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SQUEEZE MACHINE OWNERS MANUAL



You Tube Watch Instructional Video for this product at
<http://www.youtube.com/TherafinCorporation>
PLEASE WATCH ALL FOUR SQUEEZE MACHINE VIDEOS!

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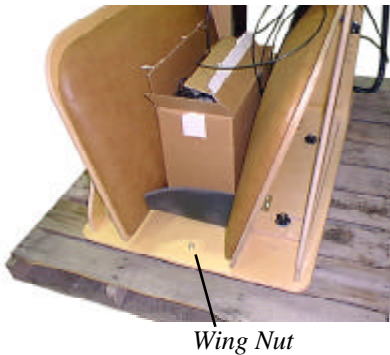
UNPACKING THE SQUEEZE MACHINE

IMPORTANT: IN THE EVENT OF A RETURN, A RETURN AUTHORIZATION MUST BE REQUESTED WITHIN 60 DAYS OF RECEIPT OF THE MACHINE. THE RETURN IS SUBJECT TO A RESTOCKING FEE AND SHIPPER PAYS SHIPPING COSTS. IF YOU ARE RETURNING THE MACHINE TO US, IT MUST BE SECURELY REPACKED EXACTLY AS IT WAS SHIPPED TO YOU! DO NOT DISCARD OR DESTROY BOXES, PALLET, WOOD STRIPS, ETC., THEY MUST BE REUSED FOR SHIPPING!

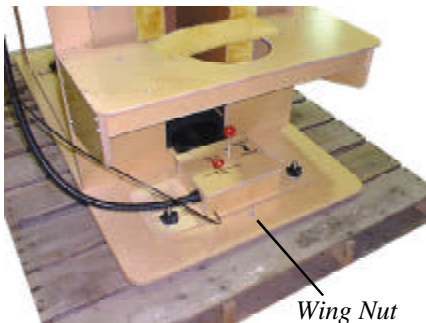


Remove phillips screws from wood strips on all four sides.

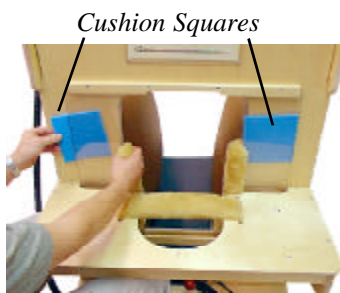
Remove outer and inner cardboard boxes by lifting up.
Suggestion: You may want to remove boxes before bringing indoors, if ceiling height is an issue.



Remove wing nut that holds back of machine to pallet.



Remove wing nut that holds front of machine to pallet.



Remove cushion squares between clear sliding doors and wood.

ADJUSTING THE SQUEEZE MACHINE



In most cases, the machine is shipped with the air hose hooked to the compressor. If not, cut an inch off the end of air hose to get a good seal (left picture). Firmly push air hose into red fitting on the 90° elbow (right picture). Slightly pull on hose to make sure it is properly seated in fitting. Note: The elbow is designed to spin around.



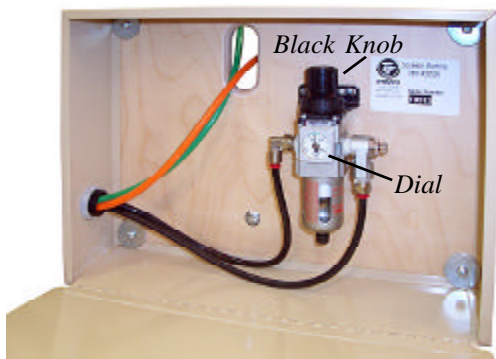
Air Pressure & Air Flow

To change the *PRESSURE* of the side pad's squeeze, adjust the air pressure.
To change the *SPEED* of the side pad's squeeze, adjust the air flow.



Turn on air compressor (lever to "auto" position).

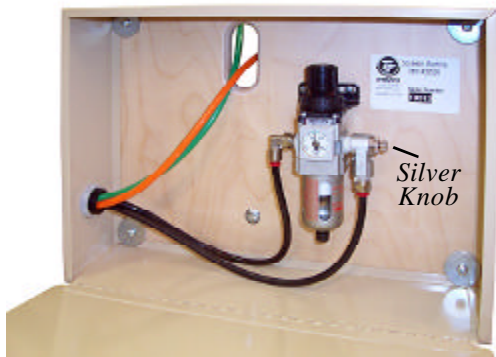
Unlock the metal box to get to the air controls.



Air Pressure

Pull black knob up until it clicks. Turn the knob to adjust pressure. Push knob down to lock in position.

Watch the dial, and adjust while air compressor is on. To decrease the pressure the side pads apply to the user, turn knob counter clockwise. To increase pressure, turn knob clockwise.



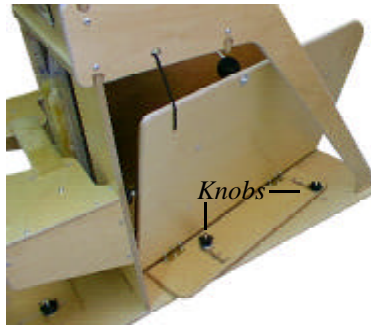
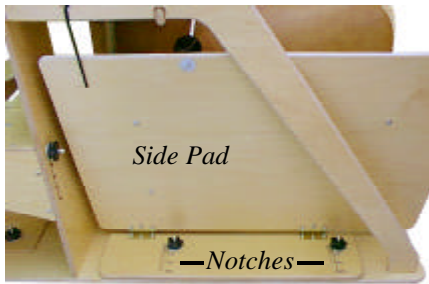
Air Flow

Loosen round nut directly under silver knob. Turn the knob to adjust pressure. Tighten round nut to lock knob in place.

Adjust while air compressor is on. To slow down the speed of the side pads (how fast they close and open), turn knob clockwise. To make the side pads move quicker, turn knob counter clockwise.

ADJUSTING (continued)

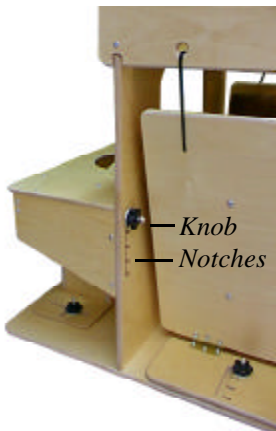
Side Pads



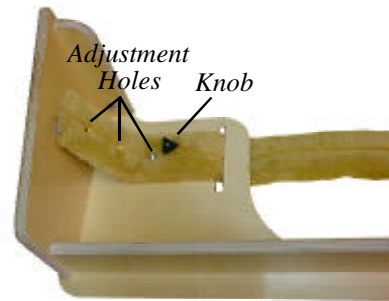
Note: Adjust pads wider for greater comfort and to apply even pressure on all parts of the body. Example: For children the pads can be straight. For men the pads may be set wider in the shoulder area. For women the pads may be set wider in the hip area.

Loosen the knobs and adjust the side pad as needed. Before tightening knob, make sure the bolt is in one of the notches that is cut in the board. The picture on the right shows the full range of adjustability.

Headrest Assembly

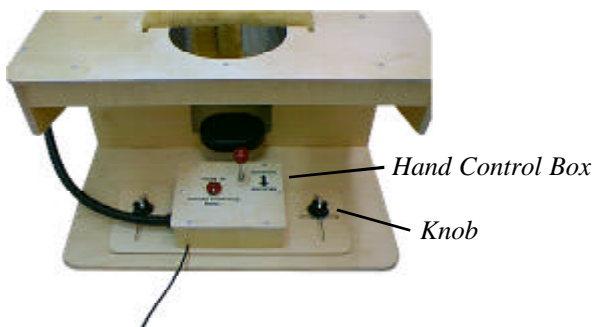


Headrest Assembly



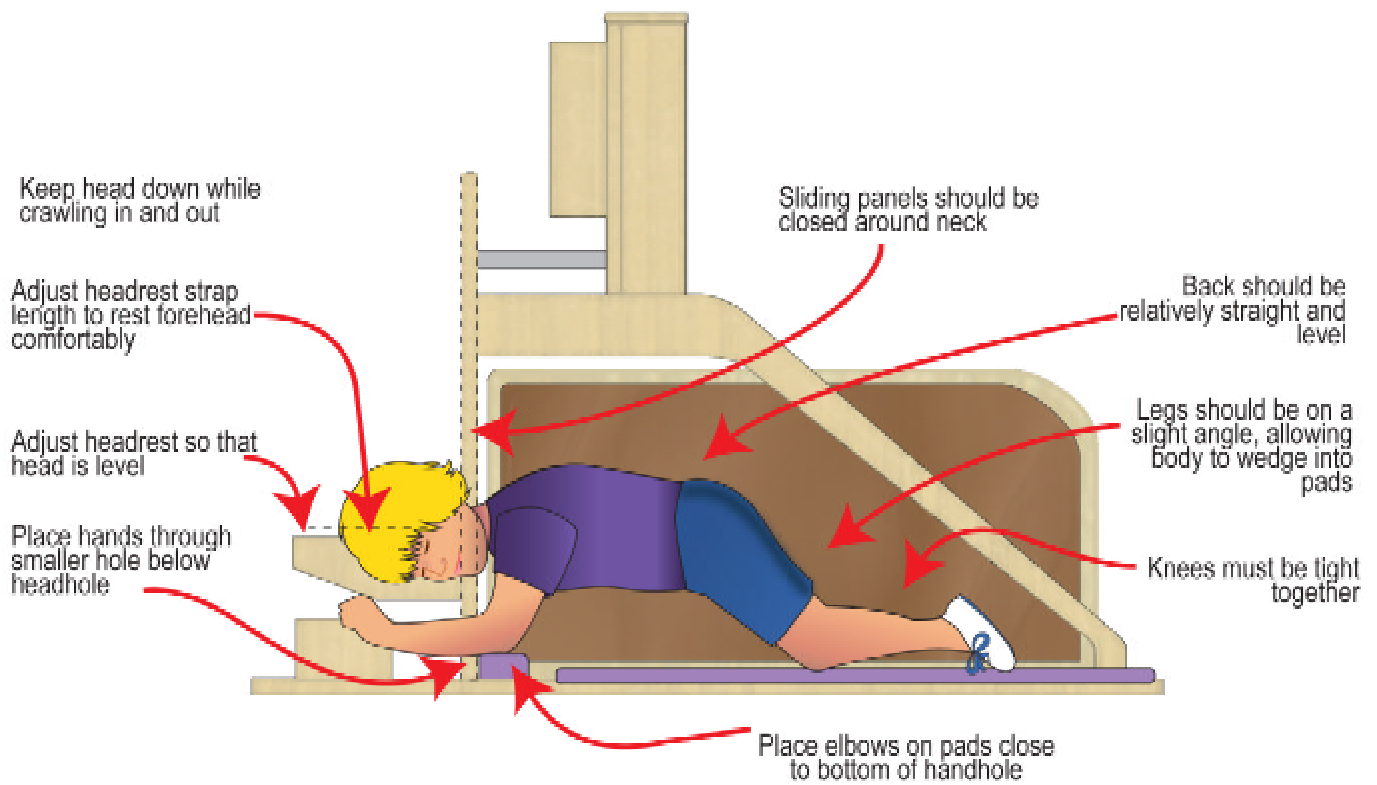
Loosen the knobs while supporting the front of the headrest assembly, as shown in the middle picture. Adjust the height of the assembly as needed. Before tightening knob, make sure the bolt is in one of the notches that is cut in the board, then tighten. To adjust the headrest strap, remove the knobs from the underside of the assembly, as shown in the picture on the right. Slide the bolt through the appropriate adjustment hole and replace knob.

Hand Control Box

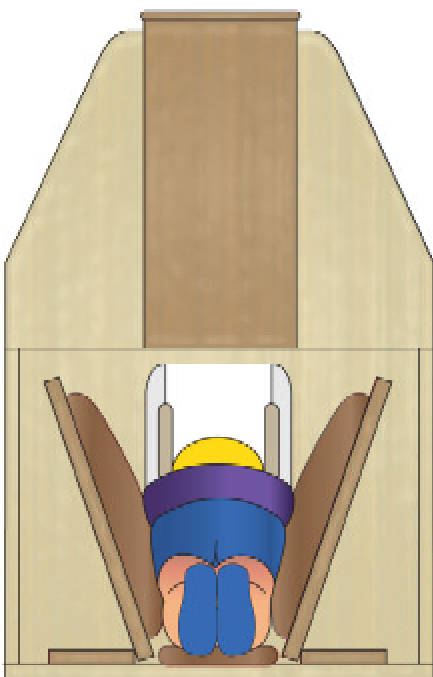


Loosen the knobs and adjust the position of the hand control box as needed. The round red ball should be at a comfortable reach. Tighten knobs.

CORRECT BODY POSITION WHEN USING THE SQUEEZE MACHINE



CORRECT POSITION



Correct body position--
applies pressure evenly
from shoulders to knees

Incorrect body position --
weight resting on knees
which are apart; pads
wide set at knees

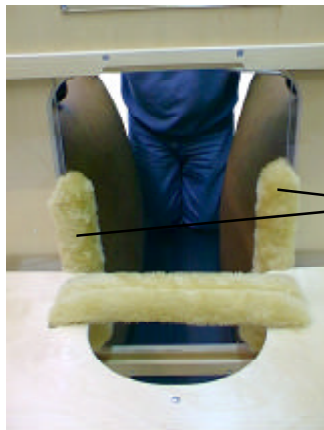
INCORRECT POSITION



USING THE SQUEEZE MACHINE

Read and understand page 5!

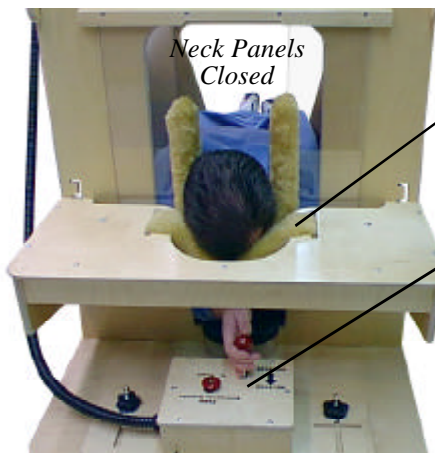
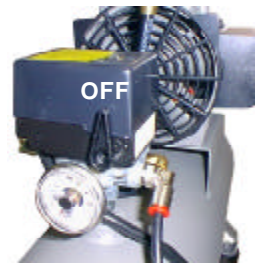
It is very important that the user is positioned in the machine correctly, and before using the machine, the various parts of the machine must be adjusted correctly to the user's size.



Turn air compressor on (lever to "auto" position).

Slide neck panels open.

Kneel and crawl in, keeping head down.

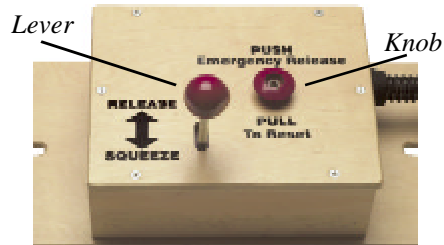


Neck Panels Closed

Place forehead in headrest strap.

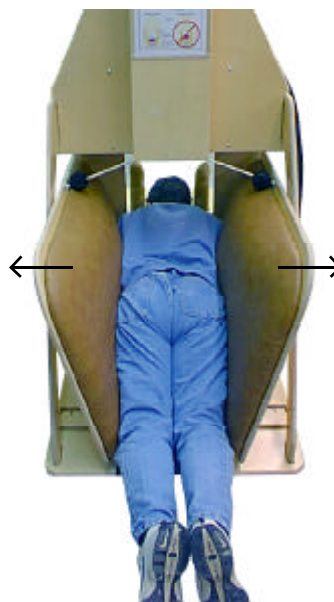
Slide neck panels closed around neck, if desired.

Place hands through hole to grasp control lever.

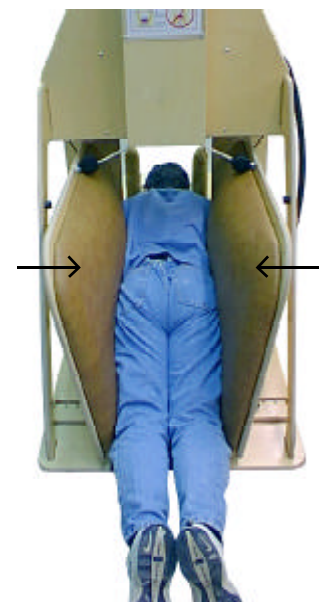


Hand Control Box

Emergency Release Knob must be pulled out/up for use. When pushed in/down, it overrides the Release/Squeeze lever, and releases pressure on the side pads.



Pads in Release position



Pads in Squeeze position

MAINTENANCE ON THE SQUEEZE MACHINE

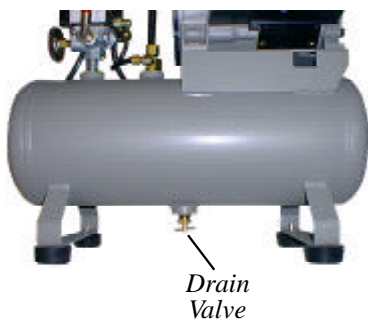


Unlock the metal box to get to the air controls.



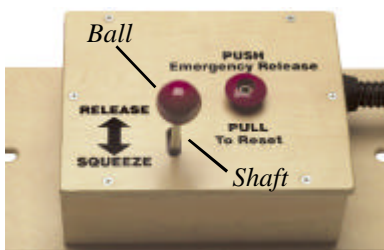
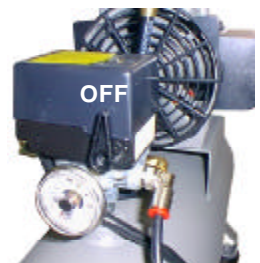
Drain Air Pressure Regulator Valve

While air compressor is under full pressure, turn the small black knob clockwise to drain. Place a paper towel under the knob, and keep it open for a couple seconds. Air will escape, blowing any water out with it. Drain at least monthly, depending on amount of use.



Drain Air Compressor

Turn air compressor off. Turn drain valve clockwise to drain water (air will empty out also). Put a container under compressor to catch water when draining. Close valve when completely drained. Drain at least monthly, depending on amount of use.



Release/Squeeze Lever

Make sure ball is tightened on shaft, and shaft is tightened into the valve that is inside the box. The lever can shear off if it becomes loose, so check often.

REPLACEMENT PARTS FOR THE SQUEEZE MACHINE



Pulley Rope Assembly part # 18068

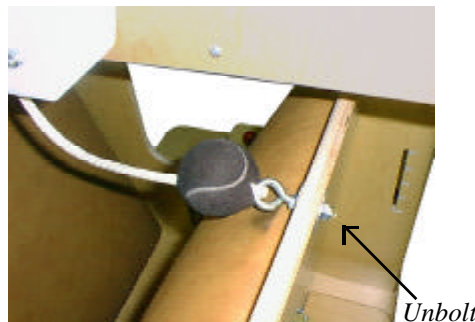
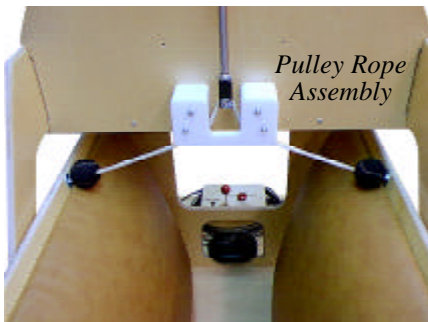
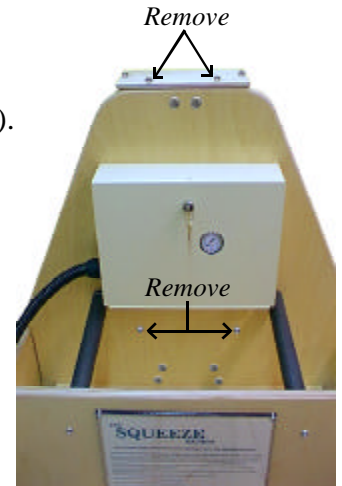
To get to the rope assembly you have to remove the wooden box that covers part of it (left picture).

4 screws have to be removed (right picture): 2 on top, and 2 below the front control panel (metal box).

Pictures below, (left to right) show: Pulley rope assembly with wooden box removed.

Slide ball up rope, unbolt eye hook from wood.

Bend cotter pin straight, and remove. Rotate black end of shaft so silver pin that rope goes around can be removed. Rope will then fall free.

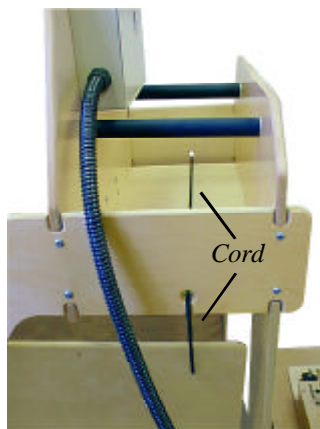
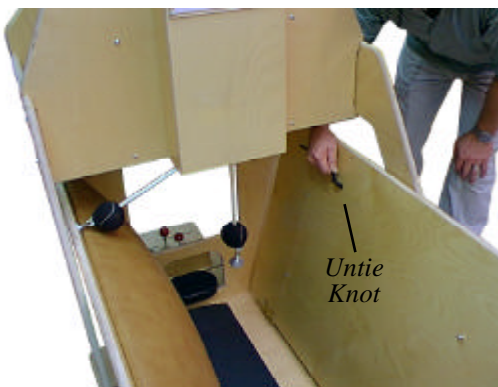


Bungee Cord part # 05304

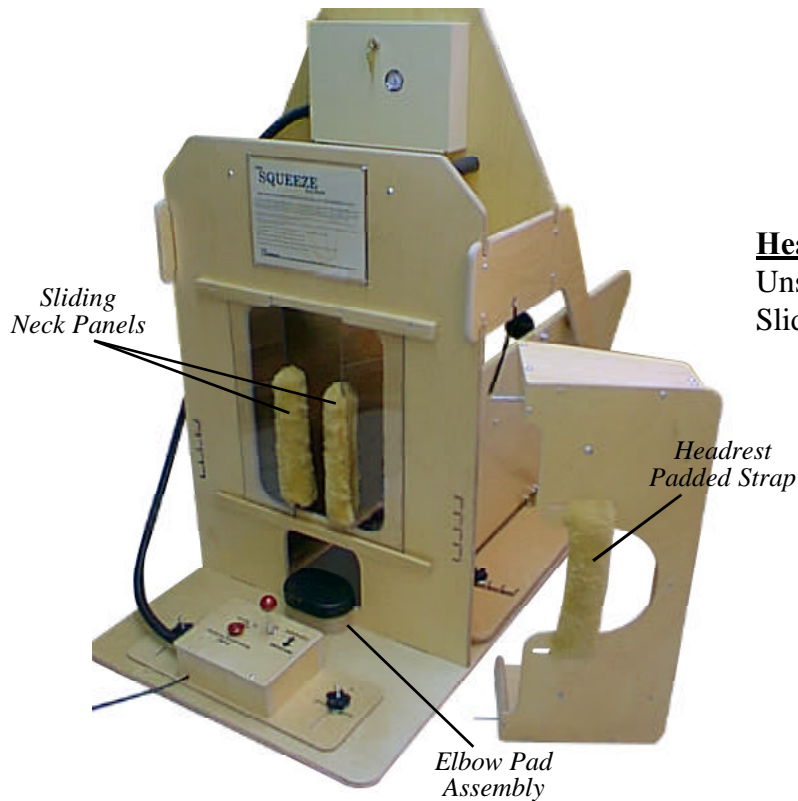
Stretch bungee cord enough to untie the knot at the end.

Hold it tight so it doesn't contract and fly through the holes.

Using two hands, guide it through the holes until all the tension is off the bungee cord.

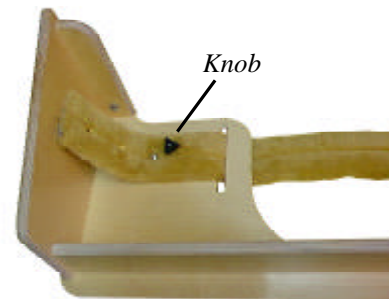


REPLACEMENT PARTS (continued)



Headrest Padded Strap part # 18071

Unscrew knobs from underside of headrest unit. Slide strap off bolts, pull through slots in unit.



Sliding Neck Panels part # 18056 (2 panels)

Slide one panel at a time to center of unit, tilt top out to remove.



Elbow Pad part # 14614 (oval pad only)

Turn unit on it's side and remove the 2 screws shown here, to remove the elbow pad assembly. The elbow pad can then be removed from the assembly.

REPLACEMENT PARTS (continued)



Emergency Release Knob (outside box)

Use a snap ring pliers (shown) to remove the locking ring that holds the knob in place.

Knob part # 00760

Snap Ring part # 00762

Release/Squeeze Lever (outside box)

The ball and shaft can be removed by unscrewing them.

Ball and Shaft part # 32523

Release/Squeeze Lever Saddle (inside box) part # 00757

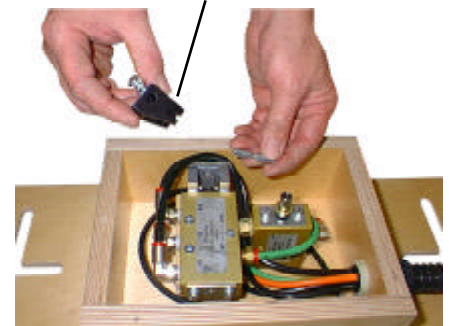
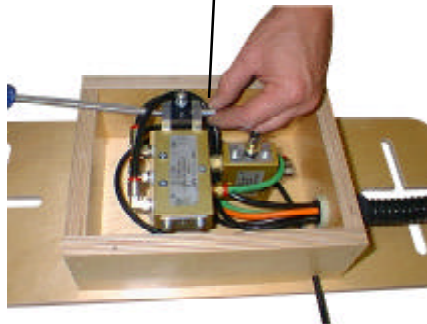
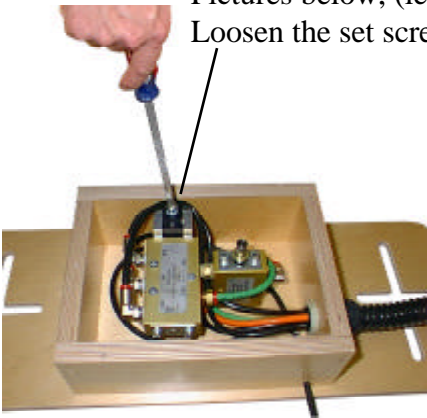
The Saddle is the part inside the box that the lever screws into. To replace it, remove all the screws that hold the top of the box on. Remove lever and knob.

Pictures below, (left to right) show how to remove the saddle from the valve:

Loosen the set screw.

Push the pin out.

Remove the lever saddle.



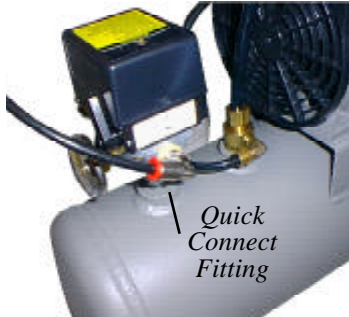
Quick Connect Fitting part # 00785

Used many places on the Squeeze Machine.

DISASSEMBLE THE SQUEEZE MACHINE

IMPORTANT: WE DO NOT RECOMMEND DISASSEMBLING THE MACHINE. IT WAS CONSTRUCTED TO FIT THROUGH A 34" WIDE DOOR OPENING. DISASSEMBLING THE MACHINE TO MOVE IT SHOULD BE YOUR LAST RESORT!

FOLLOW STEPS IN THIS ORDER



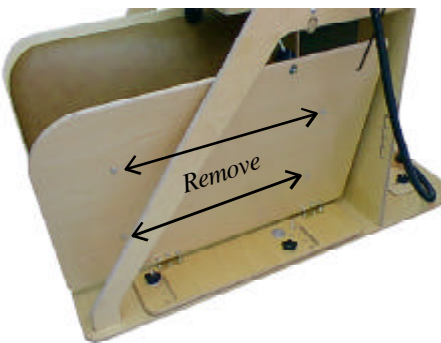
Disconnect Air Compressor

Turn off air compressor, unplug from wall outlet. Open drain valve and let air out. Close drain valve. With one hand, push red fitting in on quick connect fitting. Hold in. With other hand, push air hose into red fitting, then pull out of fitting.



Headrest Assembly & Sliding Neck Panels

Remove headrest assembly and sliding panels. Suggestion: After sitting assembly off to the side, put the knobs and other hardware back on the bolts so you don't lose them.



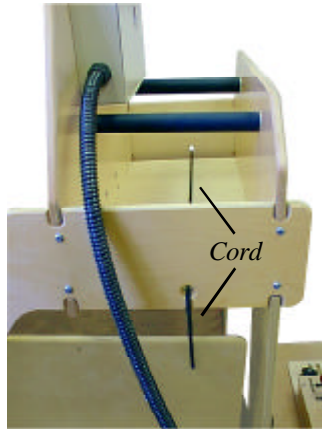
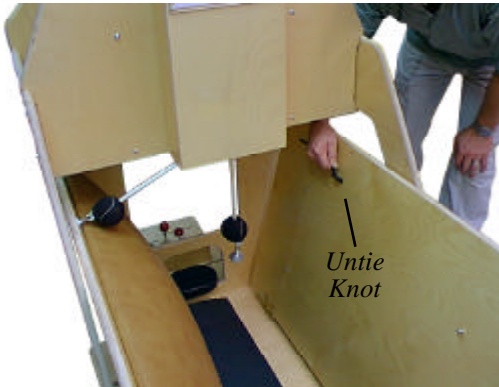
Side Pad Assembly

Remove 4 screws that hold the pad to the wood. Remove pad.



Slide ball up rope. Unbolt eye hook from wood. Suggestions: Place screwdriver through eye hook to hold in place while removing the nut. After eye hook is removed from wood, put the nut back on the eye hook so you don't lose it.

DISASSEMBLY (continued)



Side Pad Assembly (continued)

Stretch bungee cord enough to untie the knot at the end.
Hold it tight so it doesn't contract and fly through the holes.
Using two hands, guide it through the holes until all the tension is off the bungee cord.

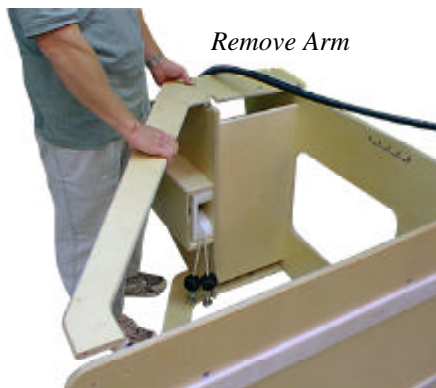
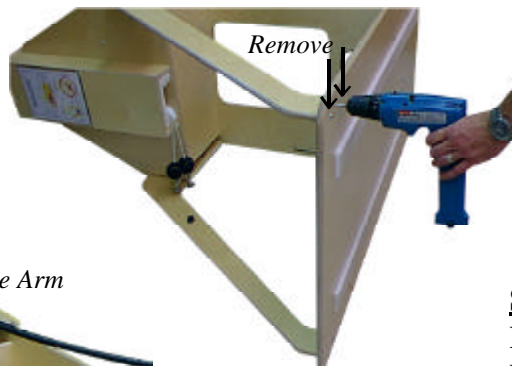
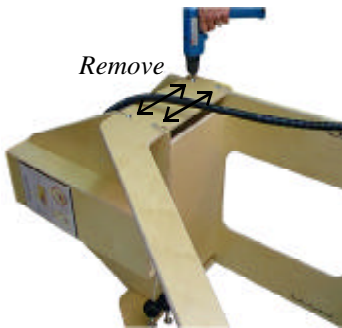


Remove knobs and remove entire side pad assembly.

Suggestion: After removing side pad assembly, put the knobs and other hardware back on the bolts so you don't lose them.

Follow the same process to remove the other side pad assembly.

Lay something protective (cardboard, rug, etc.) down on floor, and carefully lay the unit onto it, on its side.

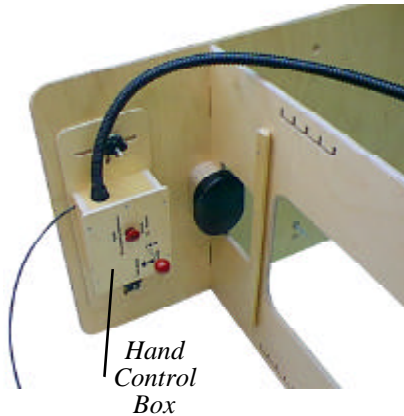


Stabilizer Arm

Remove 2 screws from underneath base.
Remove 4 screws from side of stabilizer arm.

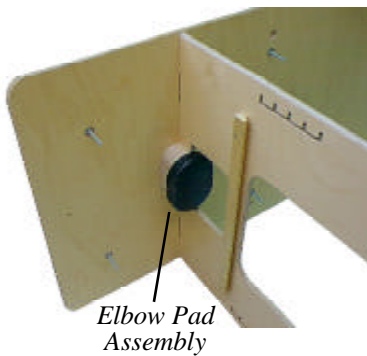
Carefully remove stabilizer arm.

DISASSEMBLY (continued)



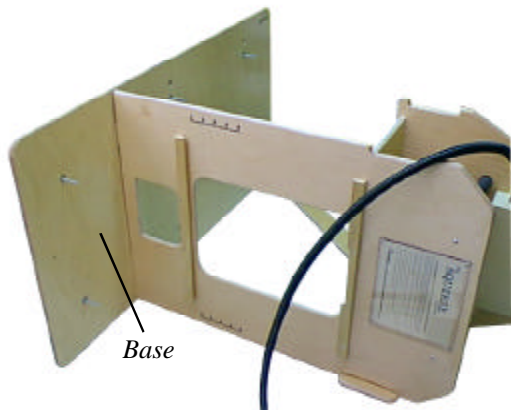
Hand Control Box

Treat control box with care! Black flexible hose and air line stays connected, make sure they don't get kinked. Remove black knobs and sit control box on floor. Suggestion: After removing control box, put the black knobs and other hardware back on the bolts so you don't lose them.



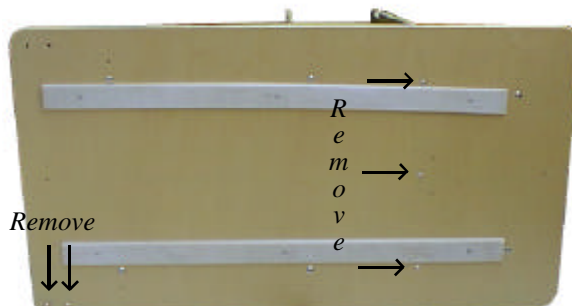
Elbow Pad Assembly

Remove 2 screws from underneath base. Remove elbow pad assembly.

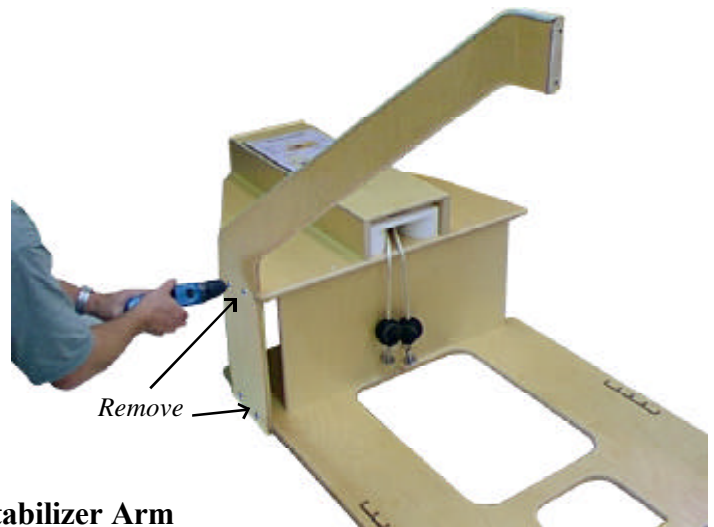
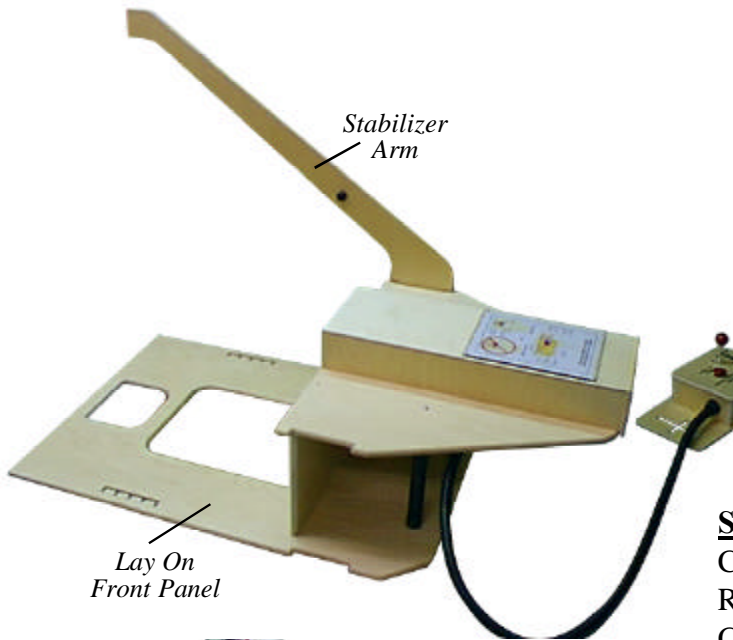


Base

Remove 5 screws from underneath base: 2 screws for other stabilizer arm, 3 screws for front panel. Remove base from rest of unit.



DISASSEMBLY (continued)



Stabilizer Arm

Carefully lay unit onto front panel.
Remove 4 screws from side of remaining stabilizer arm.
Carefully remove stabilizer arm.



Moving Remaining Pieces

Treat control box with care! Black flexible hose and air line stays connected, make sure they don't get kinked. Stand the unit up as shown. Before moving, you should secure the control box to the unit in position shown (use duct tape, rope, etc.), or you can have another person carry it with as you move the unit. Suggestion: Use cutouts in front panel and/or padded support pieces to lift and carry the unit.



After Rebuilding Unit

Cut an inch off the end of air hose to get a good seal.
Firmly push air hose into red fitting on the quick connect fitting.
Slightly pull on hose to make sure it is properly seated in fitting.