or press the power button to check the battery status.
 - Orange (blinking, and then turns off): No battery
 - Orange (blinking): Very low battery
 - Orange: Low battery
 - Blue: Half battery
 - Green: High battery
4. The battery life of the device is up to 120 minutes, depending on the attachment and treatment intensity used.

**Note: If using a charger from a third party, ensure that it is from a certified manufacturer and has not suffered any structural damage.

Professional Protocols

Theragun Dual Sweep (2 devices needed)

Attachment Dampener OR Heat Attachment

Frequency 1750 – 2400ppm
(*begin with 1750ppm for new clients)

Force Level 1-5 (begin with minimal force and adjust based on client's feedback)

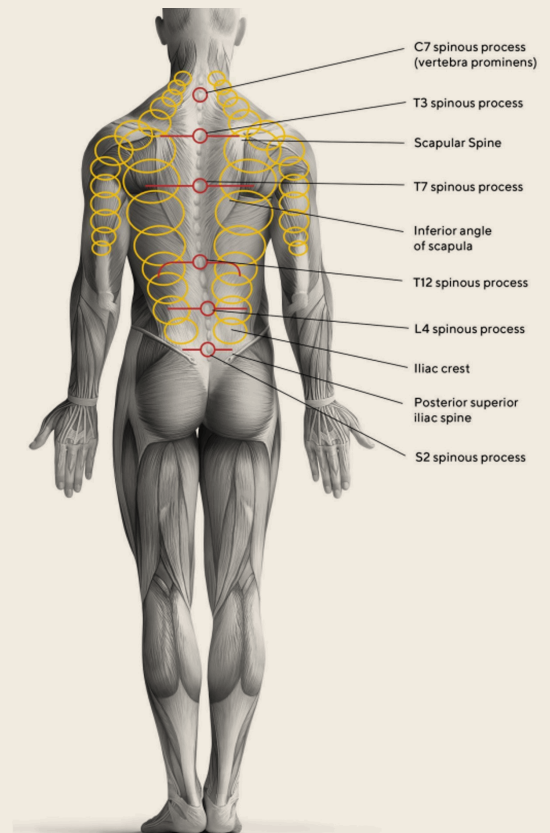
Time 8-10min



Step 1: Back & Arms

Time: 2 mins

Begin just above each SI joint (standing at either the side or head of client, depending on comfort and reach of therapist). Run horizontal sweeps up the torso, reaching the neck, continuing treatment only to C4. Proceed to the back of the armpit, across shoulders and down back of arms. Reverse this sequence back down to SI joint. Repeat sequence once more. Next, follow same pattern, utilizing small circular motions and repeat, for a total of 2 additional sweeps.



Step 2: Posterior Leg

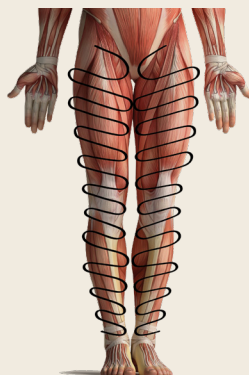
Time: 2 mins

Begin just below each SI joint (standing at either the side or feet of client, depending on comfort and reach of therapist). Run horizontal sweeps down the leg, starting at the glute, down the hamstrings, to the bottom of the calf, just above the heel. Reverse this sequence up to the SI joint. Repeat once more. Next, follow the same pattern, utilizing small circular motions and repeat for a total of 2 additional sweeps. *Avoid popliteal region at back of knee joint.

Step 3: Anterior Leg

Time: 2 mins

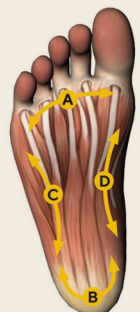
Begin just below the iliac crest at the hip flexor (standing at either the side or feet of client, depending on comfort and reach of therapist). Run horizontal sweeps down the leg, starting at the hip flexor, down the quad, then peroneals, stopping just above the lateral ankle. Reverse this sequence up to the hip flexor. Repeat once more. Next, follow the same pattern, utilizing small circular motions and repeat for a total of 2 additional sweeps.



Step 4: Feet

Time: 2 mins

Client is face up. Theragun from the toes to the heels making approximately with continuous passes on the bottom of each foot. Run from toe to heel, and back down keeping continuous contact with the foot.



Professional Protocols

Theragun Percussive Massage (*single device)

Attachment Dampener OR Heat Attachment

Frequency 1750 – 2400ppm
(*begin with 1750ppm for new clients)

Force Level 1-5 (begin with minimal force and adjust based on client's feedback)

Time 10 mins



Step 1: Back & Arms

Time: 2 mins

Begin just above SI joint (standing at either the side or head of client, depending on comfort and reach of therapist). Run horizontal sweeps up the torso, reaching the neck, continuing treatment only to C4. Proceed to the back of the armpit, across shoulders and down back of arms. Reverse this sequence back down to SI joint. Next, follow same pattern, utilizing small circular motions and repeat once.

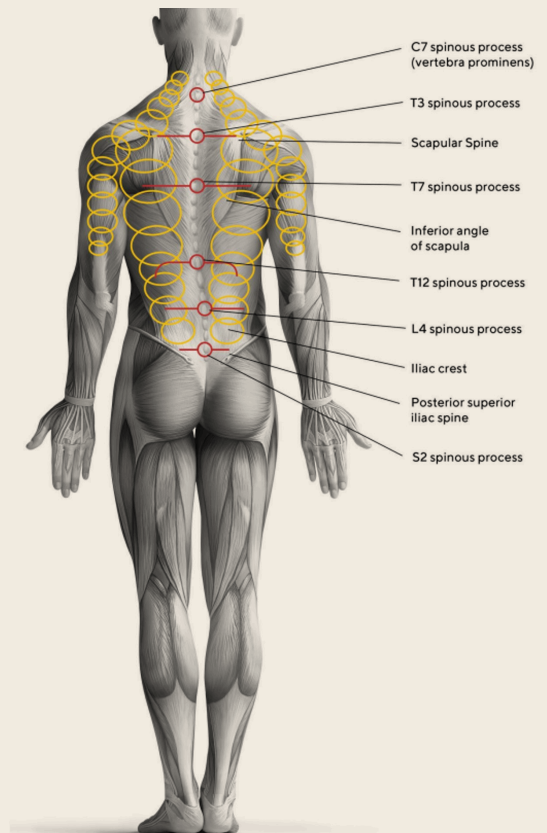
Repeat all steps on other side of body.

Step 2: Posterior Leg

Time: 2 mins

Begin just below SI joint (standing at either the side or feet of client, depending on comfort and reach of therapist). Run horizontal sweeps down the leg, starting at the glute, down the hamstrings, to the bottom of the calf, just above the heel. Reverse this sequence up to the SI joint. Next, follow the same pattern, utilizing small circular motions and repeat once. Avoid popliteal region at back of knee joint.

Repeat all steps on other side of body.



Step 3: Anterior Leg

Time: 2 mins

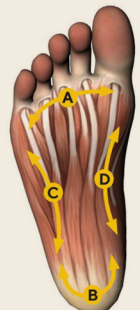
Begin just below the iliac crest at the hip flexor (standing at either the side or feet of client, depending on comfort and reach of therapist). Run horizontal sweeps down the leg, starting at the hip flexor, down the quad, then peroneals, stopping just above the lateral ankle. Reverse this sequence up to the hip flexor. Repeat once more. Next, follow the same pattern, utilizing small circular motions and repeat for a total of 2 additional sweeps.



Step 4: Feet

Time: 2 mins

Client is face up. Theragun from the toes to the heels making approximately with continuous passes on the bottom of each foot. Run from toe to heel, and back down keeping continuous contact with the foot.



Localized Percussive Therapy Treatments

Hand (Palm)

Suggested Attachment:

Dampener, Heat Attachment

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber or circular movement based on client's toleration + feedback.



Forearm (Extensors)

Suggested Attachment: Dampener, Heat Attachment, Standard Ball, Micro-point

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber or circular movement based on client's toleration + feedback.



Forearm (Flexors)

Suggested Attachment: Dampener, Heat Attachment, Standard Ball, Micro-point

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber or circular movement based on client's toleration + feedback.



Biceps

Suggested Attachment: Dampener, Heat Attachment, Standard Ball

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber or circular movement based on client's toleration + feedback.



Localized Percussive Therapy Treatments

Triceps

Suggested Attachment:

Dampener, Heat Attachment, Standard Ball

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber or circular movement based on client's toleration + feedback.



Shoulder (Lateral)

Suggested Attachment: Dampener, Heat Attachment, Wedge

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Shoulder (Posterior)

Suggested Attachment: Dampener, Heat Attachment, Standard Ball

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Trapezius

Suggested Attachment: Dampener, Heat Attachment, Thumb

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Localized Percussive Therapy Treatments

Mid Back (Thoracic)

Suggested Attachment:

Dampener, Heat Attachment, Standard Ball

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Chest / Anterior Shoulder

Suggested Attachment: Dampener, Heat Attachment, Wedge

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Low Back

Suggested Attachment: Dampener, Heat Attachment, Thumb

Time: 30-120s

Pressure: Level 1-6

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Glutes

Suggested Attachment: Dampener, Heat Attachment, Thumb

Time: 30-120s

Pressure: Level 1-7

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Localized Percussive Therapy Treatments

Hip Flexor / Proximal Quadriceps

Suggested Attachment:

Dampener, Heat Attachment, Thumb

Time: 30-120s

Pressure: Level 1-6

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Hamstrings

Suggested Attachment: Dampener, Heat Attachment, Wedge

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Quads

Suggested Attachment: Dampener, Heat Attachment, Thumb

Time: 30-120s

Pressure: Level 1-6

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Calf

Suggested Attachment: Dampener, Heat Attachment, Wedge

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Localized Percussive Therapy Treatments

Shin (Tibialis Anterior + Peroneals)

Suggested Attachment:

Dampener, Heat Attachment, Wedge

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.



Foot (Bottom)

Suggested Attachment:

Dampener, Heat Attachment

Time: 30-120s

Pressure: Level 1-4

Direction: Begin parallel w/ muscle fibers. May transition to cross-fiber, circular movement, or trigger point focus based on client's toleration + feedback.

*Treatment can be performed with client in face down or face-up position. For more ability to manipulate the foot and ankle position, treat the foot in face-up position.



Localized Vibration Therapy Treatments

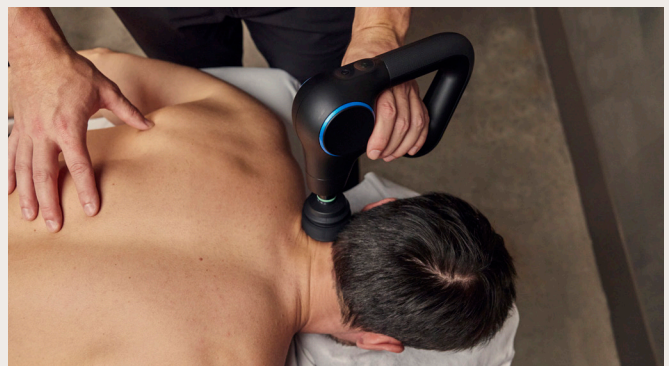
Cervical Spine

Suggested Attachment: Vibration

Time: 30-120s

Pressure: Light - Medium

Direction: Begin by treating the entire area, then focus on particularly sensitive / troublesome spots with targeted treatment. Apply pressure to sensitive areas and insertion points as tolerated.



Localized Vibration Therapy Treatments

Elbow Joint

Suggested Attachment: Vibration

Time: 30-120s

Pressure: Light - Medium

Direction: Begin by treating the entire area, then focus on particularly sensitive / troublesome spots with targeted treatment. Apply pressure to sensitive areas and insertion points as tolerated.



Knee Joint

Suggested Attachment: Vibration

Time: 30-120s

Pressure: Light - Medium

Direction: Begin by treating the entire area, then focus on particularly sensitive / troublesome spots with targeted treatment. Apply pressure to sensitive areas and insertion points as tolerated.



Ankle Joint

Suggested Attachment: Vibration

Time: 30-120s

Pressure: Light - Medium

Direction: : Begin by treating the entire area, then focus on particularly sensitive / troublesome spots with targeted treatment. Apply pressure to sensitive areas and insertion points as tolerated.



*Treatment can be performed with client in face down or face-up position.

Foot (Bottom)

Suggested Attachment: Vibration

Time: 30-120s

Pressure: Light - Medium

Direction: : Begin by treating the entire area, then focus on particularly sensitive / troublesome spots with targeted treatment. Apply pressure to sensitive areas and insertion points as tolerated.



*Treatment can be performed with client in face down or face-up position. For more ability to manipulate the foot and ankle position, treat the foot in face-up position.

Localized Cold Therapy Treatments

Elbow Joint

Suggested Attachment: Cold

Time: 2-5 mins

Pressure: Light - Medium

Direction: Focus on sore / inflamed areas. Use a slow gliding movement to treat area. For particularly sensitive areas, place cold attachment over area and apply cold with stationary treatment.



Knee Joint

Suggested Attachment: Cold

Time: 2-5 mins

Pressure: Light - Medium

Direction: Focus on sore / inflamed areas. Use a slow gliding movement to treat area. For particularly sensitive areas, place cold attachment over area and apply cold with stationary treatment.



Ankle Joint

Suggested Attachment: Cold

Time: 1-5 mins

Pressure: Light - Medium

Direction: : Focus on sore / inflamed areas. Use a slow gliding movement to treat area. For particularly sensitive areas, place cold attachment over area and apply cold with stationary treatment.



Theragun Prime Plus

Heat + Percussive Massage.

Multi-Therapy Capability.

Ultra-Durable Design.

Backed by Science for 3x
Faster Benefits.



Upgrade your recovery with the multi-therapy Theragun Prime Plus. Featuring a 2-in-1 Heat + Percussive Massage design, the Prime Plus delivers massage therapy deep into muscles and is scientifically proven to accelerate recovery, optimize warm-ups, reduce soreness, and relieve pain more effectively than standard percussive massage alone.

Reach more of your body and treat large or small muscle groups and sensitive areas more comfortably with Theragun's patented triangle grip and new ergonomic, no-slip handle. Built with ruggedness in mind, it's drop-resistant, scratch-resistant and quieter than prior generations, so it can go from home to the locker room, field, course or trunk with ease.

Science-Backed Benefits

- Enhance recovery
- Optimize warm-up
- Reduce soreness
- Relieve pain
- Improve performance

Key Features

- Powerful 16mm percussive massage with heat therapy is scientifically proven to deliver benefits 3x faster
- Customizable treatments with 5 massage speeds and 3 heat intensity levels
- 4 Scientifically- designed attachments
 - Heated Percussive – accelerate warm-up and recovery
 - Dampener – tender or sensitive muscles
 - Standard Ball – small & large muscles
 - Wedge – shoulder blades & IT bands
- Compatible with Theragun Plus attachments to add more therapies based on your needs (*sold separately)
- New and improved patented triangle grip
- New durable material-drop and scratch resistant
- Bluetooth connectivity to the Therabody app for step-by-step guided routines
- Long-lasting 120-min battery life and travel lock for hassle-free transport



Percussive
Massage



Heat
Therapy



Vibration
Therapy
(Sold Separately)



Cold
Therapy
(Sold Separately)



Theragun Prime Plus

How To Use

1. To turn on, firmly press the center button. Select Quick Start or toggle through treatment routines using the up and down buttons.
2. Select your treatment. Float the Theragun back and forth over the area you're treating and use different amounts of pressure on your body. Do not start with direct pressure on the area of discomfort. Work slowly around the area to reduce tension.
3. To turn off, firmly long press the center button.

Adding Attachments

Turn off device before connecting or removing attachments Line up the white dot on the device with the white dot on the attachment. Insert the attachment into the device arm, twist, and lock into place. To unlock and remove the attachment, twist in the reverse direction, and pull it off.

- To add heat therapy, connect the heat attachment and toggle to the heat indicator. Short press the up or down button to increase or decrease the heat. There are three temperature settings.
- To add vibration therapy, connect the vibration attachment and toggle to the vibration indicator. Short press the up or down button to increase or decrease the vibration. There are three vibration settings.

Scientifically Proven Benefits

- Relieve pain and reduce tension + soreness
- Improve circulation, mobility + flexibility
- Optimize warm-up + reduce tightness

How To Clean

1. Turn device off.
2. Use a disinfectant wipe or spray to clean the handle and attachments.
3. Allow the device to dry or use a clean, dry cloth.



Service Menu

SPA & HOSPITALITY SERVICES

Theragun Prime Plus Signature Treatment

Indulge in the ultimate relaxation and recovery with our Theragun Prime Plus Signature treatment, where advanced heat therapy meets powerful percussive massage. This dynamic duo works together to ease muscle stiffness, reduce tension, and enhance healing—delivering benefits up to three times faster than percussive massage alone. Experience deeper relaxation and faster recovery, leaving you feeling rejuvenated and ready to take on whatever comes next.

Theragun Prime Plus Enhancement

Elevate your treatment with Theragun Prime Plus's deep heated percussive massage therapy to decrease tension, reduce pain, or enhance performance. All the recovery benefits of a 15-minute massage in just two minutes*.

Vibration Therapy Enhancement

Enhance your treatment with Theragun Prime Plus's vibration therapy to directly treat joints and other sensitive areas in need of relief for a softer, more gentle experience.

Heat Therapy Enhancement

Boost circulation and ease stiff muscles with an effective, personalized combination of percussive massage and heat delivered by Theragun Prime Plus.

Cold Therapy Enhancement

Reduce inflammation and swelling throughout the body with a personalized, restorative cold therapy enhancement delivered by Theragun Prime Plus.



FAQs

What combination of attachments should I use for sore muscles?

For very sore muscles, we recommend the Dampener attachment or vibration attachment to increase circulation and reduce muscle tension. As the muscles become less sore, the Heat attachment, which combines heat + percussive therapy is the best combination to maximize the recovery benefits of the Theragun Prime Plus.

What combination of attachments should I use for sore joints?

We recommend the Vibration attachment to treat sore joints, improve blood flow, reduce pain and help with overall recovery. The Cold attachment can also help reduce swelling and inflammation in joints.

What combination of attachments should I use to warm up before activity?

Generally, you want to raise your body temperature slightly during a warm up. Making sure to focus the treatment on the muscle groups you will use in your training, use either the Heat attachment or the Wedge attachment for 15- 60 seconds per area to warm the body up prior to activity.

Should I use the cold attachment after workouts?

Using cold therapy after a workout depends on the situation. If you are feeling sore and swollen after exercise or therapy and want to reduce those symptoms, then the cold attachment is optimal. However, for normal soreness after a training session, the other attachments on the Prime Plus will be better suited to helping you recover and ensure you maximize the benefits from the training session.

How should I use the cold attachment?

When using the cold attachment, you can either hold it statically to treat a sore joint or bruise or move it slowly and controlled in an ice massage fashion to cover a larger area. Pressure should be fairly light, especially on bruised or injured tissue or joints.

How much does the device weigh?

The Theragun Prime Plus weighs 1.95lb without attachments.

How should I use the heat attachment?

To get the most out of using the heat attachment, you should select the appropriate heat level, based on personal preference. Use it to massage fatigued and stiff muscles for up to 60 seconds.

How should I use the vibration attachment?

The vibration attachment is ideal for soothing sore, stiff, or achy joints. Additionally, it can also be applied to sore muscles and other painful areas. Due to its lower impact compared to traditional percussive therapy, it offers a gentler treatment option and can be used by individuals who occasionally find Theragun to be too intense.

What is the battery life of the Theragun Prime Plus on a single charge?

The battery life of the device depends on the use of the different attachments. The average battery life is about 150 minutes, but this can vary based on the attachments and settings used.

How long does it take for the battery to be fully charged?

The device will charge in approximately 60 minutes using a 45W power adapter. Using a power adapter with lower power specs will take longer to fully charge.

What are the dimensions of the device?

The device measures 8.4 in x 6 in x 7.8 in without attachments.

Can I use my previous attachments/ Are the attachments compatible with other models?

The Theragun Prime device is only compatible with attachments from the Theragun Prime Plus and Plus attachments (Vibration and Cold). It is not compatible with other Theragun devices and/or previous generation attachments.

Important Safety Information + Contraindication

Background

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 device in its entirety prior to use.

Important Safety Information

General Device Use

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. The device should not be used if you have dark brown or black spots, such as large freckles, birthmarks, moles, or warts, on the area being treated. The device is not recommended if you have eczema, psoriasis, lesions, open wounds, or active infections other than mild to moderate acne, such as cold sores, in the area being treated. Wait for the infected area to heal before using the device. The device should not be used if you have abnormal skin conditions caused by diabetes or other systemic or metabolic diseases. If you have a history of herpes outbreaks in the area of treatment, use of the device is not recommended unless you have consulted with your physician and have received preventive treatment.

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

Specific Therapies

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.

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

© 2024 Therabody, Inc. All Rights Reserved.

Patents at www.therabody.com/patents

Manufactured and Distributed by:

Therabody, Inc.

1640 S Sepulveda, Suite 300

Los Angeles, CA 90025

In the Australian market, the Theragun Prime Plus 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/>.

Imported and Distributed By:

Therabody Australia Pty Ltd

Waterman Business Centre

175 Maroondah Highway

Suite 16, C307, Level 3

Ringwood Vic 3134 Australia

Importers:

Therabody International Limited

5th Floor, 40 Mespil Road,

DO4C2N4 Dublin, Ireland

Therabody UK Limited

Portsoken House 155-157

The Minorities, London,

United Kingdom, EC3N1LJ

Important Safety Information + Contraindication

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 basic precautions should always be adhered to:

1. **USE ONLY AS INSTRUCTED.** Use the device as described in the device's User Manual only. The device is intended for over-the-counter use. The device is not intended to diagnose, cure, or prevent diseases. Use only Therabody recommended accessories and replacement parts. 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.
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.** Charge the device with a power adapter and charging cable. 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 AND CARE.** 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. **USAGE.** Discontinue use of the device if you are feeling pain or discomfort. If at any point during the treatment you feel pain or discomfort, stop the treatment immediately. Discontinue use of the device if it overheats or becomes uncomfortably hot. Do not place your finger between the attachment and the end of the arm, as this may cause pinching and injury.
8. **DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury.
9. **DEVICE CARE AND SERVICE.** 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 the device yourself. Disassembling the device may damage it and may cause injury. If the device is damaged or if malfunctions occur, contact Therabody Customer service. The warranty will be void if the device, batteries, or charger are disassembled or if any parts have been removed. Do not use if damaged as these may cause injury. Do not puncture or damage the device. The device is NOT waterproof. The device is not machine washable. Do not place or store the device where it can fall or be

pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into or come into contact with water. Unplug immediately. Clean the device according to the instructions found in the "Cleaning" section in the User Manual.

10. **BATTERY CHEMICALS CAUSE SERIOUS BURNS.** Never allow the internal battery to come into contact with the skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water for 20 minutes and seek medical attention. Remove and dispose of contaminated clothing.
11. **DO NOT SHORT CIRCUIT.** A battery will short circuit if a metal object makes a connection between the positive and negative contacts on the battery or the 16V connector. Do not place a battery near anything that may cause a short circuit, such as coins, keys, or nails in your pocket. A short-circuited battery may cause fire and personal injury.
12. **STORING THE DEVICE AND ACCESSORIES.** Store in a cool, dry place. Only charge the device when the ambient temperature is between -4-113°F (-20-45°C). Do not store the device, or charging cable where temperatures may exceed 113°F (45°C), such as in direct sunlight, in a vehicle, or in a metal building during the summer.
13. **DEVICE DISPOSAL.** This device contains a lithium-ion battery, and care must be taken upon disposal of the device. Before disposal of this device, please review your local laws and requirements surrounding Lithium-Ion Battery disposal. The preferred method is recycling the whole device.

Label & Symbols

No.	Icon	Description
1		CE Mark
2		Please read the user manual before use.
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.
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, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm and greater.
5		RCM Mark
6		Type BF apply part
7		Manufacturer information
8		UKCA Mark for UK
9		Bluetooth

Important Safety Information + Contraindication

Theragun Prime Plus

IEC 60601-1 and IEC60601-11 requiement(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 device 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.

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.

ISED compliance statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.


Guidance and manufacturer's declaration – electromagnetic emission		
The Theragun Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of Theragun Prime Plus should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Theragun Prime Plus 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 Theragun Prime Plus 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 fluctuations flicker emissions IEC 61000-3-3	Not applicable	

Important Safety Information + Contraindication

Guidance and manufacturer's declaration – electromagnetic immunity			
The Theragun Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Prime Plus 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 home environment.
Surge IEC 61000-4-5	± 1 kV differential mode ± 2 kV common mode	N/A	Mains power quality should be that of a typical commercial or home 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	N/A	Mains power quality should be that of a typical commercial or home environment. If the user of the Theragun Prime Plus requires continued operation during power mains interruptions, it is recommended that the Theragun Prime Plus 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 home environment.
NOTE UT is the a. c. mains voltage prior to application of the test level.			

Important Safety Information + Contraindication

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

Guidance and manufacturer's declaration – electromagnetic immunity			
The Theragun Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Prime Plus should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment -guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz	N/A	Portable and mobile RF communications equipment should be used no closer to any part of the Theragun Prime Plus, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$ $d = \left[\frac{12}{V_2} \right] \sqrt{P}$
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	10 V/m 80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	$d = \left[\frac{3.5}{E_1} \right] \sqrt{P}$ 80 MHz to 800 MHz $d = \left[\frac{7}{E_1} \right] \sqrt{P}$ 800 MHz to 2.7 GHz 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).b Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,a should be less than the compliance level in each frequency range.b Interference may occur in the vicinity of equipment marked with the following symbol: 

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 Prime Plus is used exceeds the applicable RF compliance level above, the Theragun Prime Plus should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Theragun Prime Plus.

c Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.

Important Safety Information + Contraindication

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 Prime Plus				
The Theragun Prime Plus is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Theragun Prime Plus can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Theragun Prime Plus as recommended below, according to the maximum output power of the communications equipment				
	Separation distance according to frequency of transmitter m			
Rated maximum output of transmitter W	150 kHz to 80 MHz outside ISM and amateur radio bands $d = [\frac{3.5}{V_1}] \sqrt{P}$	150 kHz to 80 MHz in ISM and amateur radio bands $d = [\frac{12}{V_2}] \sqrt{P}$	80 MHz to 800 MHz $d = [\frac{3.5}{E_1}] \sqrt{P}$	800 MHz to 2.7 GHz $d = [\frac{7}{E_1}] \sqrt{P}$
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.				



Therabody

Theragun Prime Plus

Born in Los Angeles, CA.
Designed for every *body*.