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› Tommie Copper Infrared Therapy Neck Wrap User Manual

Tommie Copper 5005LD

Tommie Copper Infrared Therapy Neck Wrap User Manual

Model: 5005LD | Brand: Tommie Copper

1. INTRODUCTION

The Tommie Copper Infrared Therapy Neck Wrap is a rechargeable device designed to provide red light and infrared therapy. This manual provides essential information for the safe and effective use, maintenance, and troubleshooting of your device.

2. PRODUCT OVERVIEW

The Neck Wrap features a flexible design with embedded red light and infrared LEDs, powered by a rechargeable battery. It is designed for targeted application to the neck and upper back area.



Figure 1: Tommie Copper Infrared Therapy Neck Wrap in use.

What's Included:

- Tommie Copper Infrared Therapy Neck Wrap
- Rechargeable Battery/Controller
- USB Power Cord
- Power Adapter



Figure 2: The Neck Wrap and its included accessories.

3. SAFETY INFORMATION

- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or have implanted medical devices.
- Do not use on broken or irritated skin.
- Keep out of reach of children.
- Avoid direct eye exposure to the LED lights.
- Ensure the device is fully charged before first use.

- Always use the provided power adapter and USB cable for charging.

4. SETUP

4.1 Charging the Device

1. Locate the charging port on the battery/controller unit.
2. Connect the USB power cord to the battery/controller and the power adapter.
3. Plug the power adapter into a wall outlet.
4. The indicator light on the controller will flash while charging and turn solid when fully charged.
5. Allow 2-4 hours for a full charge before the first use.

4.2 Attaching the Controller

The battery/controller unit attaches to the neck wrap via a designated pocket or Velcro area. Ensure it is securely fastened before use.

5. OPERATING INSTRUCTIONS

5.1 Wearing the Neck Wrap

Position the neck wrap comfortably around your neck and upper back. The device is designed to be worn directly on the skin for optimal light penetration. While you can wear a light shirt over it, direct skin contact is recommended. Adjust the fit using the Velcro closure to ensure it is snug but not restrictive.

Infrared & Red Light Therapy Neck Wrap



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



Flashing = Charging
Solid = Done



**1 Power
Adapter**

**1 USB
Power Cord**

Figure 3: Back view of the Neck Wrap, showing coverage area.

5.2 Activating Therapy

1. Once the device is charged and positioned, press and hold the power button on the controller for a few seconds to turn it on.
2. The red LED lights will illuminate. Note that some lights are infrared and may not be visible to the naked eye.



Figure 4: Illuminated red light therapy elements on the Neck Wrap.

5.3 Therapy Sessions

- Each therapy session is approximately 20 minutes.
- The device is designed to automatically shut off after 20 minutes.
- It is recommended not to exceed three 20-minute sessions per day.
- The cordless design allows for convenience during use.



Figure 5: Enjoying cordless therapy while relaxing.

5.4 Turning Off the Device

The device will automatically turn off after a 20-minute session. To manually turn it off, press and hold the power button on the controller until the lights extinguish.

Video 1: Official product demonstration of the Infrared Neck Wrap, showing its application and features.

Video 2: User review demonstrating how to wear the neck wrap, adjust it, and activate the red light therapy.

6. MAINTENANCE

6.1 Cleaning

To clean the neck wrap, gently wipe the surface with a damp cloth. Do not submerge the device in water or use harsh chemicals. Ensure the device is completely dry before storing or recharging.

6.2 Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective pouch to prevent damage.

7. TROUBLESHOOTING

- **Device not turning on:** Ensure the battery is fully charged. Press and hold the power button for several seconds.
- **Not all lights are visible:** The device uses both red light and infrared light. Infrared light is not visible to the human eye, so it is normal for some LEDs not to appear illuminated.
- **Battery not holding charge:** Ensure you are using the original charging cable and adapter. If issues persist, contact customer support.
- **Discomfort during use:** Adjust the fit of the neck wrap. If discomfort continues, discontinue use and consult a healthcare professional.

8. SPECIFICATIONS

- **Brand:** Tommie Copper
- **Model Number:** 5005LD
- **UPC:** 843041125840
- **Target Use Body Part:** Neck
- **Special Features:** Adjustable, Rechargeable
- **Color:** Dark Navy
- **Light Type:** Infrared & Red Light Therapy (LED)
- **Recommended Session Duration:** 20 minutes

9. WARRANTY AND SUPPORT

Tommie Copper products typically come with a warranty. For specific warranty details, please refer to the documentation included with your purchase or visit the official Tommie Copper website. For customer service and support, you can reach Tommie Copper directly. They are known for responsive customer service and knowledgeable staff.

Customer Service: Please refer to the contact information provided in your product packaging or on the official Tommie Copper website for the most up-to-date support options.

