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## Dr Ho's 1970

# DR-HO'S Travel Foot Therapy Pads Model 1970 Instruction Manual

Comprehensive guide for the setup, operation, and maintenance of your DR-HO'S Travel Foot Therapy Pads.

## 1. INTRODUCTION AND PRODUCT OVERVIEW

The DR-HO'S Travel Foot Therapy Pads are designed to work with all DR-HO'S Pain Therapy Systems. These portable pads offer a convenient solution for foot pain relief and circulation improvement, suitable for use at home or while traveling. They are effective for various foot-related conditions.

### Key Features:

- **Universal Compatibility:** Works with all DR-HO'S Pain Therapy Systems.
- **Portable Design:** Lightweight and easy to transport for use anywhere.
- **One Size Fits All:** Designed to accommodate various foot sizes by aligning the heel.
- **Multi-Condition Relief:** Aids in treating foot pain, diabetic neuropathy, plantar fasciitis, and swelling.
- **Optimal Performance:** Best used on hard flooring surfaces.

## 2. IMPORTANT SAFETY INFORMATION

**Warning:** These pads are not recommended for use if you have a pacemaker. If you have any pre-existing health concerns or conditions, it is strongly advised to consult with your doctor before using this product.

This product is intended for personal use as a foot therapy device and is not a substitute for professional medical advice or treatment. Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

### 3. PACKAGE CONTENTS

Upon opening your package, please ensure all components are present:

- DR-HO'S Travel Foot Therapy Pads (1 pair)
- Connector Cable (1 unit)



*Image 1: The DR-HO'S Travel Foot Therapy Pads, showing the two foot-shaped pads connected by a central cable with a plug.*

### 4. SETUP INSTRUCTIONS

1. **Prepare Your Pain Therapy System:** Ensure your DR-HO'S Pain Therapy System (sold separately) is

turned off before connecting the foot pads.

2. **Connect the Pads:** Insert the connector cable from the foot therapy pads into the designated port on your DR-HO'S Pain Therapy System. Ensure the connection is secure.
3. **Position the Pads:** Place the foot therapy pads on a hard, flat surface. Avoid thick carpets for optimal contact and performance.
4. **Place Your Feet:** Sit comfortably and place your bare feet onto the pads. Align your heels with the heel outline on the pads to ensure proper contact with the stimulation nodes.



## Connect the pads to your Pain Therapy System

Image 2: A hand holding the DR-HO'S Pain Therapy System control unit, with text indicating to connect the pads to the system.

### 5. OPERATING INSTRUCTIONS

1. **Power On:** Turn on your DR-HO'S Pain Therapy System.
2. **Adjust Settings:** Use the controls on your Pain Therapy System to select your desired mode (A, B, or C) and set the treatment timer (10, 20, or 40 minutes). Start with a low intensity level and gradually

increase it to a comfortable sensation.

3. **Begin Treatment:** Allow the system to operate for the selected duration. You should feel a gentle tingling sensation as the pads work.
4. **Optimal Use:** For best results, use the pads on a firm, non-carpeted surface. The pads are designed to provide relief for conditions such as foot pain, diabetic neuropathy, plantar fasciitis, and swelling.



Adjust the mode and timer to  
your desired specifications

*Image 3: A hand adjusting the mode and timer dials on the DR-HO'S Pain Therapy System control unit.*

DR-HO'S



Use at home or on the go!

*Image 4: A person's bare feet resting on the DR-HO'S foot therapy pads, which are placed on a white shag rug, illustrating use at home.*



Great for athletes and those recovering from injury!

*Image 5: A man stretching his leg, suggesting the product's benefit for athletes and those recovering from injury.*

## 6. MAINTENANCE AND CARE

To ensure the longevity and hygiene of your DR-HO'S Travel Foot Therapy Pads, follow these simple cleaning instructions:

- After each use, disconnect the pads from the Pain Therapy System.
- Gently rinse the surface of the pads with water. Do not submerge the connector cable or the plug.
- Lay the pads flat in a clean, dry area to air dry completely before storing.
- Do not use harsh chemicals or abrasive cleaners, as these can damage the pad material.



To clean, rinse with water and lay out to dry

*Image 6: A close-up view of the DR-HO'S foot therapy pads and their white connector cable, illustrating the components that require cleaning.*

## 7. TROUBLESHOOTING

If you encounter issues with your DR-HO'S Travel Foot Therapy Pads, consider the following:

- **No Sensation:**

- Ensure the pads are securely connected to your DR-HO'S Pain Therapy System.
- Verify that the Pain Therapy System is powered on and the intensity level is set appropriately. Start with a low setting and gradually increase.
- Confirm your bare feet are making full contact with the pads, especially the heel area.

- **Pads Not Working:**

- These pads require a separate DR-HO'S Pain Therapy System to function. They do not operate independently.

- Check the connector cable for any visible damage.
- Ensure the connector plug is compatible with your specific DR-HO'S Pain Therapy System model. Older models may have different connector types.

- **Discomfort During Use:**

- Reduce the intensity level on your Pain Therapy System.
- Ensure your feet are clean and free of lotions or oils that might affect conductivity.

For further assistance, please refer to the instruction manual of your DR-HO'S Pain Therapy System or contact customer support.

## 8. SPECIFICATIONS

<b>Brand</b>	Dr Ho's
<b>Model Number</b>	1970
<b>Item Form</b>	Pad
<b>Use For</b>	Foot
<b>Product Benefits</b>	Foot Pain Relief, Circulation Boosting
<b>Package Dimensions</b>	11.1 x 5.12 x 0.67 inches
<b>Item Weight</b>	2.4 ounces
<b>Manufacturer</b>	DR-HO'S

## 9. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the documentation included with your DR-HO'S Pain Therapy System, as these pads are an accessory to that system. Warranty terms typically cover manufacturing defects.

If you require technical support, have questions about product usage, or need to report an issue, please contact DR-HO'S customer service directly. Contact information can usually be found on the official DR-HO'S website or within the main Pain Therapy System manual.

*Please retain your purchase receipt for warranty purposes.*