



POWERDOT

PowerDot is now a part of Therabody.

The acquisition of PowerDot underscores Therabody's commitment to democratizing medical technology by bringing industry-leading recovery and wellness solutions, historically only accessible to clinicians, celebrities, and professional athletes, to **everybody**. Re-educate your muscles and recharge your recovery with **the world's first Smart Muscle Stimulator™**.



What is PowerDot?

The smartest muscle stimulator in recovery.

PowerDot, a powerful electrical muscle stimulator from Therabody, gives you a new way to support temporary pain relief, boost recovery, and helps to build strength and endurance. This device brings the proven concepts of NMES (muscular) & TENS (nerve) into sleek lightweight pods you can use anywhere, hands-free. Integrate TENS protocols to help temporarily reduce pain, or use NMES to help recover faster and build muscular strength and endurance. PowerDot's Smart Recovery™ AI technology understands your activity, and connects to an intuitive mobile app that offers guided, custom programs designed to help with pad placement and intensity settings. As a Class II FDA cleared medical device, the PowerDot is trusted by everyone from the world's top athletes, to fitness enthusiasts, and beyond.

NMES

Neuromuscular Electrical Stimulation uses small electric signals to target and create contractions of the muscle to speed up muscle recovery, help temporarily reduce pain, and help increase muscle strength & endurance.

TENS

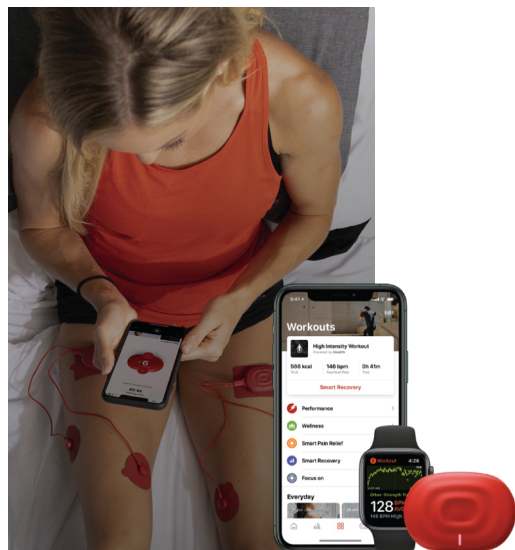
Transcutaneous Electrical Nerve Stimulation uses electrical pulses to stimulate sensory nerves, providing temporary pain relief in the applied area.



Why PowerDot?

PowerDot's neuromuscular electrical stimulation (NMES) and transcutaneous electrical nerve stimulation (TENS) send electronic pulses to your motor nerves to create muscle contraction and stimulate sensory nerves to temporarily relieve pain.

PowerDot takes the guesswork out of NMES and TENS, a recovery modality usually reserved for athletes and training rooms. The accuracy of pad placement, intensity level, and session time of any muscle stimulation is critically important for safety and efficacy. That's why our smart app finds the precise combination for you, intelligently taking fatigue level, recent activity, and unique needs into account.



The smarter the technology, the safer and more effective the treatment.

Customized Treatments Tailored to Your Needs

Build a program tailored to your unique needs based on your biometric data, recently completed workouts, areas where you're experiencing pain, and tolerance levels. A completely customized experience, created just for you.

Guided Treatments

Precise pad placement. Intensity level. Session length. Our comprehensive treatment library guides you through every step of your warm-up, recovery, or wellness routine.

Smart Connectivity

The PowerDot app integrates with most popular fitness apps (eg. Strava) to learn about your activities and provide personally tailored programs to help you achieve your athletic performance and recovery goals.

Track Progress

Track your workouts and monitor how your body is reacting to programs and daily activities, empowering you to take control of your wellness routine.

This is Therabody

Recover your way. There's a solution for everybody.

Therabody has revolutionized the way the world embraces Recovery and Wellness. We use technology to optimize natural solutions and make them available to everyone.

Everybody is different, so our portfolio is designed to help people meet their unique needs and preferences - the ultimate personalization.

Therabody is an ecosystem of technology-advanced products and services grounded in education and research and backed by science. By adding PowerDot's electric stimulation technology to our extensive portfolio, we are continuing to provide everybody with a variety of attainable whole-body wellness solutions that fit into any lifestyle.

The Powerful Benefits of Smart Muscle Stimulation

Benefits

- Speeds up muscle recovery
- Helps increase muscle strength and endurance
- Temporary pain relief

When to Use:



Training and Performance

PowerDot engages slow- and fast-twitch muscle fibers, contracting them to mimic training, helping to improve movement, and enhance strength. These contractions also help deliver oxygenated, nutrient-rich blood to kickstart the recovery process.



Natural Pain Relief

TENS stimulates sensory nerves to temporarily relieve pain and help release endorphins, your body's natural painkillers. NMES increases circulation, helping to clear away cellular debris caused by your body's response to injury or training, further helping to reduce pain.



Injury Rehabilitation

Many of the rehabilitation exercises from a trainer or PT are aimed toward mobilizing and re-educating the nerves in an area to regain function. PowerDot can help initially reduce atrophy, then later re-educate the muscle during the recovery process.





PowerDot 2.0 Uno |

The Uno is a single PowerDot that allows you to stimulate one side of the body at a time.

Color: ● ●

What's Included

- 1 PowerDot Pod
- 1 Set of Electrode Pads
- 1 Set of Lead Cables (10 cm & 30 cm)
- 1 Micro USB Charging Cable
- Protective Carrying Case



PowerDot Pro Bundle |

The power of neuromuscular electric stimulation and TENS meets a powerhouse pack of extras and replacements to keep your recovery going. Our best-selling option for athletes and those living an active lifestyle, the Pro Bundle comes complete with a PowerDot 2.0 Duo, 6 months of extra pads (3 sets), the game-changing Butterfly Back Pad, and our new PowerDock charging station.

Color: ●

What's Included

- | | |
|-----------------------|--------------------------------|
| PowerDot 2.0 Duo pods | Protective carrying case |
| Set of electrode pads | 2 extra sets of electrode pads |
| Set of lead cables | Butterfly back pad |
| Micro USB charger | |



PowerDot 2.0 Butterfly Back Pad |

Recharge one of your most hard-to-reach areas by mirroring treatment on both sides. A single pack contains 1 large reusable butterfly back pad.

Color: ● ●



PowerDot 2.0 Duo |

Double the pads, double the power. The Duo edition of our PowerDot 2.0 accelerates recovery by allowing you to stimulate both sides of your target muscle group at once, for a more comprehensive, dynamic treatment.

Color: ● ●

What's Included

- 2 PowerDot Pods
- 2 Sets of Electrode Pads
- 2 Sets of Lead Cables (10 cm & 30 cm)
- 2 Micro USB Charging Cables
- Protective Carrying Case



PowerDot Dock |

Our convenient PowerDock charging station makes charging easier than ever.

Color: ●



PowerDot 2.0 Electrode Pads |

Keep your recovery going with replacement pads. A single pack contains 2 rectangular electrode pads, and 4 round electrode pads.

Color: ● ●