

Tommie Copper Flex Pad

Tommie Copper Infrared & Red Light Therapy Flex Pad User Manual

Model: Flex Pad
Brand: Tommie Copper

INTRODUCTION

The Tommie Copper Infrared & Red Light Therapy Flex Pad is an advanced device designed for targeted muscle recovery and pain therapy. It utilizes a combination of 880nm Infrared Light and 660nm Red Light delivered by high-powered LED microchips. These specific wavelengths penetrate deep into muscles and joints, working at the cellular level to provide relief and promote recovery. This manual provides essential information for the safe and effective use of your Flex Pad, ensuring you achieve optimal results.

IMPORTANT SAFETY INFORMATION

Please read all safety instructions before using the Tommie Copper Flex Pad. Failure to follow these instructions may result in injury or damage to the device.

- Consult with a healthcare professional before using this device if you have any pre-existing medical conditions, are pregnant, or are taking medications that may be affected by light therapy.
- Do not use the device on open wounds, broken skin, or areas with active infections.
- Avoid direct eye exposure to the LED lights. While infrared light is invisible, the red light is bright.
- Keep the device dry. Do not immerse it in water or use it in wet environments.
- Do not use the device if it is damaged or if the power cord is frayed.
- Keep out of reach of children and pets.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Discontinue use if you experience any discomfort, pain, or adverse reactions.

PRODUCT OVERVIEW

The Tommie Copper Flex Pad system includes the main therapy pad, adjustable compression straps, a power adapter, and a USB charging cable.

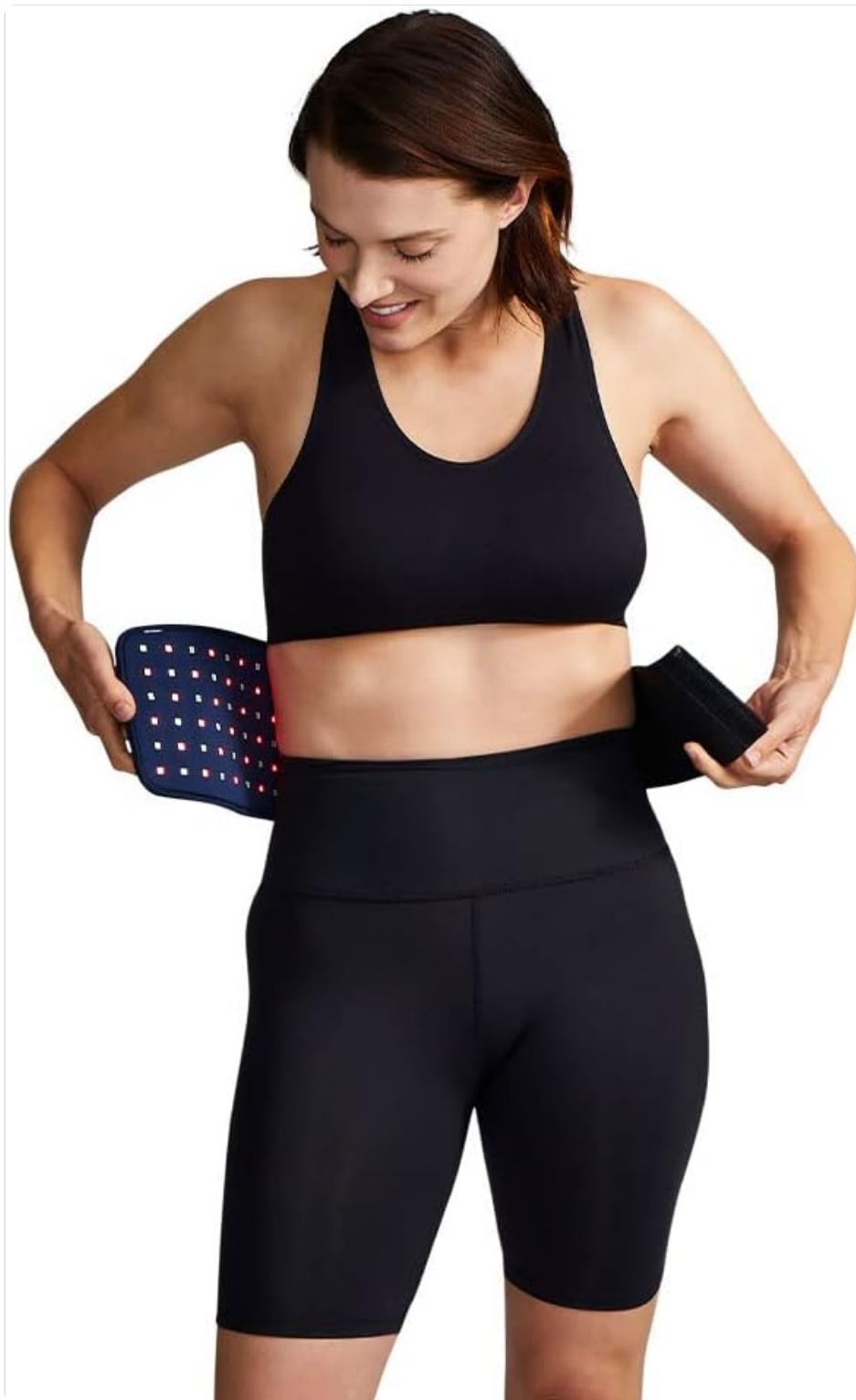


Image: The Tommie Copper Flex Pad, showcasing its compact design and integrated control unit.



Image: Detailed diagram illustrating the Flex Pad's dimensions, adjustable compression straps (long and short), power adapter, and USB power cord.

Key Features:

- **Dual Wavelength Therapy:** Combines 880nm Infrared Light (invisible) and 660nm Red Light (visible) for comprehensive cellular penetration.
- **High-Powered LEDs:** Equipped with 60 high-powered LED microchips, ensuring effective light delivery.
- **USB-Rechargeable Battery:** Features a durable Li-polymer battery designed for partial discharge and regular recharging without memory effect. Provides approximately three 20-minute sessions per full charge.

- **Adjustable Compression Straps:** Includes both a long strap (38" - 68") for larger body parts like the torso and upper leg, and a short strap (15" - 25") for smaller areas such as arms and legs.

SETUP

Initial Charging:

Before your first use, fully charge the Flex Pad. This typically takes 2-4 hours.

1. Connect the USB charging cable to the Flex Pad's charging port.
2. Plug the USB cable into the provided power adapter, and then into a standard wall outlet.
3. The indicator light on the device will flash while charging. Once fully charged, the light will turn solid.



Image: Close-up view of the Flex Pad's control unit, showing the power button and charging indicator light.

Attaching the Straps:

The Flex Pad comes with two adjustable compression straps to secure it to various body parts.

1. Identify the appropriate strap for the treatment area (long strap for larger areas, short strap for smaller areas).
2. Thread the strap through the loops on the Flex Pad.
3. Secure the strap using the hook-and-loop fasteners to achieve a comfortable, snug fit.

OPERATING INSTRUCTIONS

Application:

Position the Flex Pad directly on the skin or over thin clothing on the desired treatment area. Ensure the LED side of the pad is facing the skin.



Image: Flex Pad applied to the lower back for targeted therapy.



Image: Flex Pad secured to the arm for muscle recovery.

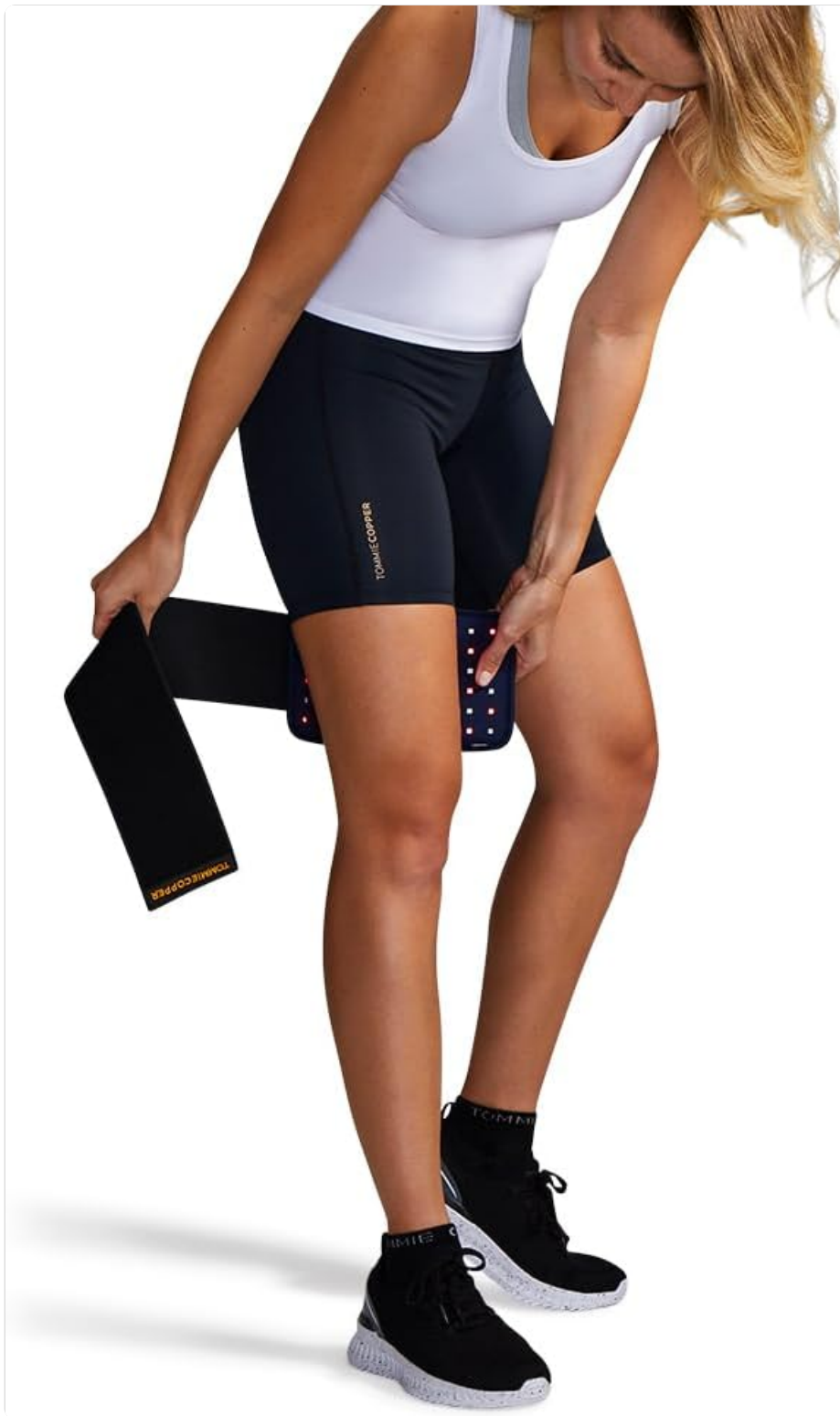


Image: Flex Pad positioned on the thigh for targeted light therapy.

Session Duration:

One 20-minute session daily is recommended for optimal results. The device is programmed to automatically shut off after 20 minutes. You may perform up to three 20-minute sessions per day per treatment area, but significant additional benefits beyond the first 20 minutes are not typically observed.

Powering On/Off:

Press and hold the power button on the control unit to turn the device on. The red LEDs will illuminate. The device will automatically turn off after 20 minutes. To manually turn off the device, press and hold the power button again.

MAINTENANCE

Proper care will extend the life of your Tommie Copper Flex Pad.

- **Cleaning:** Wipe the surface of the Flex Pad with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is completely dry before storing or recharging.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** Recharge the battery regularly, even if not in frequent use, to maintain battery health. Avoid fully depleting the battery before recharging.

TROUBLESHOOTING

If you encounter issues with your Flex Pad, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully (2-4 hours). Ensure the charging indicator turns solid.
Device turns off prematurely.	Battery is low.	Recharge the device.
Red lights are not visible.	Only 30 of 60 LEDs emit visible red light; the other 30 emit invisible infrared light.	This is normal operation. The device is still functioning correctly.
Device feels warm during use.	Normal operation.	A slight warmth is normal. If it becomes uncomfortably hot, discontinue use and contact support.

If the problem persists after attempting these solutions, please contact Tommie Copper customer support.

SPECIFICATIONS

Feature	Detail
Product Name	Tommie Copper Infrared & Red Light Therapy Flex Pad
Model	Flex Pad
Light Wavelengths	880nm Infrared Light, 660nm Red Light
LED Count	60 high-powered LEDs (30 visible red, 30 invisible infrared)
Battery Type	USB-rechargeable Li-polymer
Session Duration	20 minutes (automatic shut-off)
Strap Lengths	Long Strap: 38" - 68"; Short Strap: 15" - 25"
Power Source	USB (via included power adapter)

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Tommie Copper website or contact their customer service directly. Keep your proof of purchase for any warranty claims. You can visit the official Tommie Copper Store for more information:[Tommie Copper Store on Amazon](#)

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