

# BIORECOVER

LIGHT THERAPY KNEE BRACE

## USER MANUAL



Clinicians use red light therapy to improve blood flow, relieve pain, and rejuvenate skin.

Light therapy is perfect for everyone from professional athletes, to people who experience stiffness, pain, and inflammation, to people looking to boost their skincare regimen. Everyone can enjoy the benefits of red light therapy from the comfort of their own home.

## HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness Recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.  
We're in this together now.

*Abe & Joel*



Red light therapy has a wide variety of applications and health benefits. Physical therapists and doctors use red light therapy to help athletes safely recover from injury, decrease pain, and improve performance. Experts also believe it helps cells make additional energy to repair themselves and has anti-aging benefits.

With the Lifepro BioRecover Light Therapy Knee Brace, you can experience therapeutic benefits from the comfort of your own home—no need for expensive trips to the spa, or physical therapist's office. It's perfect for alleviating muscle or joint pain and stiffness and performance recovery.

The BioRecover has 60 LED chips, each of which contains one 660nm LED and two 850nm LEDs, providing full coverage for your knees or elbows. The BioRecover has 35-inch Velcro® straps so you can also use it on your arms, legs, hands, and feet. Your pet can also take advantage of the therapeutic benefits of the BioRecover. Help your pet find relief from chronic joint pain, lose weight, and reduce inflammation.

The BioRecover offers a customizable treatment session, including pulsed light therapy, for your wellness recovery. Choose the perfect settings for each treatment session with five light intensity levels, five vibration levels, and three light therapy modes (red, near-infrared, and red + near-infrared).

- **660nm red light therapy:** 660nm light is absorbed by the skin at a high rate making it especially effective for pain relief, improving blood circulation, and stimulating collagen and elastin production. Red light therapy promotes injury or wound healing.
- **850nm near-infrared (NIR) therapy:** 850nm light penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.

Use the BioRecover every day for 10–20 minutes and see results in as little as three weeks. It is lightweight, folds up small, and supports multiple power options, making it perfect to take with you on the go. Enjoy performance recovery and pain relief anytime, anywhere!

### Redefine wellness and beauty and experience the transformative power of the Lifepro BioRecover:

- **Alleviate pain:** reduces muscle, joint, and chronic arthritis pain.
- **Reduce inflammation:** promotes healing and boosts circulation.
- **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.

Check out the information in this manual for ways to get started using the BioRecover. Next, be sure to visit our website [biorecover.lifeprofitness.com](https://biorecover.lifeprofitness.com) for access to our **FREE library of videos** which demonstrate how to easily incorporate the BioRecover into your health and wellness routine.

# BIORECOVER

LIGHT THERAPY KNEE BRACE

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro BioRecover Light Therapy Knee Brace
- Remote Control and Cable
- DC USB Power Adapter
- AC Power Adapter
- User Manual

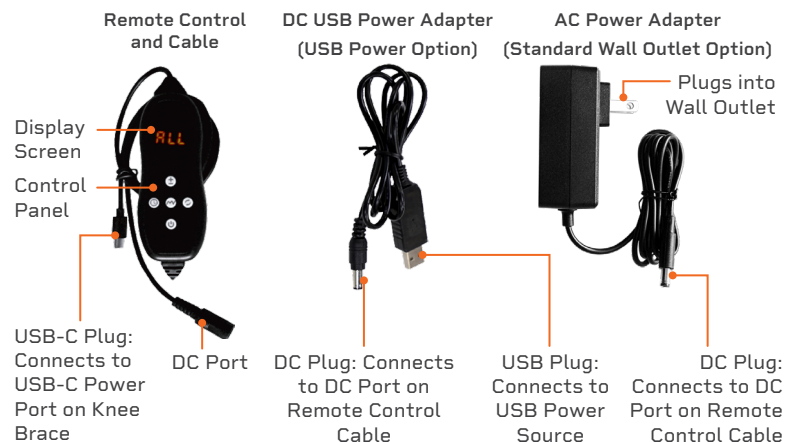
### FIRST STEPS

1. Remove the BioRecover from the shipping box and remove all packaging from the device and accessories. Inspect the device and accessories for shipping damage.
2. Carefully read all safety warnings and operating instructions before using the BioRecover.
3. Go to [warranty.lifeprofitness.com](http://warranty.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
4. Redeem your free gift! Follow the instruction card in the packaging and we'll send you a free Velcro® external battery pocket so you can run your BioRecover hands-free with a power bank (not included).
5. Complete the steps in the EASY-START SETUP GUIDE on page 10 to begin using the BioRecover.

### CUSTOMER SUPPORT

If you have any questions about setting up the BioRecover, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or [support@lifeprofitness.com](mailto:support@lifeprofitness.com).

## PARTS OF THE BIORECOVER



**NOTE:** See page 12 regarding use of the two power adapter options.

## TESTING FOR SKIN SENSITIVITY

**Before your first treatment**, it is important to perform a skin sensitivity test to ensure you won't experience any adverse reactions to light therapy.

To do a sensitivity test:

1. Hold the inside of the knee brace to your inner arm, with the LEDs against your skin.
2. Press the On/Pulse/Off button to turn on the BioRecover. The treatment program will begin automatically. Allow the treatment program to run for 5 minutes and then press the On/Pulse/Off button again to turn the BioRecover off.
3. If your skin feels uncomfortable or hot at any point during the test treatment, stop using the BioRecover immediately.
4. Some temporary redness and warmth is normal. If you have lasting or excessive redness, or the heat is uncomfortable, you may be sensitive to light therapy and you should not continue to use the BioRecover.
5. Wait at least 6 hours after the sensitivity test. If your skin becomes red and/or itchy, you may be sensitive to light therapy and you should not continue to use the BioRecover.

**NOTE:** Please see a list of contraindications (people who should not use this device) on page 18.

### WHAT IS PULSED LIGHT THERAPY?

Pulsed light therapy is phototherapy that uses rapid pulses of light to produce improved results. The light rapidly turns on and off at a particular frequency (for example 10 Hz). The frequency is a measure of the pause between one "on" time and the next. With 10 Hz pulsed light therapy, the light pulses on and off 10 times per second.

Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, meaning pulsed light has a greater effect on cell regeneration and recovery.

By default, the BioRecover uses continuous waves of light. When the BioRecover is ON, short press the On/Pulse/Off button once to turn on 10 Hz pulsed light therapy. The LED lights will emit rapid pulses of red and/or near-infrared light, depending on the mode selected.

## TIPS FOR USING THE BIORECOVER

- Place the BioRecover in position on your knee, or other area to be treated, before powering on the device.
- Turn off the BioRecover before removing it from the treatment area.
- Use the BioRecover over clean, bare skin for best results.
- While the BioRecover is primarily designed for use on the knee and elbow, it may also be used on the arms, legs, hands, or feet.
- Recommended treatment time for first-time users is 10 minutes per area.
- We recommend using the BioRecover no more than 20 minutes at a time. Wait at least 3 hours between treatment sessions.
- Check the treatment area frequently and stop immediately at the first sign of pain or discomfort.
- Monitor treated areas for several days after the initial treatment. If you feel discomfort or sensitivity, stop use or decrease treatment time (either the time per session or the number of sessions per day/week).
- People with sensitive skin or skin conditions that can be exacerbated by heat, such as eczema and rosacea, may want to use the device only for short durations.
- Disconnect the remote control cable, power adapter, and the optional external battery for storage or travel.

### ⚠ CAUTION

- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- Do not wear metal accessories, such as snaps, buttons, zippers, or jewelry, in the treatment area, as the metal may heat and cause burns.
- Do not use directly on swollen or inflamed skin or open wounds.
- Do not use the device over your eyes, head, or neck.
- Always wear the protective eyeglasses when using the BioHeal. Do not look directly into the LED lights without the protective eyeglasses, as this may result in damage to the eyes.
- Keep out of reach of children and pets.

## EASY-START SETUP GUIDE

### PREPARING TO USE THE BIORECOVER

1

- Remove any jewelry or accessories from the treatment area, as well as any heavy clothing, such as coats or shoes.
- Find a comfortable sofa or chair. You may also wish to grab a pillow to ensure your treatment session is comfortable.
- Place the brace in position on your knee or elbow.
- Use the velcro® straps to secure the knee brace. It should be snug, but not too tight.

### PERFORMING A SKIN SENSITIVITY TEST

2

Before your first treatment, it is important to perform a skin sensitivity test to ensure you won't experience any adverse reactions to red light therapy.

- Perform a skin sensitivity test. See TESTING FOR SKIN SENSITIVITY on page 8.

### ⚠ CAUTION

- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- Do not wear metal accessories, such as snaps, buttons, zippers, or jewelry, in the treatment area, as the metal may heat and cause burns. Metal accessories can also damage the LEDs.
- Do not use this device directly on swollen or inflamed areas of skin or open wounds.
- Do not use the device over your eyes, head, or neck.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.
- Keep out of reach of children and pets.

### CONNECTING THE BIORECOVER TO POWER

3

- Connect the remote control cable to the USB-C power port exiting the front of the knee brace.
- Connect the power adapter to the DC input at the end of the remote control cable.
- Plug the power adapter into a wall outlet.

### USING THE BIORECOVER

4

- Press the On/Pulse/Off button to turn on the BioRecover. The display will show the 10-minute default treatment time, and the default therapy program will begin: 660nm + 850nm therapy mode, with the lowest light intensity level (L0) and vibration off (S0).
- Adjust the light intensity level, vibration level, therapy mode, and working time, as desired.
  - Detailed settings instructions can be found starting on page 13.
  - First time users should limit their treatment to 10-15 minutes.
  - Treatment time should not exceed 20 minutes at a time. Wait at least 3 hours between treatment sessions.
- Press the On/Pulse/Off button a second time to turn on 10 Hz pulsed light therapy, if desired.
- The BioRecover turns off automatically when the set working time completes. Press the On/Pulse/Off button a third time to turn off the device before the working time completes, if desired.

**⚠ WARNING!** 10Hz pulsed-light therapy mode may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this device.

If you, or anyone in your household, experience symptoms while using this device, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device IMMEDIATELY and consult your physician.

## OPERATING INSTRUCTIONS

Please read the operating instructions before using the BioRecover Light Therapy Knee Brace. Keep this manual for reference.

### POWERING THE BIORECOVER WITH THE WALL ADAPTER

1. Connect the USB-C end of the remote control cable to the USB-C power port exiting the front of the knee brace.
2. Connect the DC plug of the power adapter to the DC port of the remote control cable.
3. Plug the power adapter into a standard wall outlet.

⚠ **WARNING:** Only use the BioRecover with the included standard wall outlet (AC) power adapter.

### POWERING THE BIORECOVER WITH THE USB ADAPTER

1. Connect the USB-C end of the remote control cable to the USB-C power port exiting the front of the knee brace.
2. Connect the DC plug of the USB adapter cable to the DC port of the remote control cable.
3. Plug the standard USB end of the adapter cable into a USB device, such as a laptop or computer. Alternately, you may plug the USB connector into a standard mobile phone USB charging adapter (5V-1A or 5V-2A) and then plug the adapter into a wall outlet.

⚠ **WARNING:** The BioRecover cannot be used with a 12V USB charging adapter.

### POWERING THE BIORECOVER WITH AN EXTERNAL BATTERY

You can make your BioRecover portable and travel friendly by using an external 5V battery (not included), also called a power bank. You may purchase a 15,000mAh power bank from our website [lifeprofitfitness.com](http://lifeprofitfitness.com). To power the BioRecover with an external battery:

To power the BioRecover with an external battery:

1. Connect the USB-C end of the remote control cable to the USB-C

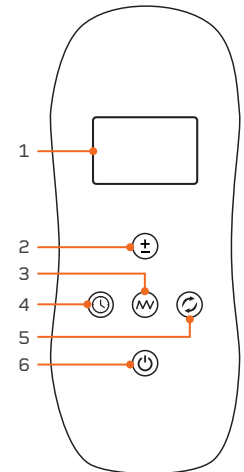
power port exiting the front of the knee brace.

2. Connect the DC plug of the USB adapter cable to the DC port of the remote control cable.
3. Plug the standard USB end of the adapter cable into the external battery pack.

**GET YOUR FREE GIFT!** Follow the instruction card in the packaging to receive your free Velcro® external battery pocket, so you can use the BioRecover hands-free!

### USING THE CONTROL PANEL

1. **Display Window:** Shows the current working time, intensity, or mode.
2. **Intensity/Brightness Button:** Press to adjust the light intensity level from L0-L4. The lowest light intensity, L0, is the default.
3. **Vibration Button:** Press to adjust the vibration level from S0-S5. The default vibration setting is S0 (vibration off).
4. **Time Button:** Press to set the time duration from 5-30 minutes, in 5-minute increments. The default time is 10 minutes.
5. **Mode Button:** Press to toggle through the three modes, 660, 850, and ALL. 660 mode is 660nm red light therapy, 850 mode is 850nm near-infrared therapy, and ALL mode is 660nm + 850nm therapy). The default mode is ALL.
6. **On/Pulse/Off Button:** Press once to turn on the device. Press a second time to turn on 10 Hz pulsed light therapy. Press a third time to turn off the device.





### USING THE BIORECOVER LIGHT THERAPY KNEE BRACE

1. Place the knee brace in position on the front of your knee with the LEDs touching your skin. Use the Velcro® straps to secure the knee brace. It should be snug, but not too tight.
2. Connect the BioRecover to a power source (see page 12). The display screen will light up and the display will show "OFF".
3. Press the **On/Pulse/Off button** on the remote control to turn on the BioRecover. The display will show the 10-minute default treatment time, and the default therapy program will begin automatically: 660nm + 850nm therapy mode, 10-minute working time, at the lowest light intensity level (L0), with vibration off (S0).
4. Press the **Mode button** to change the light therapy mode, if desired. Press the button once to select red light mode (660nm), press twice for near-infrared mode (850nm), and press three times to return to the default mode "ALL", red light + near-infrared (660+850nm). You may change the mode at any time.
5. Press the **On/Pulse/Off button** to turn on 10 Hz pulsed light therapy, if desired. The LEDs will pulse, or flash, on and off in a cycle. "10Hz" will show in the display window.
6. Press the **Intensity button** to change the light intensity level, if desired. You may adjust the light intensity levels from L0–L4. Press once for L1, press twice for L2, and so on. Your selection appears in the display window. You may adjust the intensity at any time.
7. Press the **Vibration button** to change the vibration setting, if desired. You may select from five vibration levels, S1–S5, and off, S0. Press once for S1, twice for S2, and so on. Your selection appears in the display window. You may adjust the vibration level at any time.
8. Press the **Time button** to change the treatment time, if desired. You may adjust the treatment session duration from 5–30 minutes, in five-minute increments. We recommend limiting your treatment time to 20 minutes. Your selection appears in the display window and can be adjusted at any time.
9. Press the **On/Pulse/Off button** a third time to stop the treatment session at any time. The BioRecover will automatically shut down when the set time duration is complete. Simply press the

**On/Pulse/Off button** again if you wish to power the device on again to continue using.

10. Always power off and unplug the device after each use and before removing the BioRecover knee brace.
11. Remove the knee brace and allow it to cool before cleaning or storing.

### DETERMINING TREATMENT FREQUENCY AND DURATION

| ISSUE/<br>SEVERITY              | ACUTE                                 | CHRONIC                               | MAINTENANCE                            |
|---------------------------------|---------------------------------------|---------------------------------------|----------------------------------------|
| <b>Frequency</b><br>(How Often) | 1–2 times daily<br>(per treated area) | 1–3 times daily<br>(per treated area) | 2–4 times weekly<br>(per treated area) |
| <b>Duration</b><br>(How Long)   | 15–20 minutes<br>(per treated area)   | 10–20 minutes<br>(per treated area)   | 5–15 minutes<br>(per treated area)     |

**NOTE:** Do not use continuously for more than 20 minutes, and wait at least 3 hours between sessions in each treated area.

### CHOOSING A MODE

Red light mode (660nm) is best for skin health and has anti-aging properties. Near-infrared light mode (850nm) is stronger and best for decreasing inflammation and repairing deeper tissues, such as muscles and joints. Red + near-infrared light mode (660nm + 850nm) combines the benefits of the first two modes.

### CHOOSING AN INTENSITY

Five different intensity settings allow you to choose the right setting for your particular need. Each of the five settings offers a different power (in Watts) to help reduce inflammation, increase blood flow, and relieve pain. If the heat is too intense, try reducing the intensity level.

| INTENSITY<br>LEVEL | POWER<br>(WATTS) | AVERAGE TEMP<br>PRODUCED<br>BY 20-MIN<br>TREATMENT |
|--------------------|------------------|----------------------------------------------------|
| <b>L0</b>          | 2.1W             | 96.8° F                                            |
| <b>L1</b>          | 3.9 W            | 103.3° F                                           |
| <b>L2</b>          | 5.8 W            | 105.4° F                                           |
| <b>L3</b>          | 7.7 W            | 109.0° F                                           |
| <b>L4</b>          | 10.0 W           | 116.4° F                                           |



# TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the BioRecover Light Therapy Knee Brace using the table below.

Please contact a customer support representative for additional assistance at: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (800) 563-6604. Please do not attempt to repair the knee brace.

| ISSUE                                   | POSSIBLE REASON                                            | HOW TO RESOLVE                                                                                                                                                                                                          |
|-----------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DEVICE IS NOT WORKING</b>            | Device is not plugged in.                                  | Connect the remote control cable to the knee brace. Connect the power adapter or USB power cable to the remote control cable. Plug the power adapter into a wall outlet or the USB power cable into a USB power source. |
|                                         | Device is not turned on.                                   | Press the On/Pulse/Off button to turn on the BioRecover.                                                                                                                                                                |
| <b>DEVICE STOPPED WORKING SUDDENLY</b>  | Device automatically shuts off after the set working time. | Turn the BioRecover on to begin a new treatment session.                                                                                                                                                                |
| <b>INTENSITY IS TOO HIGH OR TOO LOW</b> | The light intensity selected is not optimal.               | Choose a different intensity from the five options, L0–L4.                                                                                                                                                              |
| <b>PULSED LIGHT THERAPY IS NOT ON</b>   | 10 Hz pulsed light therapy is not selected.                | Press the On/Pulse/Off button once to turn on the device. Press a second time to turn on 10 Hz pulsed light therapy.                                                                                                    |

# FCC STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



## SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

**Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.**

### CONTRAINDICATIONS

- Do not use this product over open or bleeding wounds. Do not use over swollen or inflamed skin.
- Do not use this product if you are, suspect you may be, or are planning to become pregnant; or if you are, or plan to begin, breastfeeding.
- Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
- Consult your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition.
  - Take steroid medication, use a topical steroid, or receive steroid injections.
  - Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
  - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
  - Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.
  - Use products that may cause photosensitivity, such as citrus essential oils, St. John's Wart, antibacterial soap, and coal tar and petroleum products.
  - Are or may be sensitive to red light or near-infrared light.

### DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute.

- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper setup, or inadequate or incorrect maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

### ⚠ WARNING

**To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:**

- Only use the provided power adapter and USB power cable at the specified voltage to power the device. Using power adapters or cables other than the ones provided may result in fire or explosion.
- Do not use the provided power adapter or USB power cable to power other devices.
- Do not modify, tamper with, or damage the power adapter or USB cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or USB cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- Keep away from liquids. Do not use outdoors, in high-moisture environments or in any place where the device may become wet or damp. Do not immerse in water. If the device becomes wet, do not use.
- Do not touch the device, power adapter or USB cable with wet hands.
- Do not use the device over wet skin or clothing.

- Do not use outdoors. Do not use during electrical storms.
- Keep sharp objects away from the device, accessories, and power cables.
- Do not use the power adapter or USB cable with an extension cord.
- Never leave the device unattended while running or plugged in. Unplug the device after use.
- 10Hz pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device IMMEDIATELY and consult your physician.
- Stop using the product immediately if you feel pain or discomfort.
- Do not operate the device while sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult-use only. Keep away from children and pets.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

#### **⚠ CAUTION**

##### **To reduce the risk of minor or moderate injury, or damage to the product:**

- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- Do not wear metal accessories, such as snaps, buttons, zippers, or jewelry, in the treatment area as the metal may heat and cause burns. Metal accessories can also damage the LEDs.
- Do not use this device directly on swollen or inflamed areas of skin or open wounds.
- Do not use the device over the eyes, head, or neck.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.
- Do not stop your traditional pain treatment without first discussing with your physician (some medications may have withdrawal side effects) and experiencing long-term relief.
- Keep away from long hair to avoid getting it caught in the Velcro®.

## **CLEANING AND STORAGE**

**⚠ WARNING!** Do not allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids

- Use only over clean clothing or skin to keep the device clean.
- Turn off, unplug, and allow the device to cool down before cleaning or storing.
- Wipe the device with a soft, slightly damp cloth after each use. If needed, you may wipe the device with an alcohol-based wipe. Allow the device to completely dry before using again.
- Do not use soap, detergent, or abrasive, corrosive, solvent, or chemical cleaners or harsh detergents to clean the device.
- Do not wash the device in a washing machine.
- If debris or hair gets caught in the Velcro® hook and loop fasteners, use a toothpick to remove.
- Store the device in a cool, dry, indoor location.
- Do not store other objects on top of the device. Store in the original box to prevent damage to the LEDs.
- Do not attempt to disassemble or repair the device; contains no user-serviceable parts.

#### **NOTICE**

- Excessive force or weight applied to the device can crush or damage it.
- Do not wrap the charging cable around the device to avoid damaging it.
- Do not sharply fold the device as this can damage the LEDs.
- Keep away from sharp objects that could damage the device or LEDs. Never use pins or other metallic fasteners with this device. Never wear clothing or accessories with zippers, buttons, or snaps in the treatment area.
- Do not insert objects into USB-C port.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of device and all accessories according to state and federal regulations.
- The device will automatically power off after the set working time. Do not use continuously for more than 20 minutes, and wait at least 3 hours between treatment sessions.

## FREQUENTLY ASKED QUESTIONS

### Q: WHAT IS RED LIGHT THERAPY

A: Red light therapy (RLT), also called phototherapy, is a therapy that uses low wavelength red light to treat at the surface and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use the red light to make energy, which stimulates cell regeneration and repair.

Red light therapy is a highly-effective non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body.

### Q: WHAT IS THE DIFFERENCE BETWEEN RED LIGHT AND NEAR-INFRARED LIGHT THERAPY?

A: Both red and near-infrared light are wavelengths on the electromagnetic spectrum. Red light wavelengths, 600–700 nm (nanometers), are absorbed by the skin at a high rate. Near-infrared (NIR) wavelengths, 760–1400 nm (nanometers), are higher on the electromagnetic spectrum and not visible to the human eye. The human body easily absorbs near-infrared waves up, to 1.5 inches into muscle, fat, and joints.

Mode 1, red + near-infrared therapy mode, uses 660nm and 850nm wavelengths of light at the same time. It treats the surface of the skin and below the skin simultaneously.

Mode 2, red light therapy mode, uses 660nm red light which is a wavelength that is easily absorbable by the skin, making it especially effective for improving blood circulation and the overall appearance of skin.

Mode 3, near-infrared (NIR) therapy mode, uses 850nm light, which is a wavelength that penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.

### Q: WHAT ARE THE BENEFITS OF RED LIGHT AND NEAR-INFRARED (NIR) LIGHT THERAPY

A: The benefits of red light therapy and near-infrared (NIR) therapy are very similar, though red light therapy treats cells at the surface of the skin and near-infrared therapy treats cells up to 1.5 inches below the surface of the skin (your muscles, fat, joints, organs, etc.). The benefits of red light and near-infrared (NIR) therapy include:

- Energize the lymphatic system, aiding in detoxification.

- Improve skin appearance, including sun damage, scars (including acne scars), burns, cellulite, fine lines and wrinkles,
- Stimulate collagen and elastin production and cell regeneration, thus improving blood circulation to the skin and the overall appearance of the skin, including reduced cellulite.
- Decrease pain, inflammation and stiffness in joints, muscles, and connective tissues.
- Reduce symptoms of chronic pain disorders such as tendinitis, arthritis, rheumatoid arthritis, and fibromyalgia.
- Boost immune system.
- Reduce symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- Improve sleep quality and improve mental clarity and focus.
- Reduce cortisol and increases serotonin, reducing stress and depression.
- Promote faster recovery post-workout.

### Q: WHAT IS PULSED LIGHT THERAPY?

A: Pulsed light therapy is phototherapy that uses rapid pulses of light to produce improved results. The light rapidly turns on and off at a particular frequency (for example 10 Hz). The frequency is a measure of the pause between one "on" time and the next. With 10 Hz pulsed light therapy, the light pulses on and off 10 times per second. Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, meaning pulsed light has a greater effect on cell regeneration and recovery.

By default, the BioRecover uses continuous waves of light. When the BioRecover is on, press the On/Pulse/Off button once to turn on 10 Hz pulsed light therapy. The LED lights will emit rapid pulses of red and/or near-infrared light, depending on the mode selected.

### Q: WHERE CAN I USE THE BIORECOVER LIGHT THERAPY KNEE BRACE?

A: While the BioRecover is designed primarily for use on the knee or elbow, it can be used on the arms, legs, feet, and hands.

Never use the BioRecover on your head or neck, or over your eyes, as the lights can damage your eyes. If you want to safely experience the benefits of phototherapy on your face, check out the BioHeal Red Light Therapy Panel at the end of this manual.

**Q: HOW OFTEN CAN I USE THE BIORECOVER?**

A: The recommended treatment time for beginners is 10–15 minutes per area. After you have grown accustomed to red light therapy—over a period of several weeks—we recommend 20-minute treatment sessions with your BioRecover for optimal results. We recommend using the BioRecover 3–7 times per week, depending on your wellness goals. We recommend using the BioRecover no more than 20 minutes at a time. Wait at least 3 hours between treatment sessions.

**Q: SHOULD I WEAR CLOTHING OVER THE TREATMENT AREA?**

A: For red light therapy to work most effectively, it is best to wear the BioRecover directly against your skin. However, you may use the BioRecover over light cotton clothing, if desired.

**Q: HOW DO I CLEAN THE BIORECOVER?**

A: Make sure to turn off, unplug, and allow the BioRecover to cool down before cleaning. Wipe down the inside of the BioRecover knee brace with a soft, dry cloth after each use. **WARNING!** Never allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents. Do not wash the device in a washing machine.

We recommend washing your hands and the treatment area thoroughly before use to help keep the knee brace clean.

**Q: HOW SHOULD I STORE THE BIORECOVER?**

A: Always store the BioRecover in its box to prevent damage to the LED lights and knee brace. Make sure to disconnect the remote control and power cable before storing the BioRecover in its box.

Store the device in a cool, dry location. Do not store close to the ground, walls, or roof. Do not store other objects on top of the knee brace as the device could be crushed or damaged.

**Q: WHO SHOULD NOT USE THE BIORECOVER?**

A: Please see the list of contraindications on page 18 for a list of people who should not use this device. We recommend everyone perform a skin sensitivity test before using this device.



## LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If the BioRecover ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the BioRecover cannot be repaired, we'll replace it—free of charge. Register the BioRecover at [warranty.lifeprofitness.com](https://warranty.lifeprofitness.com) to activate your warranty within 14 days of purchase.

# PRODUCT SPECIFICATIONS

## UNIT SPECS

|                                         |
|-----------------------------------------|
| Size: 30.31" L x 10.5" W                |
| Velcro Strap Length: 35.40" L x 1.97" W |
| Net Weight: 0.4 lbs.                    |
| Power: 10W                              |
| Voltage: DC 12V-2A                      |
| Total LED Chips: 60                     |
| 1 each 660nm: 60 LEDs Total             |
| 2 each 850nm: 120 LEDs Total            |
| Irradiance (LED Density):               |
| At the Surface: >1.34 W/in <sup>2</sup> |
| From 1in Away: >0.35 W/in <sup>2</sup>  |
| LED Wavelength:                         |
| Red: 660nm   Infrared: 850nm            |
| LED Life Expectancy: 50,000 hrs         |
| Operating Temperature: 32-104° F        |
| Auto Timer: 5-30 minutes                |
| External Battery: Supported             |
| Certifications: FC, FDA, CE, RoHS       |
| Material: Neoprene                      |

WELLNESS RECOVERY  
**BIORECOVER**  
LIGHT THERAPY KNEE BRACE

## STANDARD WALL POWER ADAPTER

Rated Input: AC 100-240 V ~50/60 Hz  
Rated Output: DC 12V

## USB POWER ADAPTER\*

Rated Input: DC 5V-3A  
Rated Output: DC 12V-2A  
\*Can be used with a standard mobile phone 5V-1A or 5V-2A USB charging adapter. CANNOT be used with a 12V USB charging adapter.

## EXTERNAL BATTERY†

Rated Input: DC 5V-3A  
Rated Output: DC 5V  
†Not included; sold separately from the Lifepro website.

MADE IN CHINA

FROM OUR WELLNESS RECOVERY COLLECTION

# BIOHEAL

RED LIGHT THERAPY PANEL

Use the Lifepro BioHeal Red Light Therapy Panel in conjunction with the RejuvaWrap add the benefits of red light therapy to your wellness program. With the BioHeal, you can experience the therapeutic benefits of red light therapy from the comfort of your own home—no need for expensive trips to the spa or doctor's office. Red light therapy provides a wide variety of benefits, including enhanced muscle growth and tone, pain relief, and accelerated workout recovery.

Together, red (660nm) and near-infrared (850nm) light treat both the surface of the skin and deep below the surface, helping cells make additional energy to repair themselves, improving skin health, and providing anti-aging and increased muscle tone and fat loss. The BioHeal also improves blood flow, sleep quality, mental clarity, and focus. The BioHeal comes with two pairs of protective eyeglasses, so you can safely treat your face or head.

The BioHeal therapy panel has 60 LEDs and multiple hanging options so that you may effectively target and treat any area of the body. It offers customizable treatment options for your wellness recovery, including pulsed red light therapy and adjustable treatment time from 1-30 minutes. Three modes, (1) red + near-infrared, (2) red light, and (3) near-infrared light, allow you to choose the perfect settings for each treatment session.



## BIOHEAL BENEFITS

- Boost muscle growth and tone
- Speed up recovery
- Reduce joint pain and stiffness
- Boost blood flow
- Rejuvenate skin
- Lose fat and inches around the waist
- Reduce inflammation



Access Lifepro TV, our library of free personal training videos on the web at [biorecover.lifeprofitfitness.com](http://biorecover.lifeprofitfitness.com) to learn how to get the most out of your Lifepro® BioRecover and achieve the results you want.



**YOU'VE  
GOT  
THIS**

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