



TheraPad User Instructions

Thank you for purchasing your **TheraPad**. Please read these instructions before starting to use it.



TheraPad LED lights

The **TheraPad** is a 12V DC device with inbuilt LED lights in two different wavelengths:

660nm – deep red colour, and very easy to see.

850nm – near infrared; because they are just at the edge of our visibility, they look very faint.

TheraPad session options

You can choose different settings

Wavelength: visible red 660nm, near infrared 850nm or a combination of the two (ALL).

Time period: from 5-30 minutes, increasing in 5-minute intervals.

Power: from Level 1 (L1) being the lowest, to Level 5 (L5), the highest.

Pulsing: Options of continuous (no pulsing), 10Hz, 40Hz, and H (Breathe mode) in which the lights fade in and out).

Which setting should I use?

Muscular and soft tissue pain:	660nm, 30-60 minutes twice daily
Joint and bone pain:	850nm, 30-60 minutes daily
Wound healing:	660nm, 30 minutes twice daily
Eyes:	660nm, 10 minutes daily
Abdomen:	Try alternating between 660nm & 850nm, 20 minutes daily
Pulsed or continuous?	We recommend continuous light.

Can I use the TheraPad on bare skin?

Yes, you can, and this is the ideal approach.

How often should I use the TheraPad?

1-2 sessions twice daily on each painful part of the body. Once daily on abdomen or eyes. See the table above.

How can I clean the TheraPad?

Wipe down the plastic with a barely-moist cloth and allow it to stay flat so that it completely dries.

Your first TheraPad session

- Ensure that the mains plug is pushed **fully** home into the adapter.
- Connect the **plug** to your **TheraPad** and turn it on at the power point.
- Make sure that you can easily reach the **controller**.
- Place the **TheraPad** over the painful area. Select your preferred option for wavelength, time and power.

IMPORTANT: Store your TheraPad flat or very loosely rolled with the LEDs facing inwards.

Controller



Caution:

- **do not fold the TheraPad or bend or roll it with the LEDs on the outside,**
- **do not put any weight or pressure on the TheraPad, nor stretch it tightly,**
- **do not use in water**

Doing any of these things will damage the internal connections and void the warranty.

Always:

- **Store your TheraPad flat or very loosely rolled with the LEDs on the inside**

This package includes: 1 x TheraPad; 1 x power supply; 1 x elastic strap, 1 x User Instruction sheet