



Instructions for Use

Proprio by Accelerera wearable vibration device intended to promote balance awareness and proprioceptive input through stochastic resonance vibration.

Version 1.2 | Revision Date: 12.15.2025



Manufactured and Distributed By:

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Device Description

The Proprio system by Accelera is a lightweight, wearable, non-invasive medical device intended to support balance awareness and body perception during everyday movement. It uses localized, low-level vibration based on the principle of Stochastic Resonance. The device is worn on the wrist, forearm, ankle, or below the knee and is designed to provide proprioceptive input without producing heat or electrical current.

Included Components

- 2 Proprio by Accelera control modules connected to actuator boards, inside of the bands
- 2 Adjustable Bands (secures control module and contains actuator board)
- 2 USB-C Charging Cables to charge both modules
- 1 Printed Instructions for Use

Indications for Use

The Proprio System by Accelera is intended for use in adults to deliver non-invasive mechanical vibration to muscles of the legs or arms.

The device is indicated to support proprioceptive input, postural awareness, and movement stability during daily activity. It may also provide temporary relief of minor aches and pains and promote localized muscle relaxation through gentle vibrations.

Safety Information

The Proprio device is intended to support balance and postural awareness through localized vibrations. However, it is important that users operate the device in accordance with the safety guidelines provided.

READ THIS SECTION CAREFULLY BEFORE FIRST USE

Failure to follow the listed warnings, and precautions may result in injury, skin irritation, or device malfunction. If you have any underlying medical conditions or are unsure whether this device is appropriate for you, consult a physician before use.

Contraindications

Do not use the Proprio System if you are unable to follow the instructions for safe use.

Warnings

- Do not allow small children or pets to play with your Proprio system to avoid damage to components.
- Do not submerge the Proprio system in water. Do not use the device while showering, bathing, or swimming.
- Keep all electrical contacts and ports dry. If the device becomes wet, allow it to dry completely before reuse or charging.
- Do not operate the device if it is visibly damaged or if the housing, straps, or connectors are cracked, frayed, or deformed.
- Do not use the wearable bands on broken, irritated, or inflamed skin.
- Do not rely solely on the Proprio system to maintain balance.
- Do not attempt to open, modify, service, or repair the device.
- Store the device at room temperature. Do not place next to heat and do not store in freezing temperatures.
- Clean only according to the care instructions provided.

Precautions

- Do not over-tighten the band or strap. This may restrict blood flow or cause skin irritation.
- Monitor skin under and around the device for signs of redness, swelling, or irritation.
- Stop using the device if pain, discomfort, or unusual skin reactions occur.
- Do not place the device over broken, irritated, infected, or damaged skin.
- Always place the device over clean, dry skin.
- Charge the device fully before first use. This device is designed to recharge in less than 90 minutes.

Adverse Reactions/Possible Side Effects

The following side effects can occur during or after use of the Proprio System:

- Localized pressure discomfort or minor sores due to over-tightened straps or extended wear without adjustment.
- Hypersensitivity reactions to the device materials (e.g., elastomers, adhesives, textiles), especially in individuals with dermatologic conditions or compromised skin integrity. If this persists, consider wearing the device over a sock or other garment.

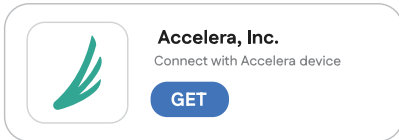
If you experience any unexpected or serious reactions, stop using the device and contact your health care provider.

You may also report adverse events to Accelera Support at support@accelera.us.

Setup Instructions

Before using the Proprio System for the first time, complete the following setup:

- Download the Accelera App. You can find links to download the app (Apple App Store or Google Play) on www.accelera.us at the bottom of any page.



App Store



Google Play

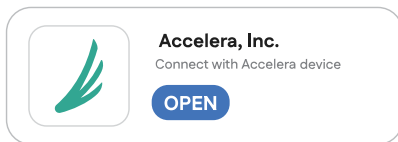
- Make sure Bluetooth is turned on in your phone's settings.
- **Parts List:** Each system includes 2 wearable bands, 2 control modules on actuator boards, USB-C cables to charge each control module, and a written instructions for use document.
- No tools required. Access to a standard 110 power outlet for is required for charging.
- **Unpacking Instructions:** Carefully remove all items from packaging; check for damage or missing components before use.
- Charge both control modules using the USB-C cables, making sure to fully charge both devices before first session. You do not need to remove the control module from the band to charge it. Simply plug in the USB-C cable to the port on the module and the other end to a charging block or USB equipped outlet.

- Use operating instructions to set up your devices the first time in the app before placing them on your body.
- **Pre-Use Preparation:** Ensure skin is clean and dry before placing a band on top of it. Devices may be worn over light clothing. Do not apply over bulky or wrinkled garments to get best contact and not harm skin.

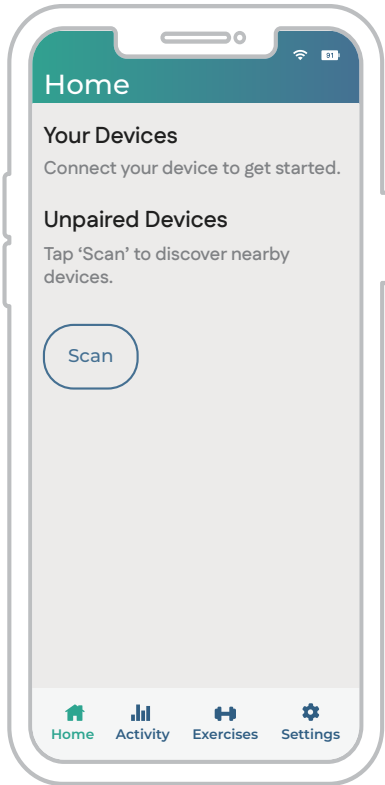
Operating Instructions

Follow the steps below to operate the Proprio System safely and effectively:

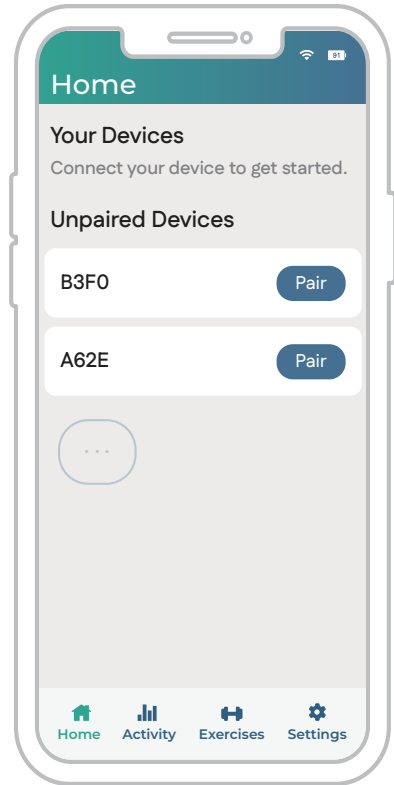
1. Charge the device regularly to maintain optimal performance. Daily charging is recommended.
2. Note there is no on/off switch. The device will turn off when plugged into a charger, and come back on at its prior settings when unplugged.
3. Open the app on your phone or tablet.



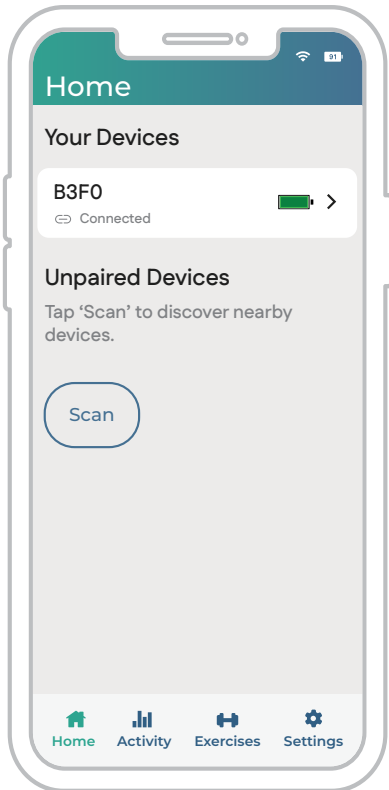
4. Use the app interface to pair with the control module.
5. Click **Pair** to choose the unit you wish to setup from the list of **Unpaired Devices** if this is your first time to use it, or from the saved units under **Your Devices** if you have already remembered this device. Tap **Scan** button if app does not show the device(s) in either list.
6. When you first set up your Proprio system, select the first unit that is showing in the unpaired list by tapping **Pair**. You will note 3 short pulses of vibration to indicate which device you have paired with, and it will show under **Your Devices** as **Connected**. Keep devices on a table or in your hands when completing this step.



(4) Tap **Scan** after making sure device is next to app if no devices are showing.

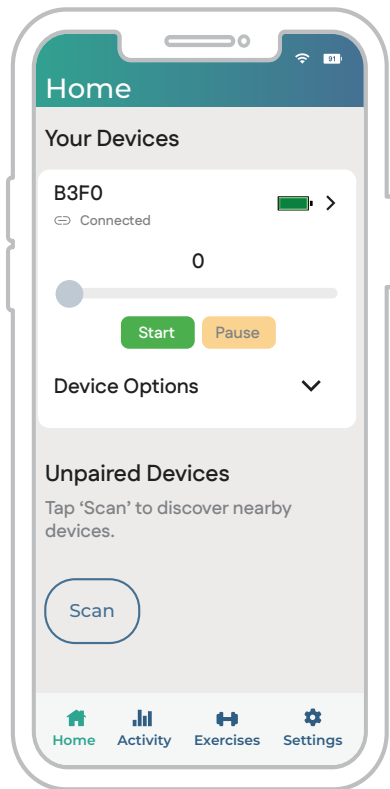


(5) First time devices will show under **Unpaired Devices**. Click **Pair** to begin connection.

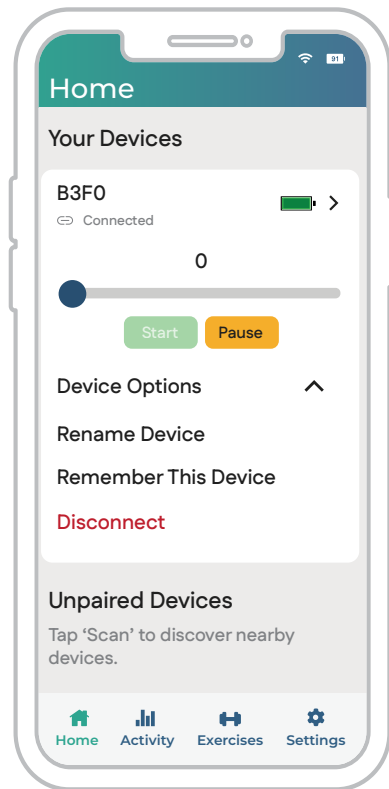


(7) Tap on the device that is now connected under **Your Devices** to set it.

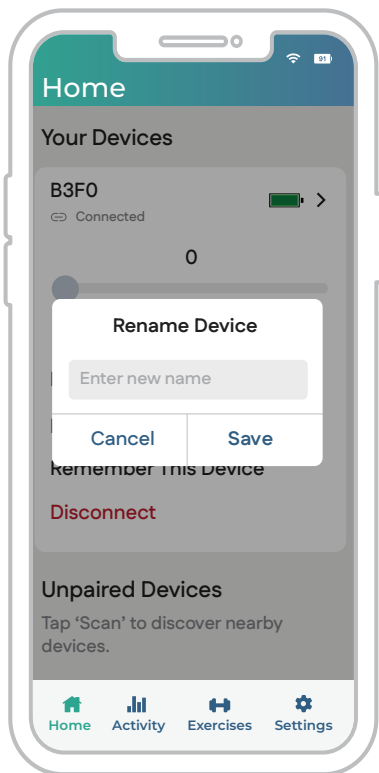
7. Click on the device that shows connected under **Your Devices**.
8. Click **Device Options** and choose rename from the menu. Give the device a name (i.e. Right Leg, Left arm) and click **Save**.
9. Tap the **Start** button to begin to set the level of intensity for you.
10. Select your preferred vibration level (1-100) using the app's slide bar. The wearer should not be able to feel the vibration when the device is in position. More is not better. Many find it helpful to slide the bar all the way to the right first and then reduce output to where the vibration is no longer felt after putting the device on your body. *Note: once you identify the level that is most helpful to your mobility, many users experiment with lower settings to optimize battery life.
11. Repeat steps 5-10 with your second control module.



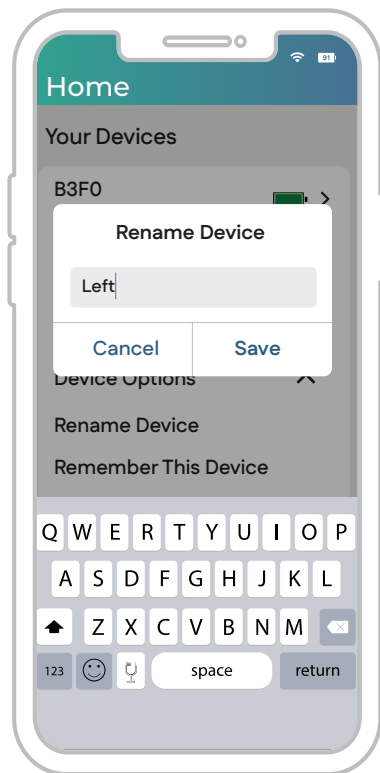
(8) Click on **Device Options** to get the drop down menu first before setting output.



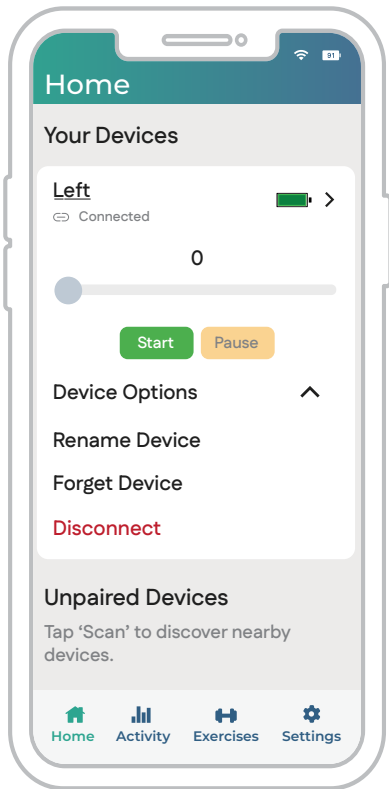
Click on **Rename Device**.



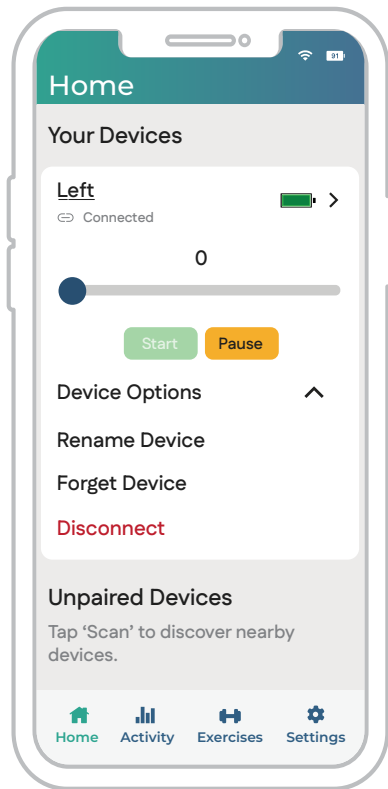
Click on **Enter a New Name** and type the desired name (i.e. Left or Right or Arm).



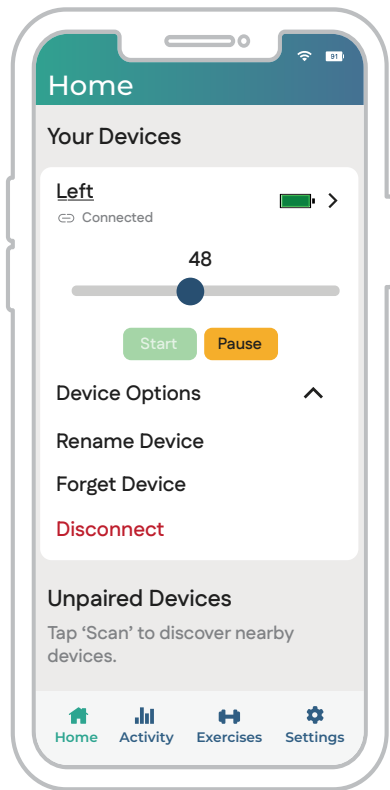
Click **Save**.



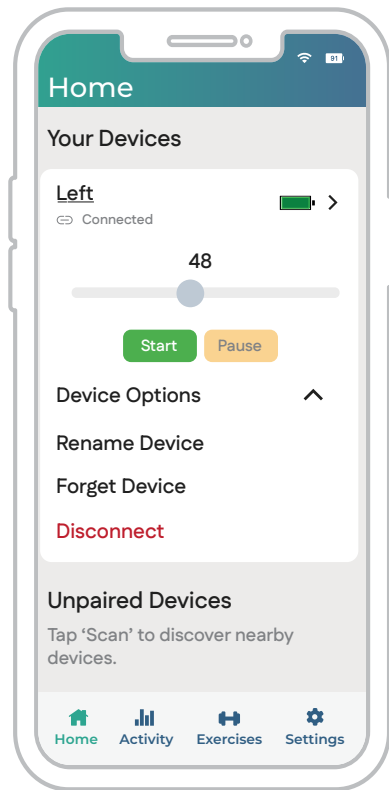
This device will now be under **Your Devices** next time. Proceed to next step.



(9) Click **Start**.



(10) Slide the bar to the level of vibration desired. See note on proper intensity.



To stop the vibration either press **Pause** while connected to it or plug in the charger.

12. Wear Location: After it has been set up, place the device securely on the intended area (e.g., wrist/forearm, ankle/below knee) using the adjustable band. Ensure the band is positioned with the control module away from the skin.



Wear on ankles for balance support.



Wear below knees for balance support.



Wear on forearms for reaching and grasping support.

13. If you can feel the vibration once you have put it on, re-connect to the device in your app and turn it down to a level you cannot feel. Vibration should not be felt when the device is on the body. More is not better. Slide the bar back to the left until you can no longer feel the vibration.
14. When your device has been remembered, it will turn on vibration at the previously set level when you unplug it from the charger.
15. End of Use: When finished, remove the device and plug in the charger to recharge the device. It is safe to keep your Proprio device modules plugged in overnight, however they only need 90 minutes to charge fully. The app will show an indication on battery charge.
- **Green > 60%**
 - **Orange >20% (and less than 60)**
 - **Red < 20% battery left**

Notes:

- When battery level is critically low, device will vibrate louder to alert you before turning off. Device needs to be charged when this happens.
- Vibration will stop when plugged into a charger. Device may not be used while charging.
- To change level output or vibration, connect to your device using the app. You will need to press **Start** to start change the level, even when vibration is already present. Then use the slider bar to change the level.
- Session Duration: This system is designed to be used all day for mobility. Some users find more benefit from prolonged wear, even when not moving.
- Devices do not remain connected to the app at all times. It is necessary to reconnect to the device to make changes after initially starting the vibration. If you are having trouble seeing your device listed: make sure Bluetooth is turned on for your phone or tablet, and your Proprio device is close to your app.
- Close out your App and reopen it before attempting to reconnect to your Proprio device if your App screen is frozen, or buttons do not respond.
- For your devices to remember the intensity setting between uses, do not try to connect/adjust from more than one Accelera app.

Cleaning, Maintenance and Storage:

Cleaning

- Bands may be wiped or hand washed IF ELECTRONICS HAVE BEEN REMOVED FIRST. Slide your control module and actuator board out of the pocket prior to washing.
- Unplug the control module if necessary to clean it separately. It may be wiped with a damp cloth only.
- Allow all parts to fully air dry before reusing.
- Do not submerge in water, machine wash, tumble dry, or use abrasive cleaners or bleach.
- Never apply liquid directly to the device. Dampen cloth first.
- Failure to keep bands clean and in good repair may lead to skin irritation. Bands will need to be replaced when showing signs of wear.

Maintenance

- Inspect the device before each use for damage, loose parts, or wear.
- Ensure the control module is charged before use.
- Contact Accelera support for repairs or if issues arise.
- Users are responsible for regular cleaning and charging.
- Do not disassemble the device. Do not attempt internal servicing.
- Bands will need to be replaced as the fabric wears. Ripped or worn fabric may lead to skin irritation. See www.accelera.us/buy-now for details.

Storage

- Avoid placing heavy objects on the band or control module to prevent damage to the device.
- Do not tightly bend or fold the band to prevent internal damage.
- Store the device at room temperature. Do not place next to heat and do not store in freezing temperatures.
- It is acceptable to charge the unit overnight. There is no danger of overcharging.

Service & Warranty

Do not attempt to open, modify, or repair the device. Internal servicing is not user-permissible and may compromise safety. If the device is damaged, not working as intended, or experiences persistent issues, discontinue use and contact Accelera Support for assistance.

Accelera provides a limited 1-year warranty for the electronics portion of the device, covering defects in materials and workmanship under normal use. This warranty does not cover damage due to misuse, accidents, modification, or unauthorized repair. Bands have a 90 day warranty, and users should expect to replace bands as they become worn. Warranty claims for bands will only be honored for defects in materials and workmanship, not wear and tear or user damage. Wear and tear or user damage will not be considered. Warranty claims must include proof of purchase. Contact support@accelera.us or call 1-855-919-MOVE (6683) for claim instructions and replacement options.




Table 1: Troubleshooting Guide

Issue	Recommended Action
Device does not appear in app even when clicking on Scan	<p>No devices show: Is Bluetooth turned on in your phone?</p> <p>No devices or one device shows: Connect to charging cable, wait a few minutes, then retry to see if battery level is depleted.</p>
Device shuts off mid-session	May have low battery. Connect to charging cable, wait a few minutes, then retry connecting to the device from the app to see if battery level is depleted.
No vibration felt	Vibration should not be felt during wear. First touch the device with a hand that has intact sensation to see if vibration is present. If not, re-connect to the control module via the app and restart vibration if needed.
Bluetooth pairing fails	<p>Check to see that Bluetooth is turned on in your phone. Reopen the app, and try again.</p> <p>Check to see that your Proprio device and app are no more than 5 feet apart.</p>
App freezes or won't detect device	Force close the app and relaunch. Press Scan to detect any devices in the vicinity. Make sure your Proprio device is close to your app (within 5 feet).
Device not charging	Check USB cable insertion; try a different outlet or cord.
Device overheating or malfunctioning	Do not disassemble. Discontinue use and contact Support at support@accelera.us .

Safe Disposal

Do not dispose of the Accelera device with regular household waste. As an electronic product, it should be recycled or discarded in accordance with local electronic waste (e-waste) regulations. Contact your local waste authority or visit an authorized electronics recycling center to learn more about proper disposal options in your area.

Support Contact Information

 1-855-919-MOVE  support@accelera.us  www.accelera.us/contact-us

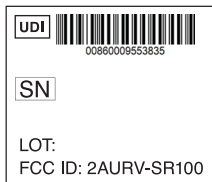
 Keep Dry

 Instructions for Use

 Unique Device Identification

 Serial Number


Device Housing Label



Symbols Glossary

 Consult Instructions for Use

 Symbol for “Serial number”

 Unique Device Identifier. Indicates a carrier that contains Unique Device Identifier information.

 Keep Dry

 FCC Compliance Symbol

For the latest updates and to view this manual online visit www.accelera.us/faqs



User Assistance Information:

Accelerera, Inc.

Biddeford, Maine 04005, USA

Website: www.accelera.us

Email: support@accelera.us

Phone: 1-855-919-6683

Model: Accelerera Proprio

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