

## HoMedics IFR-97HJ

# HoMedics Infrared + Red Light Pain Therapy Wrap (Model IFR-97HJ) Instruction Manual

## INTRODUCTION

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The HoMedics Infrared + Red Light Pain Therapy Wrap (Model IFR-97HJ) is designed to provide advanced relief from aches and stiffness. This device combines 850 nm infrared LEDs for deep penetration and soothing heat with 660 nm red light LEDs for comforting surface heat and improved blood circulation. It features an adjustable strap and a rechargeable battery for convenient, targeted muscle and joint treatment.

## WHAT'S IN THE BOX

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- 1 HoMedics Infrared + Red Light Pain Therapy Wrap
- 1 USB Cable
- 1 Extension Belt
- 1 Instruction Book

## SETUP

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Before first use, ensure the device is fully charged using the provided USB cable. Connect the USB cable to the therapy wrap and a suitable power source. Once charged, the wrap is ready for use.



Image: The HoMedics Infrared + Red Light Pain Therapy Wrap shown securely fastened around a person's calf, demonstrating its adjustable design for targeted application.

EXTENDER STRAP INCLUDED

**extra length  
for a perfect  
fit**



DESIGNED TO PROVIDE  
TARGETED RELIEF FOR  
LARGER AREAS, LIKE THE  
LOWER BACK & ABDOMEN



Image: A man wearing the HoMedics Therapy Wrap around his lower back, secured with an extender strap, illustrating its use for larger body areas.

## OPERATING INSTRUCTIONS

1. **Position the Wrap:** Place the therapy wrap directly on the desired area of the body (e.g., biceps, thighs, abdomen, lower back, calves). Use the adjustable strap and extension belt to ensure a snug and comfortable fit.
2. **Power On:** Press and hold the power button on the control unit until the LEDs illuminate.
3. **Select Mode (if applicable):** The device is designed to deliver both 850 nm infrared and 660 nm red light simultaneously for optimal results. Refer to the instruction book for any specific mode selections or intensity adjustments.
4. **Treatment Duration:** For optimal results, use the device 1-2 times a day for 20 minutes per session. The device is designed to automatically power off after 20 minutes.

# fast pain relief

## 10 INFRARED LEDS 850 nm



PENETRATES DEEPER  
TO TARGET A LARGER  
AREA OF MUSCLE

## 10 RED LIGHT LEDS 660 nm



TARGETS SURFACE LAYERS OF  
SKIN & UNDERLYING TISSUE



Image: A close-up view of the HoMedics Therapy Wrap, highlighting the arrangement of 10 infrared (850 nm) and 10 red light (660 nm) LEDs, which work together for effective therapy.





## 20 HIGH-POWERED LEDS

RELIEVES MUSCLE & JOINT PAIN,  
WHILE HELPING IMPROVE  
CIRCULATION



## SOOTHING HEAT

PENETRATES DEEPER INTO  
MUSCLES TO REDUCE PAIN



## RECHARGEABLE BATTERY

OFFERS EXTENDED 2.5-HOUR  
RUNTIME



## ADJUSTABLE WRAP

MEASURES 24" & INCLUDES  
A 22.5" EXTENDER STRAP FOR  
ADDITIONAL LENGTH & FLEXIBLE  
SIZING



Image: A detailed diagram illustrating the key features of the HoMedics Therapy Wrap, including 20 high-powered LEDs, soothing heat, a rechargeable battery with 2.5-hour runtime, and an adjustable wrap with a 22.5-inch extender strap.

## USAGE & BENEFITS

The HoMedics Infrared + Red Light Pain Therapy Wrap is designed for fast pain relief and daily recovery. The 850 nm infrared LEDs penetrate deep to soothe muscles and joints with heat, providing relief from pain and stiffness. The 660 nm red light LEDs offer comforting surface heat, temporarily improving blood circulation to aid recovery. This targeted relief is ideal for post-workout recovery and treating daily muscle and joint discomfort.



Image: The HoMedics Therapy Wrap shown applied to different body areas including the calf, lower back, thigh, and arm, demonstrating its versatility for targeted pain relief.

# active lifestyle recovery

DAILY MUSCLE & JOINT  
TREATMENT

USE 1-2 TIMES A DAY,  
20 MINUTES PER  
SESSION

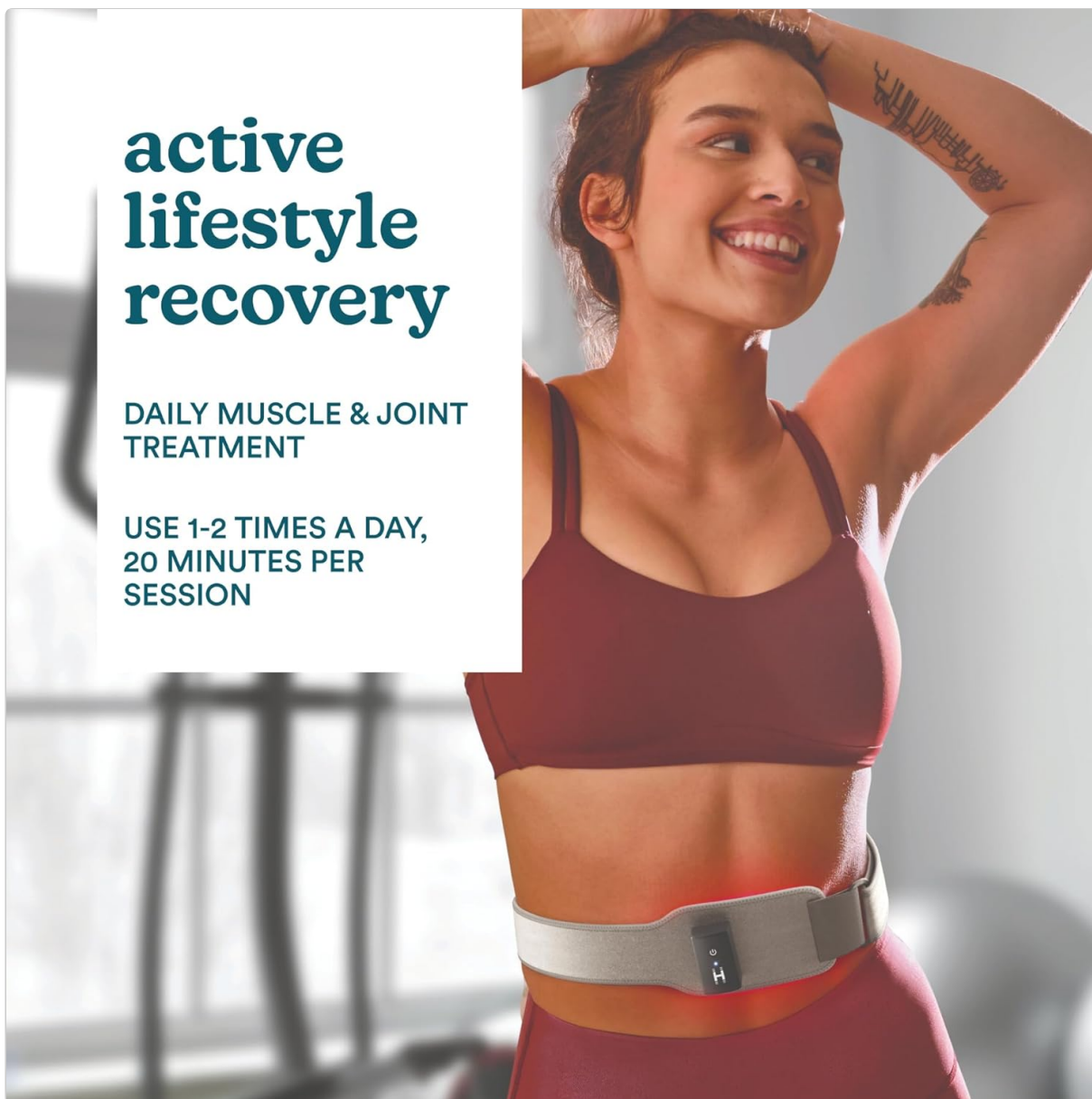


Image: A woman smiling while comfortably using the HoMedics Therapy Wrap around her lower back, illustrating its suitability for active lifestyle recovery and daily muscle treatment.

## MAINTENANCE

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To ensure the longevity and proper functioning of your HoMedics Therapy Wrap, follow these maintenance guidelines:

- **Cleaning:** Disconnect the device from power before cleaning. Wipe the surface of the wrap with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the wrap is completely dry before storing.
- **Care:** Avoid bending or creasing the LED panel excessively. Do not attempt to repair the device yourself. Contact customer support for assistance.

## TROUBLESHOOTING

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If you experience any issues with your HoMedics Therapy Wrap, please refer to the following common troubleshooting tips:

- **Device Not Turning On:** Ensure the device is fully charged. Check the USB cable connection to both the wrap and the power source.
- **Lights Not Visible:** Note that 850 nm infrared LEDs are not visible to the naked eye, but they are still functioning. Only the 660 nm red light LEDs will be visibly illuminated.
- **Reduced Performance:** Ensure the device is clean and free from obstructions. If the issue persists, contact customer support.

## SPECIFICATIONS

Feature	Specification
Product Dimensions	24.8 x 5.91 x 1.06 inches
Item Weight	4.64 ounces
Item Model Number	IFR-97HJ
Manufacturer	Homedics
Infrared LED Wavelength	850 nm
Red Light LED Wavelength	660 nm
LED Count	20
Battery	Rechargeable
Warranty	1-Year Limited Warranty

## WARRANTY & SUPPORT

The HoMedics Infrared + Red Light Pain Therapy Wrap comes with a 1-Year Limited Warranty. For warranty claims, product support, or any inquiries, please refer to the contact information provided in the included Instruction Book or visit the official HoMedics website.

## IMPORTANT SAFETY INFORMATION

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.