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ThermoLife B0DG5LRLFM

ThermoLife 3-in-1 Red Light Therapy Knee Massager User Manual

Model: B0DG5LRLFM

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your ThermoLife 3-in-1 Red Light Therapy Knee Massager. This device combines red light therapy, heat, and vibration massage to support joint health and recovery. Please read this manual thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

- Consult a physician before use if you have pre-existing medical conditions, are pregnant, or have electronic implants.
- Do not use on open wounds, swollen areas, or areas with skin irritation.
- Keep out of reach of children.
- Do not immerse the device in water or use it in excessively humid environments.
- Use only the provided charging cable.
- Discontinue use if you experience discomfort or adverse reactions.

PACKAGE CONTENTS

Verify that all items are present in the package:

- 1x ThermoLife Knee Brace
- 1x Controller
- 1x Wireless Remote
- 1x Mini Red Light (660nm wavelength)
- 1x Extended Strap
- 1x USB Charging Cable



Image: Overview of the ThermoLife 3-in-1 Red Light Therapy Knee Massager and its included accessories.

SETUP AND FIRST USE

1. Charging the Device

Before initial use, fully charge the ThermoLife Knee Massager. The device includes a built-in 2500mAh battery.

1. Connect the provided USB charging cable to the charging port on the controller.
2. Connect the other end of the USB cable to a compatible USB power adapter (not included) or a computer USB port.
3. The charge indicator on the controller will show charging status. A full charge typically provides 1-2 hours of use, depending on selected settings.

Personalized Relief in Just One Tap



Adjust heat, massage, and red light levels using a smart control panel designed for ease and convenience.

Image: The wireless design of the ThermoLife knee massager, highlighting its built-in battery and portability.

2. Wearing the Knee Brace

The brace is designed for use on knees, shoulders, and elbows. Use the adjustable Velcro strap to secure it comfortably.

1. Position the brace over the desired joint (knee, shoulder, or elbow).
2. Wrap the Velcro straps around the limb and secure them firmly but not too tightly, ensuring comfortable circulation.
3. Ensure the red light panel is positioned directly over the area requiring therapy.

Advanced 3-in-1 Treatment to Ease Pain Fast



4 Massage Modes to Soothe Muscles+ Joints



3 Vibration Intensity Levels



3 Light Wavelengths
(660nm • 810nm • 850nm)



Adjustable Heat Therapy



Smart Touchscreen Panel



30-Min Auto Timer



Velcro Strap for Knees, Shoulder, or Elbow

Image: The ThermoLife knee massager being worn on a knee, demonstrating its fit and application.

OPERATING INSTRUCTIONS

The ThermoLife Knee Massager features a smart touchscreen control panel and a wireless remote for easy operation.

Control Panel Overview

MINI RED LIGHT-GIFT

Hand held red light-660nm wavelength



Image: Detailed view of the control panel, indicating various functions and indicators.

- **Digital Status Display:** Shows current settings and remaining time.
- **Mode Display:** Indicates selected massage mode (Relax, Knead, Knock).
- **Red Light Mode:** Activates red light therapy.
- **Wavelength Selector:** Cycles through 660nm, 810nm, 850nm, or combined wavelengths.
- **Massage Mode:** Selects vibration massage pattern.
- **Intensity Indicator:** Displays current intensity level.
- **Charge Indicator:** Shows battery level.
- **Increase/Decrease Intensity Buttons:** Adjusts heat and vibration levels.

Using the Device

1. **Power On/Off:** Press and hold the power button on the controller or remote to turn the device on or off.
2. **Select Red Light Therapy:** Press the Red Light Mode button to activate. Use the Wavelength Selector to choose between 660nm, 810nm, 850nm, or a combination.

- **660nm (Visible Red Light):** Primarily absorbed by the skin, aids in surface inflammation reduction and skin appearance.
- **810nm (Near-Infrared Light):** Penetrates muscles and connective tissues, improving flexibility and accelerating muscle repair.
- **850nm (Near-Infrared Light):** Deepest penetration, reaching joints, tendons, and bone tissue for chronic pain relief and deep inflammation reduction.

- 3. Adjust Heat Therapy:** The device features three-zone heating. Use the intensity adjustment buttons to select your desired heat level.
- 4. Choose Vibration Massage:** Press the Massage Mode button to cycle through available vibration patterns (Relax, Knead, Knock). Adjust the intensity using the increase/decrease buttons. There are three intensity levels.
- 5. Automatic Timer:** The device is equipped with a 30-minute automatic timer for each session.

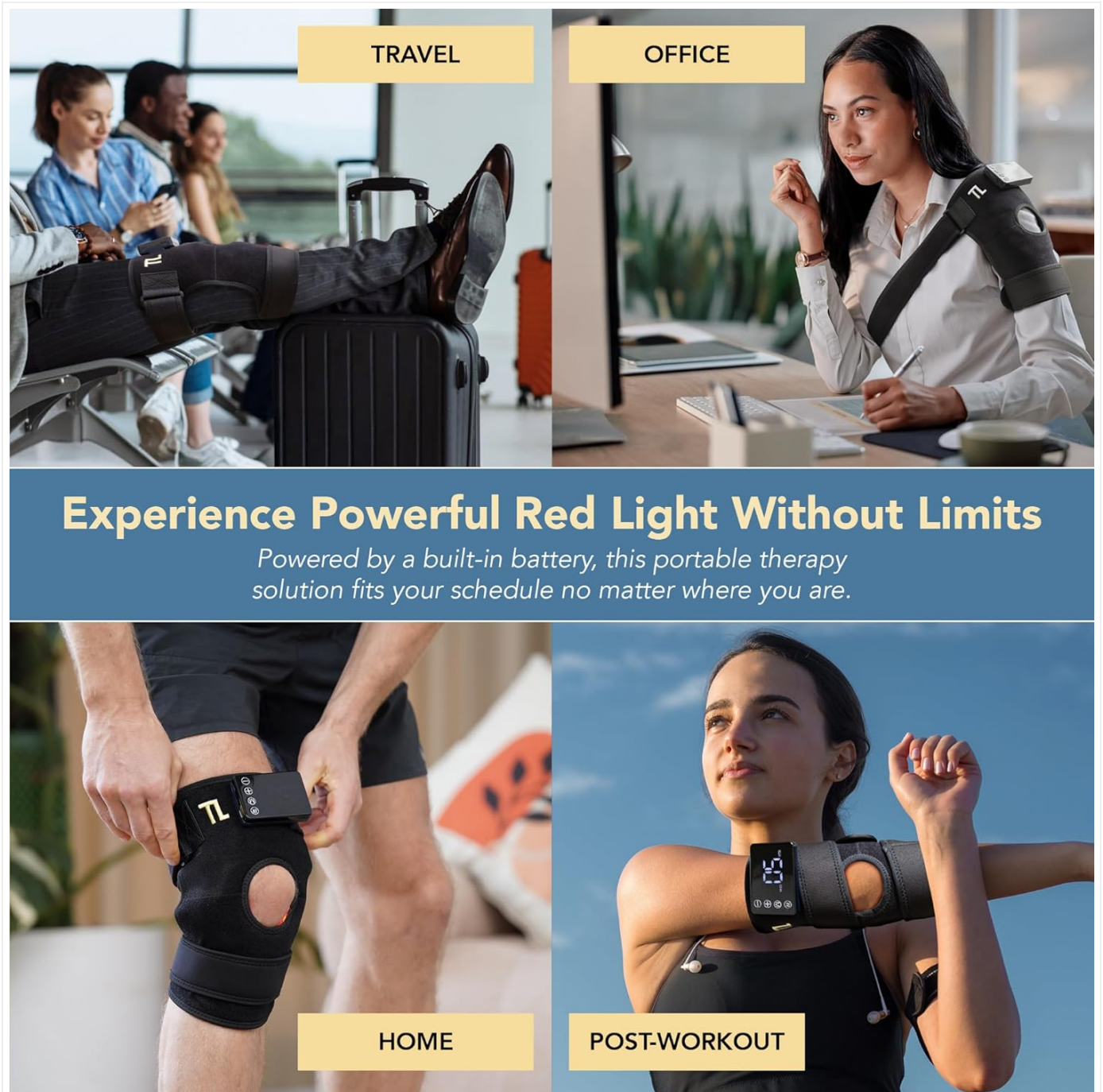


Image: Explanation of how different red light wavelengths penetrate tissues for various therapeutic effects.

Using the Mini Red Light

The included mini red light provides targeted 660nm red light therapy for smaller areas or specific points.

1. To activate, press the power button on the mini red light.

2. Direct the light beam onto the desired area for a few minutes per session.
3. Turn off after use to conserve battery.

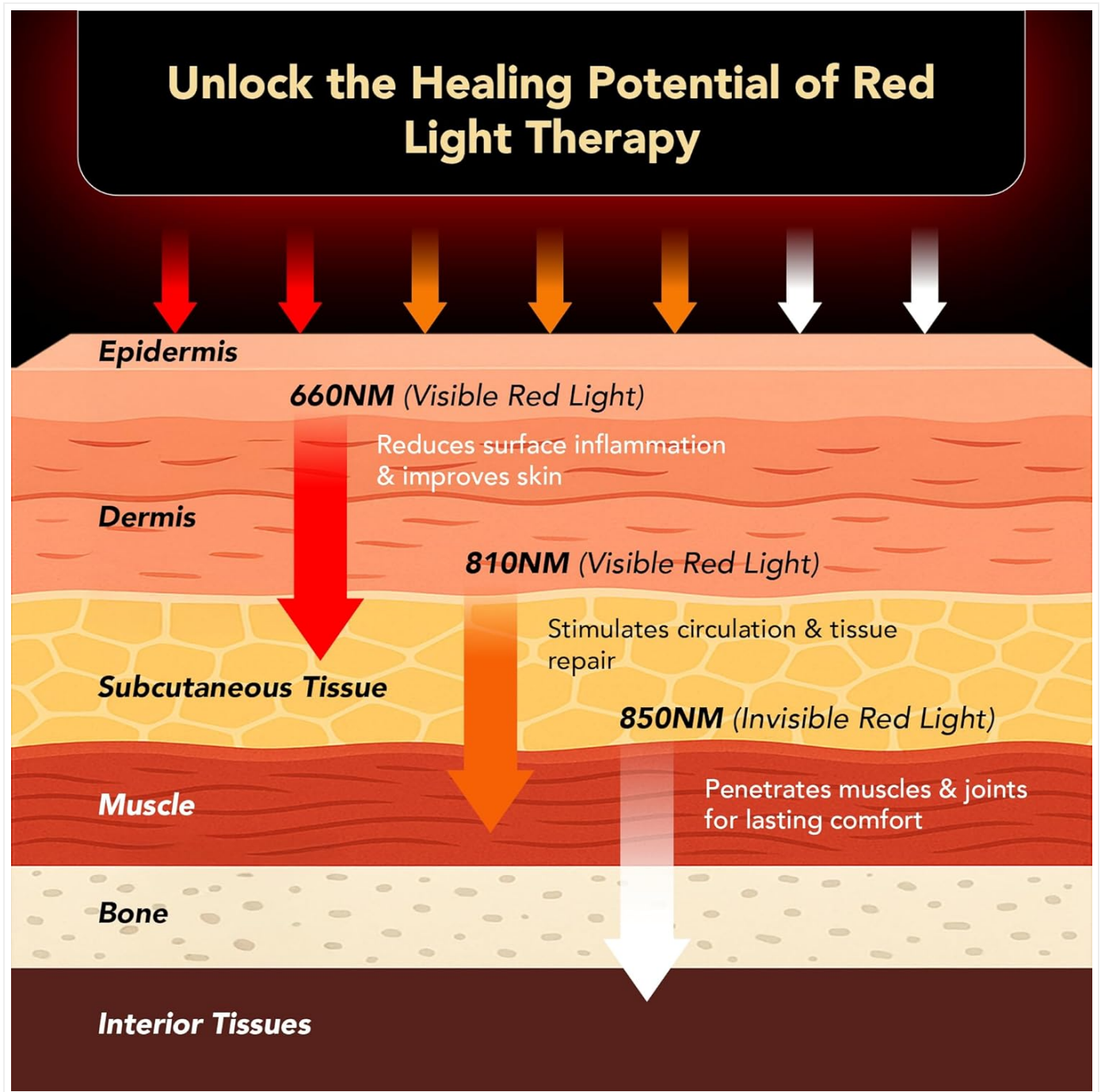


Image: The mini red light in use, demonstrating its versatility for targeted application.

CARE AND MAINTENANCE

- **Cleaning:** Wipe the surface of the knee brace and controller with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.
- **Battery Care:** To prolong battery life, avoid fully discharging the device frequently. Charge regularly, even if not used for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB cable.
Red light therapy not activating.	Red light mode not selected or device malfunction.	Ensure the Red Light Mode button is pressed. If the issue persists after charging, contact customer support.
Vibration or heat not working.	Mode not selected or intensity set to zero.	Select the desired massage/heat mode and increase intensity using the +/- buttons.
Device does not automatically turn off after 30 minutes.	Timer malfunction.	Manually turn off the device by pressing and holding the power button. Contact customer support if this issue is consistent.
Wireless remote not responding.	Remote battery depleted or out of range.	Ensure the remote is within operating range. Check or replace remote battery if applicable.

PRODUCT SPECIFICATIONS

- **Model:** B0DG5LRLFM
- **Brand:** ThermoLife
- **Red Light Wavelengths:** 660nm, 810nm, 850nm
- **Vibration Modes:** 4
- **Vibration Intensity Levels:** 3
- **Heat Settings:** Adjustable, 3-zone heating
- **Battery:** Built-in 2500mAh Lithium Ion
- **Usage Time:** 1-2 hours per full charge
- **Automatic Timer:** 30 minutes
- **Product Dimensions:** 30.35 x 10.6 x 0.5 inches
- **Product Weight:** 1.32 Pounds
- **Color:** Black
- **Specific Uses:** Arthritis, Knee relaxation and comfort, Shoulder, Elbow

WARRANTY AND SUPPORT

The ThermoLife 3-in-1 Red Light Therapy Knee Massager is backed by a **one-year warranty** from the date of purchase.

Additionally, a **90-day return policy** is offered.

For warranty claims, technical support, or any questions regarding your device, please contact ThermoLife customer service:

- **Website:** ThermoLife Official Store (for general information)
- **Email:** support@thermolife.com (*placeholder, as no specific email was provided*)
- **Phone:** 1-800-XXX-XXXX (*placeholder, as no specific phone number was provided*)

Please have your purchase receipt and model number (B0DG5LRLFM) ready when contacting support.

