



#### AT A GLANCE

## Fist Assist FA-1 Compression Device at a Glance

#### Indications for Use

The FDA-cleared Fist Assist FA-1 device is an arm massager intended to increase circulation and relieve minor muscle aches and pains in the treated areas.

#### How the Device is Used

Patients typically use the FA-1 device to increase circulation in the arm. The device is worn above the elbow and below the shoulder.

#### How the Device Works

The FA-1 device is comprised of a control module with one button that is connected to a band that keeps the device secured to the arm. The device inflates the band with air at a specific pressure in a specific sequence, and then deflates. This inflation/deflation compression sequence is what increases circulation.

#### No Script Required

A physician does not need to write a script for a patient to use the FA-1 device. However, it is recommended that you discuss the use of this device with your physician.

**Talk With Your Physician To See If The Fist Assist FA-1 Device Can Help You.**



#### CONTACT

Ask Your Doctor if the Fist Assist FA-1 Device Can Help You!



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FAPB.01 REV A



Fist Assist<sup>®</sup>



## Model FA-1 Compression Device

WEARABLE ARM MASSAGE DEVICE

Increased circulation in the arms can benefit patients in many ways. Learn how the Fist Assist FA-1 compression device may be able to help you.

For more information, contact:



Exclusive U.S.A.  
Distributor

[www.FistAssistUSA.com](http://www.FistAssistUSA.com)



## USAGE

### How to Use the FA-1 Device

The FA-1 device is designed to be easily used by patients in the comfort of their own homes.

After unpacking the device, the following steps should be taken to ensure proper use and operation.

#### Battery Installation

The FA-1 device is powered by two AA batteries (included with the device). Simply remove the battery cover and install the batteries using the correct polarity.

#### Powering On

Only one button is needed for operation of the FA-1 device. When ready for use, press and hold the button for 2 seconds. The indicator light will turn green and the pump will begin.

#### Positioning the Device

The FA-1 device should always be applied over clothing and never on skin directly. The device should be positioned above the elbow and below the shoulder.

The control module should be centered on the arm and aligned with the thumb. Once centered, the strap should be wrapped around the arm so that it is snug, but not too tight. The strap can then be fastened, and you are ready to begin treatment.

#### During Use

You will feel the device squeeze the arm as it inflates and deflates. The device will continue the inflation/deflation sequence for one hour. After the hour of use is complete, the device will power itself off.

#### Changing the Batteries

The indicator light on the device will flash orange when the battery power is low and requires replacement.



## PURPOSE

### FA-1 Device: Massage-Like Therapy for Increased Circulation

The FDA-cleared Fist Assist FA-1 device is a wearable arm massager that increases circulation.

This externally applied physical device can be worn at home and is ideal for various types of patients seeking to increase circulation and reduce pain.

Patients typically wear the FA-1 device on the arm above the elbow and below the shoulder. The device features a pump that inflates the band with air and then deflates, squeezing the arm and increasing circulation.

The FA-1 has a single operation mode. When powered on by pressing the power button, the device goes through pressure cycles causing the air bladder to inflate to 60mmHg and is held at that pressure for 20 seconds.

The air bladder is then deflated and a minimal pressure is held for 55 seconds until the next inflation to 60 mmHg begins. The cycle repeats continuously until the power is turned off. The device will turn off automatically after 1 hour of continuous use.

- ✓ Increase circulation & reduce pain
- ✓ Can be used at home
- ✓ Powered by two AA-batteries
- ✓ Easy to Use: 1-button operation
- ✓ Small & lightweight
- ✓ No script required from a physician



## INFORMATION

### How to Order & More Information

More information about the Fist Assist FA-1 device is available at [www.fistassistusa.com](http://www.fistassistusa.com).

You can order directly from AIROS Medical, Inc., a medical device manufacturing, engineering, and distribution company and the exclusive distributor of the Fist Assist FA-1 Device in the United States.



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**Be sure to speak with your doctor about whether the FA-1 device is right for you.**