

[Manuals.plus](#) /

› [Tommie Copper](#) /

› Tommie Copper Infrared & Red Light Therapy Back Wrap User Manual

Tommie Copper B09N22NCLJ

Tommie Copper Infrared & Red Light Therapy Back Wrap User Manual

Model: B09N22NCLJ

INTRODUCTION

The Tommie Copper Infrared & Red Light Therapy Back Wrap is an advanced solution designed for muscle recovery and pain therapy. It utilizes high-powered LED microchips to deliver both 880nm Infrared Light and 660nm Red Light. These specific wavelengths penetrate deep into muscles and joints, working at a cellular level to provide relief and aid in recovery.

This Back Wrap is engineered for maximum comfort and convenience, specifically for use on the lower and upper back areas.

PACKAGE CONTENTS

- Tommie Copper Infrared & Red Light Therapy Back Wrap
- USB Charging Cable
- Power Adapter
- User Manual (this document)

SETUP

Initial Charging

Before the first use, fully charge the Back Wrap. Connect the provided USB charging cable to the wrap and then to the power adapter. Plug the adapter into a standard electrical outlet. The charging indicator light will flash while charging and turn solid when fully charged. A full charge typically takes 2 to 4 hours.

Infrared & Red Light Therapy Back Wrap



Fully charge before
your first session
(2 - 4 hours)



Flashing = Charging
Solid = Done



**1 Power
Adapter**

**1 USB
Power Cord**

Image: Infographic detailing the charging process (flashing for charging, solid for done) and showing the components included (wrap, power adapter, USB power cord).

Wearing the Back Wrap

Position the Back Wrap around your lower or upper back, ensuring the light-emitting side is facing your skin. Secure the wrap comfortably using the adjustable straps. The design allows for a snug fit to maximize contact with the treatment area.



Image: A man wearing the Tommie Copper Back Wrap on his lower back, viewed from behind, demonstrating proper placement.



Image: A man adjusting the Back Wrap, revealing the red light panels on the inside of the wrap.



Image: A woman wearing the Tommie Copper Back Wrap on her lower back, viewed from behind, demonstrating proper placement.

OPERATING INSTRUCTIONS

Starting a Session

Once the wrap is securely in place and charged, press the power button located on the wrap to begin a therapy session. The red and infrared lights will illuminate.

Session Duration

Each therapy session is pre-programmed for 20 minutes. The device will automatically shut off after 20 minutes. This duration is optimized for energizing cells and achieving effective results.

Recommended Usage

One 20-minute session daily is generally sufficient. For enhanced benefits, you may conduct up to three 20-minute sessions per day per treatment area. However, significant additional benefits beyond the first 20 minutes are not typically observed.

Ending a Session

The device will automatically power off after 20 minutes. To manually end a session, press and hold the power button until the lights turn off.

MAINTENANCE

Battery Care

The Back Wrap is equipped with USB-rechargeable Li-polymer batteries. These batteries are designed to be partially discharged and recharged without developing a "memory effect." Regular recharging is recommended to maintain optimal battery performance. A fully charged battery provides approximately three 20-minute sessions.

Cleaning Instructions

To clean the Back Wrap, gently wipe the surface with a soft, damp cloth. Do not submerge the device in water or use harsh chemicals, as this may damage the electronic components. Ensure the device is completely dry before storing or recharging.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on or lights do not illuminate.	Low battery; device not charged.	Ensure the device is fully charged (2-4 hours). Check the charging indicator light.
Device does not charge.	Faulty cable or adapter; power outlet issue.	Try a different USB cable or power adapter. Test the power outlet with another device. Ensure connections are secure.
Only some lights illuminate.	Possible LED malfunction.	Contact customer support for assistance.
Wrap does not stay in place.	Velcro wear; improper adjustment.	Ensure the wrap is adjusted snugly. If Velcro is worn, consider replacement or alternative securing methods.
Device turns off too quickly.	Low battery; automatic shut-off.	Recharge the device. Note that sessions are designed to last 20 minutes and will automatically shut off.

SPECIFICATIONS

Product Name: Tommie Copper Infrared & Red Light Therapy Back Wrap

Model Number: B09N22NCLJ

Light Wavelengths: 880nm Infrared Light, 660nm Red Light

Battery Type: USB-rechargeable Li-polymer

Session Duration: 20 minutes (automatic shut-off)

Sessions per Charge: Approximately 3 x 20-minute sessions
Charging Time: 2-4 hours for a full charge

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the documentation included with your purchase or visit the official Tommie Copper website. Warranty terms and conditions may vary.

If you require technical support, have questions about product usage, or need assistance with troubleshooting, please contact Tommie Copper customer service. You can often find contact information on the product packaging, the official brand website, or through the retailer where the product was purchased.

Visit the official Tommie Copper Store for more information and support:[Tommie Copper Store](#)

IMPORTANT SAFETY INFORMATION

Always consult with a healthcare professional before starting any new therapy, especially if you have pre-existing medical conditions, are pregnant, or are taking medications. Do not use the device on broken skin or open wounds. Discontinue use if you experience any discomfort or adverse reactions.

Keep out of reach of children. This device is not a toy. Store in a cool, dry place away from direct sunlight.

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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

