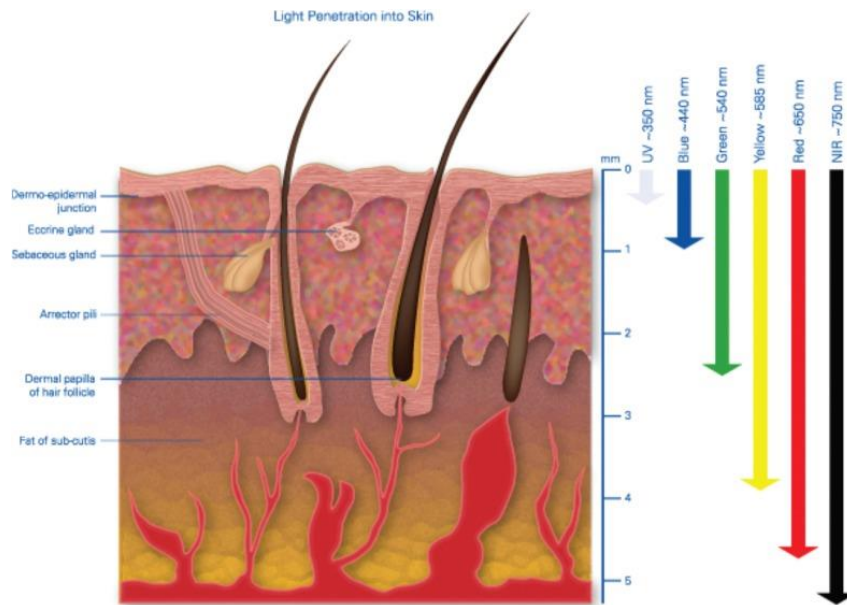# RedLight Physiotherapy

INSTRUCTION MANUAL

RedLight Physiotherapy

2023 Edition Redlight 660nm and Infra Redlights 810nm and 905nm LED Pad

Light Penetration into Skin

Dermo-epidermal junction
Ecorine gland
Sebaceous gland
Arrector pili
Dermal papila of hair follicle
Fat of sub-cutis

UV ~350 nm
Blue ~440 nm
Green ~540 nm
Yellow ~585 nm
Red ~650 nm
NIR ~750 nm

Redlight Physiotherapy Model 4

Instruction Manual

Included in the package:

1 x pad

1x hand controller

1x elastic strap

1x 240V AUD power cord

1x USB adapter

1x How to use sheet

Please read this entire manual before use.

Description

This pad comes with a controller, with both timing and power functions and continuous or pulsed mode. Also included is an elastic strap and a power cord. The pad is powered via power cord or a 12v2A battery (battery sold separately).

The battery comes with a DC and a USB ports and can be recharged with a phone charge via a USB port.

You can set the power from L1-4 depending on your comfort, and the time from 0-30 mins and choose continuous or pulsed mode.

Please make sure any intended usage area is clean and dry before using this product.

How to Connect the Pad

1. Connect the controller cord to the pad and connect the controller to the power cord (or battery). Charge the battery pre use, any phone charger will do.

2. The controller will say "OFF". Press button 1, to turn the unit on.

3. The view will say "ALL" this means both red and the 2x infra-LEDs are all on.

4. Press button 3 (with "+/-") each setting will show Lo, L1, L2, L3, L4.

5. Adjust the power to comfort (1-low to 4-high).

6. Use button 2 to adjust the timer choose from 10-30 mins.

7. The pad will turn off once the timer reaches 0.

8. To select all LEDS on together select "ALL. To select redlight ONLY Start with the "ALL" view and press button 4 to view RED. Only the redlight is on. Press it again to view Ired now the infra redlights, only, are on. (Infra-red light is invisible so the pad will not show light.

9.The pad will run in continuous mode unless set to pulsed mode.

10. To use pulsed mode once press button 1 once and the pad will flash. The viewer will show 10HZ.

Contraindications for use:

Do place over a pregnant belly.

Do not place over an active cancer.

DO NOT let children use the pad without adult supervision.

Do not use with liniments, salves or ointments that contain heat producing ingredients as skin burns or irritation may occur.

DO not use on bleeding wounds or tissue.

WARNINGS

1. This is an electrical device; to avoid electric shock:

- Do not stand on the pad.

- Do not handle the plug or pad with wet hands or skin.

- Do not use if cord or plug appear to be damaged.

- Do not use if the pad is damaged, torn, or has come in contact with water.

- Do not lift or carry pad by power cord.

- Do not use the cord as a handle or pull cord against sharp edges.

- Do not use near hot surfaces or flammable items.

Eye Protection

This device is safe for the eyes and does not require eye protection.

Do not stare at the LEDS.

Care of the Pad

To maintain good functionality of the pad, always store in a cool, dry place when possible.

Always follow the instructions for correct use and safety.

Always use the pad for the intended use and do not do any of the following:

DO NOT exceed 30 minutes of use in one therapy session.

DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the

user. To avoid electric shock and other electricity-related

Dangers, adhere to the following instructions:

DO NOT wash electrical parts with water or other liquids.

DO NOT drop your pad in water or other liquids or place it where it may fall into water or other liquids.

Do not expose to running water. If your pad comes into contact or becomes submerged into water or other liquid, unplug it immediately from the power outlet.

DO NOT directly touch the pad or touch the plugs or switches with wet hands.

DO NOT pull, carry, or lift the pad by its cord. If the cord is damaged, don't use the pad.

DO NOT use on or near heated surfaces.

DO NOT operate this pad in areas where it could be exposed to flammable or combustible products or vapours. Explosion of fire may occur.

DO NOT store your pad in areas with hot temperatures.

DO NOT use your pad if it is damaged. Continuous use of a damaged device may result injury.

DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging.

DO NOT cover the cooling fans while operating the device.

Settings

This is a guideline only. Use the power settings to comfort heat only.

Pulsed mode will produce less heat as the surface tissue heat does not accumulate and allow the light to penetrate deeper.

When using "ALL" both red and Infrared LEDS are on, this provides both shallow and deep penetration and absorption of the light. This setting is good for skin conditions, wounds, and pain. Continuous or pulsed can be used for up to 30mins a session. 2-3 sessions maximum per day.

When using redlight only (660) this will provide only a shallow penetration with higher degree of absorption of light into the shallow tissue only, ideal for wounds, skin, superficial injury.

When using Infrared light only (850) the invisible light will penetrate deeper with greater absorption into the mitochondria cells and deep tissue, ideal for inflammatory pain, muscle pain. Use on pulsed modes on high power setting for 30mins 2-3x day.

It is a good idea to have a day free on any RLT to allow the cells to heal.

Disposal directions: materials found on the device or within its packaging, indicates that this device may not be disposed of with other household waste. This pad requires disposal via a designated collection.

point for the recycling of electrical waste. Please recycle your equipment at the time of disposal to

help conserve natural resources and protect human health and the environment.

Disclaimer

This product is not intended to diagnose, cure, or prevent disease. Redlight Physiotherapy makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product with regards to any condition that requires medical attention.