



Inlight Therapy Pads Selection & Placement Options

Inlight Therapy systems feature a variety of pad shapes designed for different areas of the body. This guide helps you quickly select the right pad for the most common applications.

● RED | 630 nm ● GREEN | 570 nm
● BLUE | 470 nm ○ NIR | 850 nm

Each Pad indicates its available LED color options—Red, Blue, Green, or Tricolor.

All Pads are paired with near-infrared LEDs, except the Facemask Pads, which do not use near-infrared LEDs.

- 1. Inlight Cap 525**
Fits over the head
- 2. Facemask 104**
Eyes and Face
- 3. Painbuster 90**
Small Joints, and Hands
- 4. Local 132**
Acute Pain Sites, and Hands
- 5. T-Pad 263**
Shoulders, Knees, Back, and Groin
- 6. Painbuster 180**
Larger Joints, Limbs, and Neck
- 7. Body 264**
Torso, Lower Back, and Thighs
- 8. Boot 122**
Lower Calf, and Feet

Quick Start

3 Steps To Your First Session

1. Plug In



- Connect the **Power Supply** male plug to the female receiver on the Controller.
- Plug the **Power Cord** into an AC wall outlet.
- Connect the Pad Cord(s) to the Controller by aligning the 5-pin connectors and sliding them into place.

2. Place Pad(s) on Desired Area(s)



- Position the Pad(s) over the area(s) of discomfort with the LED side facing the body.
- Ensure the light arrays are in gentle contact with clean skin, or use a transparent barrier if preferred.
- Secure the Pad(s) using the provided elastic hook-and-loop straps or an elastic wrap, applying only light pressure to keep it comfortably in place.

3. Turn On the Controller

To start your session:



- **2-Port Controller:** Press the ON button.
- **6-Port Controller:** Press the ON/OFF button, then press the START/STOP button.

All Controllers are preset for a **20-minute light therapy session** and will shut off automatically when the session ends.

- On a 6-Port Controller, use the **START/STOP** button to pause the timer if you need to adjust Pad placement.
- Refer to the Owner's Instruction Manual for advanced functions and additional button features.

Repeat as Needed

You may repeat the process on additional areas of your body, with up to **3 sessions per day for each treatment site**.



Indications for Use

Designed to temporarily relieve minor pain, stiffness, and muscle spasms, and to temporarily increase local blood circulation.

Helpful Hints

- Some LEDs may not appear to light up when the Controller is ON. This is normal. These are the Near-Infrared (NIR) LEDs, which emit light not visible to the human eye. They are arranged in full rows within the pad.
- Do not apply creams, gels, or lotions to the skin before or during use.
- A gentle therapeutic warmth during use is normal.



Owner's Instruction Manual

Please refer to the Owner's Instruction Manual for complete operating instructions.



Inlight Therapy, Inc. products are legally marketed as a Class II Medical Device under FDA indications for use to temporarily relieve minor pain, stiffness, and muscle spasms; and to temporarily increase local blood circulation. The light emitted from Inlight Therapy devices is within the visible to infrared spectrum and consists of non-ionizing radiation, which is safe for use. Clients choose Inlight Therapy PLT for its convenience, value, drug-free, and non-invasive healing properties.

DISCLAIMER: This system is not intended to diagnose, treat, cure, mitigate or prevent disease. If you have a disease or medical condition, consult with your physician or health practitioners before using Inlight Therapy, Inc. products. Use only as directed.