



SPORTS

Recover • Rest • Re-energize



**AQUAROLL® A2S1 SYSTEM  
TECHNIQUE GUIDE**



## New Innovations. New Rules. New Paradigm.

The all-natural Aquaroll® system relies on nature's most soothing and basic movement – the wave. Combining 30,000 refined glass beads with water, Aquaroll® focuses the benefits of natural wave technology in a constant, controlled setting. The socially responsible treatment is consistent, regardless of location, user and therapist.



Aquaroll® is quickly becoming an essential tool for athletic trainers in the NFL, MLB, NBA, NHL, FIFA and others.

- The ultimate post-workout recovery
- Time-efficient sessions
- Reduce swelling and increase range of motion
- Oxygenate muscles
- Decrease pain
- Rehabilitate sprains and injuries



# Athlete Positioning and Usage

- All jewelry and other accessories should be removed from the athlete's extremity prior to placement into the Aquaroll® system.
- It is recommended that all extremities be cleansed thoroughly before an Aquaroll® session. Refer to the Aquaroll® Care and Cleaning Instructions (90000007) for further details.
- **Caution:** Ensure the wheels on the Aquaroll® A2S1 system are locked prior to use.
- **Caution:** Immediately suspend use of the Aquaroll® A2S1 system upon any signs of skin or other irritation to the athlete.

## Step 1: Fill the tank

- Fill the tank with water, at the desired temperature.  
**Caution:** The Aquaroll® A2S1 system utilizes natural tap and/or purified water. No other types of liquids should be used.
- To fill the tank, press the "Water" supply button. Water temperature may be controlled using the external temperature dial on the water mixer.  
**Note:** The "Hot" water light will illuminate regardless of the temperature being used.  
**Caution:** When utilizing hot water, ensure the temperature never exceeds one hundred and thirteen (113) degrees Fahrenheit.
- Ensure the shower hose is above and facing the tank. The tank may be filled by pressing the lever on the shower handle..

## Step 2: Start rotation of the tank

- To begin rotation, press the "Rotation" button. The tank will begin to rotate slowly. Rotation speed can be adjusted by pressing the "+" button to increase speed and by pressing the "-" button to decrease speed.
- Place the athlete's extremity into the tank. It is possible to continue to adjust rotation speed with the extremity immersed.  
**Caution:** Only place the athlete's extremity into the tank after rotation has begun.

## Step 3: Treatment

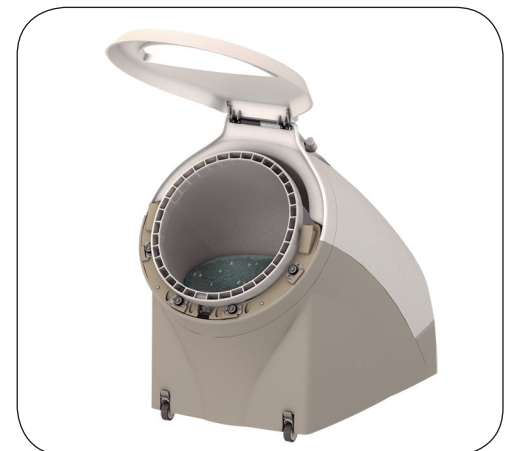
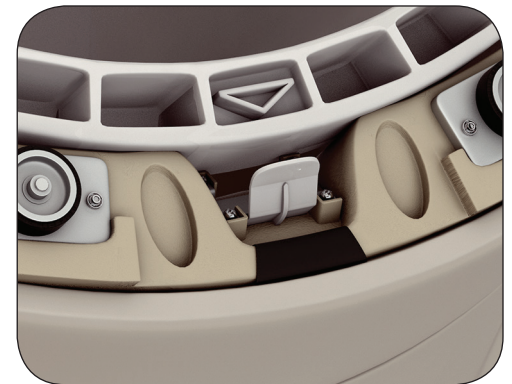
- Treat the athlete's extremity, using the chart on the next page. Additional treatments may created and/or adjusted, at the discretion of the operating personnel.  
**Caution:** Never treat a part of the human body not specifically intended by this Technique Guide. Never treat anyone under the age of thirteen (13). Never treat non-humans.

## Step 4: Stop rotation of the tank

- To stop the tank, press the "Rotation" button. The tank will continue to rotate slowly before stopping in the proper drainage position.  
**Note:** Should the device experience unintended rotation stoppage at any point during usage, ensure the tank is properly repositioned by lining the arrow of the tank with the draining handle, as during initial tank installation. Rotation can only take place where the tank is securely installed and properly aligned. Events that could contribute to unintended rotation stoppage include exceeding the recommended amount of glass beads in the tank and pressing the "Off" button.

## Step 5: Drain the liquid from the tank

- To drain the tank, ensure that all plumbing is properly connected. Open the cover. Then press and hold the drainage lever. The pump will activate and drainage will begin. Continue to hold the drainage lever for 20 seconds, or until all liquid has been drained.  
**Caution:** Drainage will not be possible if the tank has not stopped rotation fully and come to rest with the arrows aligned. The system should never be powered off to stop rotation in order to drain the tank. Rather, the tank must be gradually slowed / rotated into the correct position utilizing the "Rotation" button.
- After draining, proceed with cleaning the Aquaroll® A2S1 system, per the Aquaroll® Care and Cleaning Instructions (90000007).
- Close the cover.
- Always press the power button to "Off" and unplug the device after each daily usage session.
- Refer to the Aquaroll® A2S1 Maintenance and Warranty Guide (70000001) for further details and storage information.



# Indications and Corresponding Aquaroll® Treatment Settings

Indication	Treated Extremity	Running Time	Rotation Speed	Temperature	Frequency
<b>Carpal Tunnel Syndrome</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Tendinitis, including Achilles Tendinitis</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Plantar Fasciitis</b>	Foot / Ankle	15-20 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Dupuytren's Contracture</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Wrist Synovitis</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Overuse Syndromes</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Post-surgical Rehabilitation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
<b>Post-fracture Rehabilitation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
<b>Lymphedema / Swelling in Hands and Feet</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed to 50 for duration of treatment.	Cold water – 68-77° F / 20-25° C	Once daily, or as needed
<b>Arthritis</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Warm water – 93-99° F / 34-37° C	Once daily during active treatments, then as needed for maintenance / pain control
<b>Ligament Sprains</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
<b>Muscle Strains</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
<b>Sports Recovery / Injury Prevention</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium / high speed of 50-60	Cold / icy water – maximum of 68° F / 20° C	Up to 3 times daily, after work-out / performance sessions
<b>Joint Stiffness / Decreased Range of Motion</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Scar Tissue Reduction</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Skin Rejuvenation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	5 times / week for at least 1 week, then on a regular basis, as needed
<b>Complex Regional Pain Syndrome</b>	Hand / Wrist	10-15 minutes	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 93-99° F / 34-37° C	3-5 times / week for 8 weeks, then maintenance program, as desired
<b>Hypersensitivity</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Neuropathy</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	Up to 2 times daily
<b>General Relaxation and Well-Being</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	Up to 2 times daily

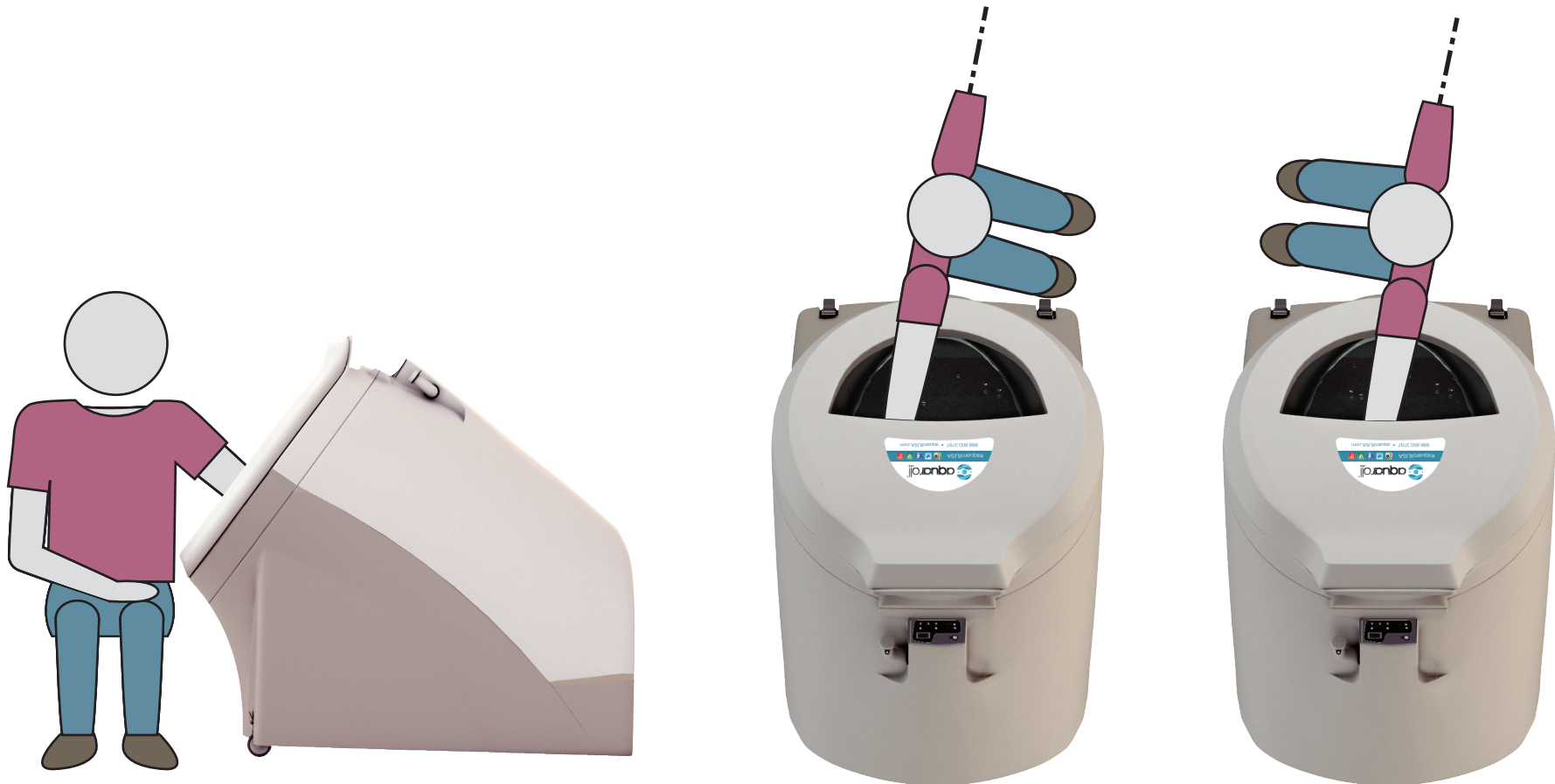
# Hand / Wrist Treatment

- Hand / wrist sessions last twelve to fifteen (12-15) minutes, and can be performed in succession on opposite extremities (i.e., right, then left).

**Caution:** Aquaroll® A2S1 sessions should never last longer than thirty (30) minutes. There is a built-in safety feature that will automatically stop tank rotation after twenty (20) minutes. No more than three (3) sessions should ever be performed on a single extremity per day.

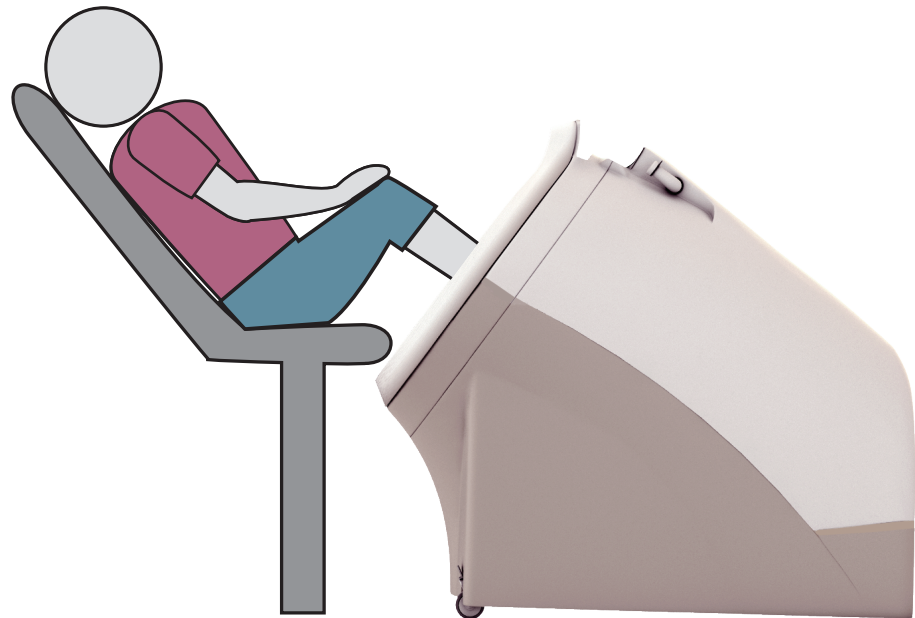
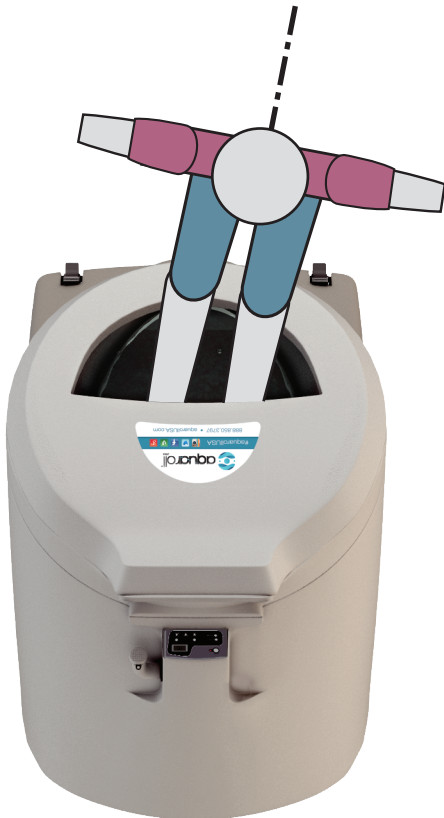
- Each hand / wrist should be placed into the Aquaroll® individually. This ensures proper positioning and maximum benefit of the natural wave motion.
- Seating should be at a comfortable height and angle, depending on the size of the athlete. The arm should hang freely down the body, with the treated hand / wrist immersed in the Aquaroll® unit. A raised chair is recommended, of at least fifteen to eighteen (15-18) inches from the base of the Aquaroll®.

**Caution:** At the end of each treatment session, wait until the rotation of the Aquaroll® unit has stopped completely (which may take a few seconds after the rotation button is pressed to stop rotation) before removing the extremity. Any beads that may be stuck in the fingers should be removed while the extremity is still in the Aquaroll® system.



# Foot / Ankle Treatment

- Foot / ankle sessions last fifteen to twenty (15-20) minutes, and can be performed in succession on opposite extremities (i.e., right, then left), or with both extremities treated simultaneously.
  - Though it is possible to place both feet and ankles in the Aquaroll® at the same time, it is recommended that each foot / ankle be treated individually to obtain maximum benefit.  
**Caution:** When utilizing Aquaroll® in sports therapeutic settings, always refer to caregiver discretion when determining whether to treat each extremity individually..  
**Caution:** Aquaroll® A2S1 sessions should never last longer than thirty (30) minutes. There is a built-in safety feature that will automatically stop tank rotation after twenty (20) minutes. No more than three (3) sessions should ever be performed on a single extremity per day.
  - Ideally, the body is positioned slightly to the left of the center of the tank ten to thirty (10-30) degrees.
  - Seating should be at a comfortable height and angle, depending on the size of the athlete. For taller individuals, a raised chair is recommended with a seat height of at least twenty-three to thirty-two (23-32) inches above the base of the Aquaroll® unit. To fully experience the benefits of increased circulation, knees should be bent such that the thighs and/or calves do not rest on the Aquaroll® system.
- Caution:** At the end of each treatment session, wait until the rotation of the Aquaroll® unit has stopped completely (which may take a few seconds after the “Rotation” button is pressed to stop rotation) before removing the extremity. Any beads that may be stuck in the toes should be removed while the extremity is still in the Aquaroll® system.
- Caution:** Athletes should sit for a few moments after foot / ankle treatment prior to walking.



# Frequently Asked Questions

## **Is Aquaroll® right for my athletes?**

The short answer is, Yes. Aquaroll® is right for almost everybody.\* With wide-ranging benefits from pre-game warm-up and post-game recovery to post-operative rehabilitation, chances are your athletes will benefit from Aquaroll®.

## **What does it feel like?**

Most athletes report a feeling of intense relaxation and well-being. Aquaroll® is gentle and should not feel painful in any way. Some athletes report experiencing a slight tingling or numbness immediately after a treatment. This is completely normal, due to the increase in circulation, and the sensation will go away within ten to forty-five (10-45) minutes.

## **If my athletes are using the Aquaroll® for therapeutic benefits, will they need to treat the non-injured extremity also?**

Of course, there is no requirement to treat both hands or both feet. However, many athletes find that the overall sports recovery benefits are so immediate that they request to treat both extremities.

## **Does Aquaroll® interact with any other treatments?**

No. The all-natural Aquaroll® system will not interfere with any existing treatment or training regimens. It is a supplement for better health and better performance.

## **What are the monthly upkeep costs for Aquaroll®?**

Facility costs associated with Aquaroll® maintenance are minimal, and include cleaning solutions. Glass beads occasionally require replacement after several thousand treatment sessions. Consult an Aquaroll service professional for further details.

## **Will the Aquaroll® system fit the large feet of my athletes?**

Yes. The Aquaroll® A2S1 system can comfortably accommodate large, male foot / ankle treatments.

## **Does Aquaroll® have any special installation requirements?**

Aquaroll® A2S1 systems operate on a standard 110v power system. Hot and cold water connections are required. Professional installation is recommended. Refer to the Maintenance and Warranty Guide (70000001) for further details.

## **Are separate systems required for hand / wrist and foot / ankle usage?**

No. The same Aquaroll® A2S1 system treats all indications. However, most training facilities find it beneficial to have a separate system for upper and lower limb.

**Note:** \*Athletes should not use Aquaroll® if they have an open wound, suffer from a transmissible skin disease or infection, or are otherwise advised by their doctor or healthcare professional. Refer to the Aquaroll A2S1 Instructions for Use (80000001) for further details and a complete list of indications and contra-indications.



## Notes

## Notes



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Disclaimer: This Usage Technique Guide is intended as an educational tool to assist professionals in the usage of Aquaroll® A2S1 systems. It is not meant to replace professional judgment as to usage and technique. Prior to use, professionals should consult the product's Instructions for Use and rely on their own training and experience. AM Rejuvenation shall not be held liable in the event of incorrect usage, including the addition of chemicals or other ingredients to the water, attempts to hydro-massage non-recommended parts of the human body or non-human use. Aquaroll® A2S1 systems are not medical devices and are not intended to be sold or represented, as such. Athletes are encouraged to speak with a medical or trusted therapeutic professional prior to usage.