

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

> [comfheat](#) /

> [Comfheat Ankle Heating Pad Model 080 Instruction Manual](#)

comfheat 080

Comfheat Ankle Heating Pad Model 080 Instruction Manual

USB Heated Ankle Wrap for Pain Relief

[Introduction](#)

[Safety Information](#)

[Setup & Operation](#)

[Wearing Instructions](#)

[Care &](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty & Support](#)

1. INTRODUCTION

Thank you for choosing the Comfheat Ankle Heating Pad Model 080. This USB-powered heated ankle wrap is designed to provide targeted heat therapy for various ankle conditions, including arthritis pain, sprains, strains, and post-surgical recovery. It features three adjustable heat settings and an automatic shut-off function for safe and effective use. Please read this manual thoroughly before use to ensure proper operation and to maximize the benefits of your heating pad.

2. IMPORTANT SAFETY INFORMATION

Please observe the following safety precautions to prevent injury or damage to the device:

- For external use only. Do not use on damaged or broken skin.
- If you experience discomfort, numbness, or pain, discontinue use immediately and consult a healthcare professional.
- The device is equipped with a built-in overheat protection chip to ensure safety, even if you fall asleep during use.
- This heating pad is not rechargeable. The USB cable must remain plugged into a power source at all times during operation.
- Do not use pins or other metallic objects to fasten the heating pad, as this may damage the electrical wiring.
- Avoid folding or creasing the heating pad sharply during use, which could damage the heating elements.
- Keep out of reach of children and pets.

3. PACKAGE CONTENTS

Your Comfheat Ankle Heating Pad package should include:

- 1 x Comfheat Ankle Heating Pad
- 1 x USB Power Cable with Controller (5.9 ft / 1.8 m long)

4. PRODUCT OVERVIEW

The Comfheat Ankle Heating Pad is designed for comfort and effectiveness. It features a soft, breathable fabric construction with adjustable Velcro straps for a secure fit. The integrated USB cable includes a controller for easy temperature adjustment.



Image: Detailed view of the Comfheat Ankle Heating Pad's material, highlighting skin-friendly & breathable mesh, strong Velcro, and high-quality neoprene for durability.

5. SETUP AND OPERATION

5.1 Powering the Device

The Comfheat Ankle Heating Pad is USB-powered. To operate, connect the USB Type-A connector of the heating pad's cable to a compatible 5V/2A output USB power source. This can include:

- A USB wall adapter (included with some models, or use your own 5V/2A adapter).
- A power bank (not included).
- A PC USB port (ensure it provides sufficient power, 5V/2A).

comfheat®

MULTIPLE WAYS TO POWER ON

Simply plug the USB connector into a **5V/2A** output USB power source and it will work!



Image: The Comfheat Ankle Heating Pad can be powered by a USB adapter, power bank, or PC USB port.

5.2 Operating the Controller

The heating pad features a simple one-button controller integrated into the USB cable:

1. **Power On/Off:** Press and hold the power button (circular icon) for 2-3 seconds to turn the device on or off.
2. **Adjust Heat Settings:** Once powered on, short press the power button to cycle through the three heat levels:
 - **High (Red Light):** Approximately 130-140°F (54-60°C)
 - **Medium (Blue Light):** Approximately 112-122°F (44-50°C)
 - **Low (Green Light):** Approximately 94-104°F (34-40°C)
3. **Automatic Shut-Off:** The heating pad has a default 45-minute automatic shut-off function for safety and energy conservation.

3 TEMPERATURE SETTINGS

Flexible to adjust to the heat you need



Image: The controller allows selection of High, Medium, or Low heat settings.

Video: This video demonstrates the application and use of the Comfheat heated ankle brace, including how to wear it and operate the heat settings.

6. WEARING INSTRUCTIONS

The Comfheat Ankle Heating Pad is designed for universal fit and can be worn on either the left or right ankle. Follow these steps for proper application:

1. Lay the heating pad flat.
2. Position your foot onto the central part of the pad, ensuring the heating elements cover the desired area of your ankle.
3. Wrap the main body of the pad around your ankle.
4. Secure the adjustable Velcro straps firmly but comfortably around your ankle and foot to achieve a snug fit and optimal compression. The straps allow for customization to fit various ankle sizes up to 13 inches (33 cm) circumference.

comfheat®



8.6" / 22cm

12.6" / 32cm

Easy to Wear



step 1



step 2



step 3



step 4

Image: Step-by-step guide on how to correctly wear the ankle heating pad.



ONE SIZE FITS MOST

Fits up to **13" (33cm)**
foot circumference

Image: The adjustable Velcro straps ensure a secure and comfortable fit for most ankle sizes.

7. CARE AND MAINTENANCE

To ensure the longevity and hygiene of your Comfheat Ankle Heating Pad:

- The heating pad is machine washable. Always disconnect the USB cable from the power source before washing.
- Use a gentle cycle with cold water.
- Do not bleach or iron.
- Air dry completely before reconnecting to a power source and using again.

8. TROUBLESHOOTING

If you encounter any issues with your Comfheat Ankle Heating Pad, please refer to the following common solutions:

Problem	Possible Cause	Solution
---------	----------------	----------

Problem	Possible Cause	Solution
Heating pad does not turn on or heat up.	Not properly connected to power source; insufficient power from USB port.	Ensure the USB cable is securely plugged into a 5V/2A USB power source. Try a different USB adapter or power bank.
Heat feels too low or uneven.	Incorrect heat setting; improper placement on ankle.	Cycle through the heat settings to ensure it's on your desired level (High, Medium, Low). Adjust the pad's position on your ankle to ensure heating elements are directly over the area needing therapy.
Limited mobility during use.	The device is not battery-powered and requires a constant connection.	This is expected behavior. Use a power bank for increased portability, or ensure you are near an outlet. The USB cable is 5.9 ft long.
Velcro straps do not hold securely.	Velcro is worn out or not properly aligned.	Ensure the Velcro surfaces are clean and free of lint. Re-adjust the straps for a tighter, more secure fit.

9. SPECIFICATIONS

Feature	Detail
Model Number	080
Power Source	USB (5V/2A input required)
Heat Settings	3 Levels (Low: 94-104°F, Medium: 112-122°F, High: 130-140°F)
Auto Shut-Off	45 minutes
Cable Length	5.9 ft (1.8 m)
Material	Neoprene, Breathable Mesh
Closure Type	Hook & Loop (Velcro)
Item Weight	0.24 Kilograms (approx. 8.47 ounces)
Product Care	Machine Washable
Target Body Part	Ankle (also suitable for wrist, elbow, knee with proper adjustment)

10. WARRANTY AND SUPPORT

Comfheat provides a **1-YEAR WARRANTY** for this product. We are committed to ensuring customer satisfaction.

If you experience any problems or have questions regarding your Comfheat Ankle Heating Pad, please do not hesitate to contact our customer support team. We aim to respond and resolve any issues within 12 hours to ensure a positive customer experience. Please refer to the contact information provided with your purchase or visit the official Comfheat website for support.

