CTN.FI

RECOVERY TECHNOLOGIES

e°COMPRESSION

Air Compression Therapy System

USER MANUAL



CTN.FI

11.2025

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1. TECHNICAL INFORMATION

Product name:	CTN e°COMPRESSION
Power supply:	Input: 100-240V~50/60Hz 1.0Max Output: 15V, 2.0A, 30W
Battery:	2500 standard, 5000 pro (mAH)
Battery life:	60-180 min depending on mode
Charging time:	2-4 h
Inflation:	15-60 sec per chamber
No. of modes:	5
Pressure ranges:	0-50-100-150-200-250 mmHg
Time presets:	0-10-20-30-40-50 min
Noise level:	≤45 dB
Weight:	2 kg/ 4,4 lbs
Boot material:	TPU Nylon Composite
Boot length:	102 cm/ 40,15 in
Box size:	40 x 21 x 34 cm/ 15.75 x 8.27 x 13.39 in
Type of protection against electric shock:	Class II
Degree of protection against electric shock	Type BF
Degree of protection against ingress of water	IP21
Working conditions:	A) Ambient temperature: 5°C~40°C B) Relative humidity: <80% C) Atmospheric pressure: 86kPa ~ 106kPa



2. SAFETY PRECAUTIONS

WARNINGS AND PRECAUTIONS
Do not operate the control unit without connecting the boots.
Do not operate the device during transit.
Do not store or transport the device beyond the specified temperature, humidity, and atmospheric pressure ranges.
Do not use the device system beyond the specified temperature range: 10–30°C (50–86°F).
Do not use the device beyond the specified humidity range: 30–85%rH, non-condensing.
Do not use the device above 3000m above mean sea level.
To prevent any damage to the device, keep it away from dust, lint, and dirt. Keep away from sources of heat or moisture.
Do not inflate the boots without wearing them over the intended body area. Doing so can damage the boots.
To prevent any damage to equipment, use only accessories, detachable parts, and materials from CTN.
While in use, place the control unit on a horizontal firm surface only. Do not place the control unit on a bed, blanket, mattress, pillow, or soft furniture. Do not cover the control unit.
Use only accessories approved by CTN. Other accessories may damage the system or interfere with system function.
Portable and mobile RF communication equipment may affect the equipment.
In case of abnormal reaction during use, turn off the control unit immediately and unplug the charger.
Do not use the device in the presence of flammable gases, including flammable anesthetics (explosion hazard).
Do not allow liquid to enter any part of the device. Do not immerse in any liquids (electric shock hazard).
To prevent electric shock, do not open the control unit. Do not attempt to service the control unit yourself. All maintenance tasks should be performed only by device trained and authorized service personnel. Service by unauthorized personnel shall void any warranty (electric shock hazard).
Stop the device in case of any change in system performance.
Use the control unit only with CTN boots and accessories.
Do not modify any part of the device.
The equipment should not be used adjacent to or stacked with any other electronic or battery-operated equipment.
The device includes small parts. Keep away from children and pets.
This system is intended for use by people in good health. This system is not recommended for people who have heart problems, vascular problems, skin problems, history of cancer or vascular disease, or have a condition requiring the use of any medical device or have any condition that may affect their normal well-being.
If you are, or may be, pregnant, consult with your physician before use.
Do not use this system over insensitive or numb areas, or in the presence of poor circulation. Do not use if you have been diagnosed with blood clots, deep vein thrombosis, or phlebitis. This system should not be used over swollen or inflamed areas or skin eruptions. Do not use in the presence of unexplained calf pain.
Consult your physician prior to use.

WARNINGS AND PRECAUTIONS

The lithium-ion battery is an integrated part of the control unit. If it is damaged, the device and battery must not be discarded as household trash. The device and battery must be disposed of as hazardous waste in accordance with all municipal requirements.
Do not incinerate a discarded battery. It can explode in a fire.
Charge the battery only with the provided charger.
Do not use an extension cord. Plug the charger cord directly into an electrical outlet.
Do not use the charger in wet or damp conditions. Do not use the charger near sinks or bathtubs or immerse in water.
Intended for indoor use only.
Do not allow the cord to hang over the edge of a table or counter or touch hot surfaces.
Do not use the charger for any other devices.
Do not use the charger if the cord or plug is damaged. Replace the damaged cord and plug immediately.
Do not use the charger if it has received a sharp impact, has been dropped or damaged in any way.
Do not disassemble the charger.
For best results, charge the battery when the temperature range of the battery and the work area is 0–40° C (32–104° F).
Unplug the charger when not in use and before cleaning or maintenance.
Do not abuse the cord. To reduce the risk of damage to the cord or plug, never carry the charger by the cord or yank the cord to unplug. Always grab the plug and pull to disconnect. Always keep the cord away from heat, oil and sharp edges.

3. INTRODUCTION

Thank you for choosing Cryotech Nordic! We sincerely appreciate your business and hope that you are satisfied with your purchase. Our team will gladly assist you in case you need support using the CTN e°COMPRESSION recovery boots.

The CTN e°COMPRESSION boots are intended for athletes looking to optimise recovery and enhance sports performance, as well as for anyone looking to recover from physical activities and daily life. Their compact design, carrying case and battery-powered control unit make them a highly portable personal therapy device, usable almost anywhere, anytime. CTN e°COMPRESSION boots offer adjustable compression levels and session durations to suit individual preferences. Additionally, they feature five pre-programmed compression patterns, allowing users to vary their routine and maximise the benefits of pneumatic compression even further.



This user manual contains important safety information and instructions for the assembly, operation and maintenance of the device, which must be taken into account. Non-compliance with the safety information, installation and operating instructions or specifications and ambient conditions of the space where the device is used, can lead to danger for people, the environment, endanger the device and its functions, and lead to the loss of claims for damages of any kind. Please see the Warranty Information paragraph for more information.

If the device is subject to demolition, the product and its components must be disposed of in accordance with the environmental regulations.

4. WARRANTY INFORMATION

A 36 months limited manufacturers factory warranty is applied to each sold CTN device, and is valid from the date of delivery. The term is 36 months for materials and manufacturing defects, and 12 months for computers and electronic components. Each device has its own specific requirements for the ambient conditions of the space it will be installed in or used. These include but are not limited to square meters, cubic meters, maximum ambient temperature and humidity, power feed etc. Non-compliance with the safety information, installation and operating instructions or specifications and ambient conditions of the space the device is used, can lead to danger for people, the environment, endanger the device and its functions, and lead to the loss of claims for damages of any kind.

5. CLEANING, STORAGE AND MAINTENANCE

- Please turn off the control unit from the power button and unplug the power plug before cleaning.
- Use a wet cloth (water only) to wipe the surface of the control unit. Do not use any other substances.
- The air boots can be wiped with an alcohol wipe.
- After cleaning, let the control panel and boots dry and store them in the case provided.

SUPPORT
service@ctn.fi
https://ctn.fi

6. DEVICE SCHEMATICS



1.	Right boot	10.	Mode indicator
2.	Left boot	11.	Air movement indicator
3.	Control unit	12.	Pressure indicator
4.	Charging port	13.	Time indicator
5.	Main hose connector - plug side	14.	Mode button
6.	Right air hose	15.	Pressure button
7.	Left air hose	16.	Time button
8.	Main hose connector - socket side	17.	On/ off button
9.	Battery indicator	18.	Start/ stop button

7. OPERATION

7.1 BEFORE OPERATION

- Carefully read through the user manual.
- The control unit is locked when the product leaves the factory to prevent the device from being accidentally turned on during transportation. To unlock, plug the charging cord into an outlet and connect to the control unit. This will unlock the control unit. Hold the power button until you see the welcoming message. If you want to lock the control unit again, press and hold the power on/off button for 10 seconds, the buzzer will sound for 2 times, and the main controller is locked.

7.2 INSTRUCTIONS FOR USE

1. SET UP THE CONTROL UNIT:

- Place the control unit on a flat, stable surface from where it will not slip or fall.
- Position the control unit so that you can easily reach the screen during use.



2. CONNECT THE BOOTS TO THE MAIN HOSE CONNECTOR:

- Snap each boot's hose connector into the main hose connector. Push firmly, but not too hard.

3. CONNECT THE MAIN HOSE CONNECTOR TO THE CONTROL UNIT:

- Snap the main hose connector into the control unit. Push firmly, but not too hard.

4. PREPARATIONS FOR USE:

- Do not wear the boots directly over bare skin.
- Always wear light clothing (e.g., sweatpants, leggings) underneath the boots for hygienic reasons, to avoid irritation, and to absorb any sweat.
- Clothing should be unrestrictive and absorbent, free of zippers, buttons or other items that could rub and cause pain or damage to the boots under compression.
- Remove any jewelry, wristwatches, etc. that would be covered by the boot.

5. HOW TO PUT ON AND TAKE OF THE BOOTS:

- Sit down in a comfortable position with legs straight or slightly bent at the knees.
- Insert your feet into the boots. Pull the top of the boots towards your torso, extending them to maximum length.
- Close the zippers. Make sure your feet are fully in the boots before inflation. If the boots are too tight, you need a larger size.
- Do not inflate the boots with the zippers open. Doing so can damage the boots.
- Do not inflate the boots without wearing each boot over the intended body area. Doing so can damage the boots.
- Use of excessive force and/or misuse shall void the manufacturer's warranty.
- Do not stand or walk while wearing the boots!
- Allow the boots to deflate before removing each boot and remove while still seated.
- You should be able to slip the boot off and pull it on again for each use without completely unzipping the boot.
- Squeeze the remainder of the air out of each boot by gently applying pressure on them with your hands.

6. HOW TO TURN THE CONTROL UNIT ON/OFF:

- Make sure your control unit has been unlocked, See BEFORE OPERATION above.
- To turn on, press and hold the on/off button on the controller, until you hear a beep and see the device booting up.
- To turn off, press and hold the on/off button until you hear a beep and the screen turns off.

7. SELECT THE MODE (5 modes, 8 compartments):

- Pneumatic Compression Modes (PRESSURE in mmHg): A, B, C, D and E. The mode indicates the sequence of filling the compartments in each boot - see the below table for more information.
- Toggle through the Modes (A – E) by pressing the mode button and pic the desired sequence.
- The illuminated column indicates the chamber that is inflating while in session. Any chamber which remains fully inflated will stay highlighted. It takes approximately 25 seconds for the chambers to inflate.

8. SELECT THE PRESSURE AND TIME:

- Press the pressure button until you reach the desired pressure.
- Once you set the pressure, press the time button to set a preferred time.

NOTE: We STRONGLY recommend you do not use the boots for longer than 20 minutes and over 100 mmHg the first time you use them.

9. STARTING/ PAUSING THE SESSION:

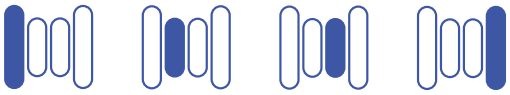
- Press the start/ stop button to begin. If you wish to pause the session, press the button again. For safety reasons, it will deflate the boots slightly and refill when you decide to continue.
- When the pause time exceeds 1 minute and there is no further operation, you will hear a beep and the control unit will shut down.

10. COMPLETING THE SESSION:

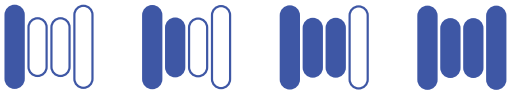
- Once the session is completed, the control unit will turn off and the boots will begin to deflate.
- Allow the boots to deflate before you undo the zippers.

COMPRESSION MODES

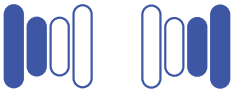
MODE A: When the first chamber inflates to the selected pressure, the second chamber begins to inflate and the first chamber deflates. When the second chamber fully inflates, the third chamber begins to inflate and the second chamber deflates etc.



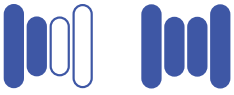
MODE B: The pressure fills one chamber at a time. Each chamber remains inflated while the next one fills until all chambers are inflated. Then, all of the chambers will deflate together and the cycle repeats.



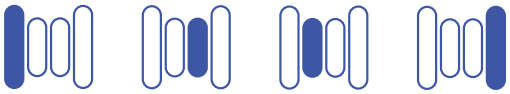
MODE C: The pressure fills two chambers at a time and those two chambers deflate while the next two chambers fill. Then the cycle repeats.



MODE D: The pressure fills two chambers at a time until all are filled. The chambers deflate together and the cycle repeats.



MODE E: The pressure fills one chamber at a time and that chamber deflates while the next one fills. The cycle is similar to mode A, however the order of filling the chambers is different.



NOTE: The above illustrations represent the standard version with 4 chambers. The logic is the same for the pro version with 8 chambers.

CTN RECOVERY TECHNOLOGIES

WORLD'S #1 IN SPORTS RECOVERY

CTN.FI

CTN GROUP - IRELAND - FINLAND - ESTONIA - SPAIN

CTN CENTER - JAAKONKATU 2 - 01620 VANTAA - FINLAND

SALES@CTN.FI ADMIN@CTN.FI SERVICE@CTN.FI

The original language of this manual is English. Other versions are translations.
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