Chattanooga Corp. 1032

Chattanooga TheraTherm Digital Moist Heating Pad Instruction Manual

Model: 1032 | Standard 14x27 inch

Introduction

Thank you for choosing the Chattanooga TheraTherm Digital Moist Heating Pad. This device is designed to provide temporary relief from muscle aches, joint stiffness, and other localized discomfort through moist heat therapy. Please read this manual thoroughly before operating the device to ensure safe and effective use.



Image: Front view of the Chattanooga TheraTherm Digital Moist Heating Pad packaging, showing the product name and a model using the pad.

Safety Information

WARNING: To reduce the risk of burns, electric shock, fire, and injury, this product must be used in accordance with the following instructions.

- Avoid contact with liquids. Do not immerse the heating pad or control unit in water or any other liquid.
- Do not use while sleeping. This device is not intended for use by individuals who are asleep or unconscious.
- Do not use on bare skin. Always use the heating pad with its cover or a layer of clothing between the pad and your skin.
- Always select the appropriate heat setting and place the pad correctly on the desired area. Prolonged use at high temperatures may cause burns.
- Do not use on infants, individuals with sensitive skin, or those who are unable to remove the pad themselves.
- Inspect the heating pad and cord regularly for any signs of wear or damage. Discontinue use if damaged.
- Do not use pins or other metallic objects to fasten the heating pad.
- Do not fold or crease the heating pad sharply during use.
- Unplug the device from the power outlet when not in use.

Indications for Use

The TheraTherm Digital Moist Heating Pad is indicated for temporary relief of:

- Muscle aches

- Joint stiffness
- Other localized discomfort

Setup

1. **Unpack the Device:** Carefully remove the heating pad and its controller from the packaging. Retain packaging for storage or future transport.
2. **Inspect for Damage:** Before first use, visually inspect the heating pad, power cord, and controller for any signs of damage or wear. Do not use if any damage is observed.
3. **Prepare the Pad:** Ensure the heating pad is clean and dry. The TheraTherm pad produces its own moisture from the humidity in the air, so no external water application is needed.
4. **Positioning:** Place the heating pad on the desired area of the body. Ensure it is flat and not folded or bunched up. A layer of clothing or the provided cover should be between the pad and your skin.
5. **Connect to Power:** Plug the heating pad's power cord into a standard electrical outlet (120V AC).



Image: A person using the TheraTherm heating pad on their lower back, holding the digital controller.

Operating Instructions

The TheraTherm Digital Moist Heating Pad features an easy-to-read digital controller for precise temperature and treatment time management.

1. **Power On:** Once plugged in, press the power button on the digital controller to turn on the device. The display will

illuminate.

2. **Select Temperature:** Use the temperature control buttons (usually up/down arrows) to set your desired heat level. Start with a lower setting and gradually increase if needed. The pad can reach temperatures between 88-166°F (31-74°C).
3. **Set Treatment Time:** Use the timer control buttons to set the desired treatment duration. Typical sessions range from 15 to 30 minutes. Do not exceed 30 minutes per session without consulting a healthcare professional.
4. **Begin Therapy:** The pad will begin to heat up. The digital display will show the current temperature and remaining time.
5. **Monitor Comfort:** Throughout the session, monitor your comfort level. If the heat becomes too intense or uncomfortable, reduce the temperature setting or discontinue use.
6. **Automatic Shut-off:** The device will automatically shut off once the set treatment time has elapsed.
7. **Power Off:** After use, press the power button to turn off the device and unplug it from the electrical outlet.



Image: Examples of the TheraTherm heating pad being used on various body parts, including the shoulder, arm, and neck.

Maintenance and Care

- **Cleaning:** Unplug the heating pad before cleaning. Wipe the surface of the pad and controller with a damp cloth and mild detergent. Do not submerge in water. Ensure the pad is completely dry before storing or next use.
- **Storage:** Store the heating pad in a cool, dry place, away from direct sunlight and extreme temperatures. Do not wrap the cord tightly around the controller or pad, as this can damage the cord.
- **Inspection:** Periodically inspect the heating pad and power cord for any signs of damage, such as fraying, cuts, or discoloration. If damage is found, discontinue use and contact customer support.

Troubleshooting

Problem	Possible Cause	Solution
Pad does not heat up.	Not plugged in; power button not pressed; faulty outlet.	Ensure the pad is securely plugged into a working outlet. Press the power button. Try a different outlet.
Pad is not moist enough.	Low ambient humidity; pad not fully heated.	The pad draws moisture from the air. Allow it to heat up fully. In very dry environments, a slight misting of the cover (not the pad itself) may help, but is generally not required.
Controller display is blank.	No power; controller malfunction.	Check power connection. If still blank, contact customer support.
Pad gets too hot.	Temperature setting too high.	Reduce the temperature setting immediately. Discontinue use if discomfort persists.

Specifications

- **Model:** 1032
- **Pad Dimensions:** 14 x 27 inches (Standard)
- **Material:** Fabric
- **Temperature Range:** 88-166°F (31-74°C)
- **Power Source:** Standard AC (Voltage not specified, typically 120V for US products)
- **Manufacturer:** Chattanooga
- **ASIN:** B00D62VIXM
- **Package Dimensions:** 15.94 x 9.57 x 3.15 inches
- **Weight:** 4.03 Pounds (packaged)

Warranty and Support

For warranty information, technical support, or service inquiries, please contact Chattanooga Corp. directly.

- **Manufacturer:** Chattanooga Corp.
- **Website:** www.chattanoogarehab.com
- **Contact Information:** Please refer to the product packaging or the manufacturer's website for the most current contact details.

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a medical device and should be used as directed. Consult with a healthcare professional if you have any underlying medical conditions or concerns.

© 2023 Chattanooga Corp. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question