

# LED HAND PAIN RELIEF MITTEN

Item No. 210331

## User Guide

Thank you for purchasing the LED Hand Pain Relief Mitten. Please read this manual thoroughly before operating this device.

## CHARGING THE DEVICE

Your device may come with a charge. If so, fully deplete the battery before the next charge. Otherwise, before your first treatment, fully charge for 2-4 hours. The power indicator light on the control panel will turn green while charging and will go out when the battery is fully charged.

## Usage Instructions

### 1. Prep:

- Wash and dry your hand[s] to start with clean skin, free of any light-blocking ingredients.

### 2. Power:

- Insert the USB plug from the pad into the provided USB power supply.
- Plug the USB power supply into an electrical outlet.
- Press the On/Off button to start the device. Slide your hand into the opening in the device. **[Note: All settings are pre-configured at the factory].**

### 3. Relax:

- Leave your hand in the device for the full 30-minute treatment. The device will auto shut-off.
- You can also manually turn off the device by pressing the On/Off button to stop the device. **[Note: all settings are pre-configured at the factory].**

### 4. Repeat:

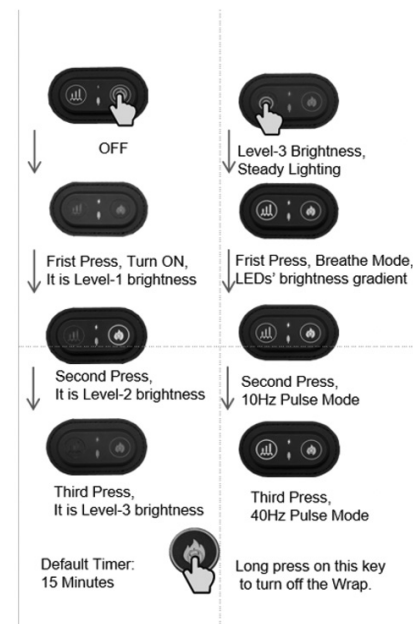
- If desired, move the device to the other hand and repeat the steps above.
- The device may be used multiple times per day.

**NOTE:** You can only see the red LEDs; the other LEDs are in the infrared light spectrum and can't be seen with the human eye.

## LIGHT SENSITIVITY TEST

**Test yourself for light sensitivity before starting your treatment**

1. Power on the device.
2. Place the device on or within 1/4" of the skin on your forearm for 3 minutes.
3. After 3 minutes, check the area. If the area has turned red and remains so for more than 2 hours, your skin is light sensitive.
4. If sensitivity occurs, discontinue use and contact Customer Service.



## Results

Optimal results are achieved with regular use. Depending on the nature of your pain, relief may require multiple treatments. For maximum results, use up to 3 times per day, per area. Do not exceed the recommended number of treatments.

## Use

- The relaxation of muscles and relief of muscle spasms
- Relief of muscle and joint aches, pains, and stiffness
- Relief of minor pain and stiffness associated with arthritis
- Temporarily increasing local blood circulation

## WARNING

- Do not wash electrical parts with water.
- Do not touch the plug or device with wet hands.
- Do not touch the unit to wet skin.
- Do not use if the cord or plug appears to be damaged.
- Do not use if the unit has been dropped, damaged, left outdoors, or dropped into water.
- Do not pull, lift, or carry the unit by the power cord.
- Do not use the cord as a handle, close a door on the cord, or pull the cord against sharp edges or corners.
- Do not use near heated surfaces.
- Do not operate the unit in areas where flammable or combustible products or vapors may be present.
- Do not allow children to use the unit. This is not a toy.
- Do not leave small children unattended close to the unit.
- Not to be used by disabled, sleeping, or unconscious persons.
- Do not use on an open wound, as heat may increase circulation and cause bleeding.
- This product contains neoprene. If you are allergic to neoprene, do not use this product without consulting a physician.
- Do not use with liniments, salves, or ointments that contain heat-producing ingredients, as a skin burn could result.

**Medications:** Individuals using aspirin, ibuprofen, and other similar drugs for pain management or individuals with skin conditions may experience a mild “flare-up” of their symptoms and should stop using the device and consult their doctors.

- Read all instructions and safety precautions before use.
- Do not use on infants.
- If you experience discomfort or have a concern about its use, stop use immediately and contact your doctor.
- Use indoors only.
- Use only the supplied power supply.
- Unplug from the outlet when not in use to avoid tripping hazards.
- Do not unplug by pulling the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.
- Do not exceed 30 minutes of use in one therapy session.

## SPECIFICATIONS

- **Power Supply:** Only use supplied USB Power Supply.
- **Settings:** The device includes an on/off switch; all settings are set at the factory.
- **Operating Temperature:** 0° C to +27° C [32° F - 80° F]
- **Relative Humidity:** 85%
- **Storage Temperature Range:** -30° C to +55° C [-22° F to +130° F]
- **Wavelengths:** Infrared LED 880nm, Red LED 660nm
- **Electrical Ratings:** AC to USB Adapter; Input 100-240V, 50/60Hz 0.1 A. Output: 5.0V 1000mA

## CLEANING INSTRUCTIONS

- Clean LEDs monthly with rubbing alcohol and a cotton cloth.
- Allow the system to cool before applying rubbing alcohol.
- **DO NOT** pour alcohol on the unit. Pour a small amount on the cloth.
- Allow alcohol to dry before use.

## FREQUENTLY ASKED QUESTIONS

- **Positive Results:** You may feel better or experience positive results after your first treatment. Some individuals may need treatment over days or weeks before noticing results.
- **Pain and Stiffness Relief:** The LED Hand Pain Relief Mitten is designed to ease the pain, swelling, and stiffness that affect many individuals' hands. It is especially effective for pain and stiffness associated with arthritis.
- **LEDs Mechanism:** The LEDs penetrate deep into the tissue, increasing circulation which in turn eases pain, accelerates healing, and repairs damaged tissue.
- **Safety:** Yes, the LED Hand Pain Relief Mitten is all-natural, non-invasive, and has no side effects.

## DISCLAIMER

This product is not intended to diagnose, cure, or prevent disease. No claims, representations, or warranties regarding the ability of this product to cure any physical, skin, or mental conditions have been made. A qualified health professional should be consulted with regard to any condition requiring medical attention.

## WARRANTY AND CUSTOMER SERVICE

This item from SharperImage.com includes a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call our Customer Service department at 1 [877] 210-3449. Customer Service agents are available Monday through Friday, 9:00 a.m. to 6:00 p.m. ET.

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