



Red Light & Infrared Therapy pad User Manual



US11412RIRBK/US11412RIRBE

Before using the product, please read this user manual first

1. Product Structure (Accessories)



Functions of the Accessories

How to Connect



Please use the adapter we provide or the adapter with 12V 2A output

- Using with adapter

Insert the port of the provided adapter into the port at the larger end of the controller



Plug the other port of the controller into the DC port of the product



Plug the adapter into the socket at home



When the power is turned on, a blue indicator light will light up on the adapter



- Using with power bank (Power bank not included)



Please use USB cable we provide or one with features of USB to DC and 5V to 12V

Insert the DC port of the provided USB cable into the port at the larger end of the controller



Plug the other port of the controller into the DC port of the product



Insert the USB port into the power bank output port



When the power is turned on, a green indicator light will light up on the USB port



- Without a controller, it can be directly linked to products through adapters or USB cables



When the power supply is turned on, the LED on the product will light up immediately, and there is no switch for on/off. Unplug or turn off the power, and the LED will turn off immediately

Without timing function, if there is no connection to the controller, the working mode is equivalent to P5-speed of the controller.

About controller



The pulse mode of the controller has memory function. If you have used pulse mode last time, the next time you turn on the controller, it will also be pulse mode.

- When the power is turned on, the word "power" will be displayed at the bottom of the controller screen



- Press the ON/OFF key for about 3 seconds to turn on or off the LED working mode, and the word "work" will be displayed at the bottom of the controller screen when working
- The default power of the controller is set to P1, and the timing is 30 minutes





Please choose the appropriate temperature. If you feel overheated, please lower the temperature or stop using it

Level	Temperature
P1	About 34.8°C
P2	About 36.3°C
P3	About 38.1°C
P4	About 41.2°C
P5	About 44.3°C

- The data showed in the above table are the test results acquired at room temperature of 25 degrees Celsius, which may be different from the actual situation.
- The TEMP "+" "-" key on the left side of the controller indicates the adjustment of power. We have set up five speed modes altogether. Click the "+" key to increase the power, and you will feel the increase of temperature. Select the physiotherapy power that suits you. Click the "-" key to reduce the power.

- The TIME "+" "-" key on the right side of the controller can time the physiotherapy. We have set a total of 9 timing periods, from 10 minutes to 90 minutes, and every time you press the "+" key, it will increase by 10 minutes.
- Press the ON/OFF key for a short time to enter the pulse mode. We set two modes of pulses, 10 Hz and 40 Hz. By pressing briefly for the first time, the pulse mode is set to 10 Hz, the second time, 40 Hz, while the third time, the pulse mode is switched off and the long bright mode resumes.
- Pulse mode has a memory function. If the pulse mode is used for the last time, the default mode will still be the pulse mode the next time when it is switched on
- On pulse mode, you can also set temperature and timing time

The role of cushion zipper



If you are not familiar with the circuit, try not to take out the lamp board, so as to avoid damage to the wire interface.

- The LED light board of our physiotherapy cushion can be taken out through the zipper

- When unzipped, pull out the clasp between the wires first, and then carefully take out the lamp board



- After the lamp board is taken out, the cloth cushion can be wiped or cleaned
- Make sure the wire interface is dry after the cloth is dried. Connect the buckle first and then test whether the lamp board can be lit. If it can be lit, put the lamp plate flat into the cloth cushion

2. Product Principles

- 660nm red light (Visible light)

Red light is a visible red light. It can penetrate the epidermis of skin and be absorbed by mitochondrial photosensitive chromophore factors in dermis cells, resulting in biochemical reactions. Mitochondria are a structure in cells and the engine of cell metabolism. After absorbing high-energy red light, mitochondria are more active and release more adenosine triphosphates (ATP). This is the energy form of cells. It promotes cell metabolism, generating more nitric oxide, catalase, protein and other substances, which promote cell regeneration. Cell metabolism can accelerate wound healing, repair damaged skin and resist inflammation.

- 850nm near infrared (Invisible light)

Near infrared ray is a kind of light invisible to naked eyes. It penetrates more deeply than the red light, and it can reach the subcutaneous tissue and muscle with blood vessels. It can produce thermal effect on the muscles and subcutaneous tissue of the irradiated site. The thermal effect can accelerate blood circulation, increase metabolism, relieve pain, relax muscle tension, and help you feel less tired and worn out.

- Pulse mode frequencies: 40 Hz and 10Hz



Do not use the product if you suffer from epilepsy or neurological disease

For pulse mode, the buffer time is created for cells and tissues through the on and off operations of LED. Cells, molecules or material particles are resonated to activate body fluid and endocrine functions, allowing the damaged cells to heal more quickly.

10 Hz is mainly used to relieve pain faster.

40 Hz is mainly used to speed up accelerate cell healing

3. Product Features

1. Where it can use





2. What it can do



Relieve waist pain



Relieve stiffness of waist muscles and fatigue



Enhance blood circulation



Anti-inflammatory



Speed up wound healing

4. How to use

- Test for light sensitivity first

If you are the first time using light therapy, please do a skin sensitivity test first. Turn on the light first and expose the skin of your hand to the light, then turn off the light after two minutes and observe the part the light hits for the next five minutes. If any redness or rash reaction is found, stop using the product .

- Before phototherapy, it is advisable to drink some water for replenishment
- Wrap the belt around your waist or any part of your body desired for therapy. The belt should be worn close to the skin rather than being put on any clothes
- The LED treatment board is positioned towards where you need it
- Adjust hook-and-loop fastener for the comfort of physiotherapy site
- Connect the controller and plug the adapter into the power supply
- Press long to switch on the controller and set the required working mode, power and timing
- The LED and screen of the controller automatically turn off when the time is up.
- A minimum of 10-20 minutes should be maintained between two physiotherapeies

5. Recommendation for Use

Skin contact: To ensure the best therapeutic effect, we recommend that the light be directly irradiated on the skin, as clothing will block the light

Temperature: Use the controller to set to the appropriate temperature according to your own needs. If you feel overheated, please lower the temperature or stop using it

Duration: It is recommended to use our product to each part for 10-30 minutes each time.

Timing: There are 9 timing periods that can be set from 10 minutes to 90 minutes, and the interval between each timing period is 10 minutes

Frequency: 1-2 times a day until you feel the effect

Persistence: Since it is non-drug physiotherapy, you are advised to use it many times a week for at least 6 weeks. This is non-drug therapy which needs to be kept up several times a week and

Non-medical: This product is not a medical device and is not designed to treat any disease. The effectiveness may vary for different individuals with different frequency of use

Doctor's diagnosis: If you feel you are sick, please contact your doctor for professional advice.

6. Product specification

Model	US11412RIRBK/US11412RIRBE
Product Size	51*7.1inch
Material	SBR+EVA
Wavelength	660nm:850nm = 3 :2
Power Input	12V 2A
Irradiance	P1: R10mW/cm ² IR15mW/cm ²
	P2: R15mW/cm ² IR20mW/cm ²
	P3: R20mW/cm ² IR30mW/cm ²
	P4: R25mW/cm ² IR35mW/cm ²
	P5: R30mW/cm ² IR42mW/cm ²

7. Important Safeguards



Do not look directly at the light



Do not over fold or deform the LED board



The LED board can not be washed



Do not use alcohol, spray aerosols or strong solvents on the product



Do not use the product where there is moisture



Do not use the product near fire



Please do not continue to use the product if it overheats



Not to be used by children under 13 and pregnant women



Keep out of the reach of children



Do not use the product if you have light-sensitive skin or are currently taking medications that may cause skin sensitivity



Do not use the product if you are epilepsy, or individuals with active cancer



Do not use the product if you are allergic to neoprene



For any medical concerns, please contact your doctor first

8. How to clean

- Clean the the surface of cloth regularly,with damp wipe or tissue
- Unplug the wire interface of the LED lamp board , take out the lamp board, and the cloth cushion can be washed with water. When installing the lamp board, make sure that the port and wire interface are dry. (To minimize damage, it is not recommended to do this frequently.)

9. Troubleshooting

LED does not light up

- Keep out of the reach of children
- Make sure the product is powered on

LED does not light up during use

- Make sure whether it has worked for over the timing you set. The product has been set to be automatically turned off according to the time you set after it starts
- Ensure that it remains powered on

Checking the adapter or power bank output

- Please use an adapter with 12V-2A output or power bank with 5V-2A output
- Do not use an adapter with an output over than 12V-2A, or the LED may be burnt out

LED light bead

- If one or two light beads do not light up, they may have been burnt out or it may be caused by poor contact due to bending, which cannot be repaired but would not affect the use effect

10. Warranty

- One year warranty counting from the day you confirm receipt
- Damaged or abused products or normal wear are not covered by this warranty and will be charged at regular repair rates
- Any attempt to repair the product yourself will void the warranty.
- Please keep the manual. If you have any questions about our products, please contact us through email: service@usuie.com