

HALIDODO B0FFVN58NP

HALIDODO Red Light Therapy and Vibration Massage Knee Brace User Manual

Model: B0FFVN58NP

1. INTRODUCTION

The HALIDODO Red Light Therapy and Vibration Massage Knee Brace is designed to provide comfort and support for various body areas, including the knee, joint, elbow, and shoulder. This device combines 660nm red light and 850nm near-infrared technology with vibration massage and heat to promote overall wellness and recovery.

Legal Disclaimer: 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.

2. SAFETY INFORMATION

Please read all safety instructions before using the device. Improper use may result in injury or device malfunction.

- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or have sensitive skin.
- Do not use on open wounds, broken skin, or areas with severe inflammation.
- Keep out of reach of children.
- Do not immerse the device in water or other liquids.
- Discontinue use if you experience any discomfort or adverse reactions.
- Ensure the device is fully charged before initial use.

3. PRODUCT COMPONENTS

The package includes the following items:

- 1 x Red Light Massage Knee Pad
- 1 x Power Controller (Non-removable)
- 1 x Extension Belt
- 1 x USB-C Power Cord
- 1 x User Manual
- 1 x Storage Bag

2-IN-1 Integrated Control

Power and Control at Your Knee



Vs

Wireless Rechargeable Power



External Power Required

Cordless convenience with
built-in power



Tangled wires, limiting
your freedom

Red light Therapy &
Vibration Massage



Only Red Light

Image: Contents of the HALIDODO Knee Brace package.

4. SETUP

4.1 Charging the Device

Before first use, fully charge the device using the provided USB-C power cord. The built-in 2500 mAh battery provides an average operating time of 1-2 hours, depending on the selected intensity levels.

4.2 Attaching the Brace

The knee brace features adjustable straps and an optional extension belt to ensure a comfortable and secure fit on various body parts, including the knee, elbow, or shoulder.

1. Position the brace over the desired area (e.g., knee).
2. Secure the straps firmly but comfortably using the hook-and-loop fasteners.
3. If needed, attach the extension belt to achieve a larger circumference.



Image: The HALIDODO Knee Brace in use on a knee.

5. OPERATING INSTRUCTIONS

The device features an intelligent touchscreen control for easy operation.

Intelligent Touchscreen Control



Image: Intelligent Touchscreen Control overview.

5.1 Power On/Off

- Press and hold the power button on the control panel to turn the device on or off.
- The display will illuminate, indicating the current settings.

5.2 Red Light Therapy Modes

The device offers 5 light therapy modes, combining 660nm red light and 850nm near-infrared light, along with a 10Hz pulse mode.

- Use the '+' and '-' buttons to cycle through the 5 light modes (L1-L5) and adjust intensity.
- The 660nm red light is absorbed for surface skin rejuvenation and healthy skin support.
- The 850nm near-infrared light penetrates deeper to promote comfort, relaxation, and post-activity recovery.
- A 10Hz pulse mode is available for deeper tissue treatment, stimulating blood circulation and reducing edema.

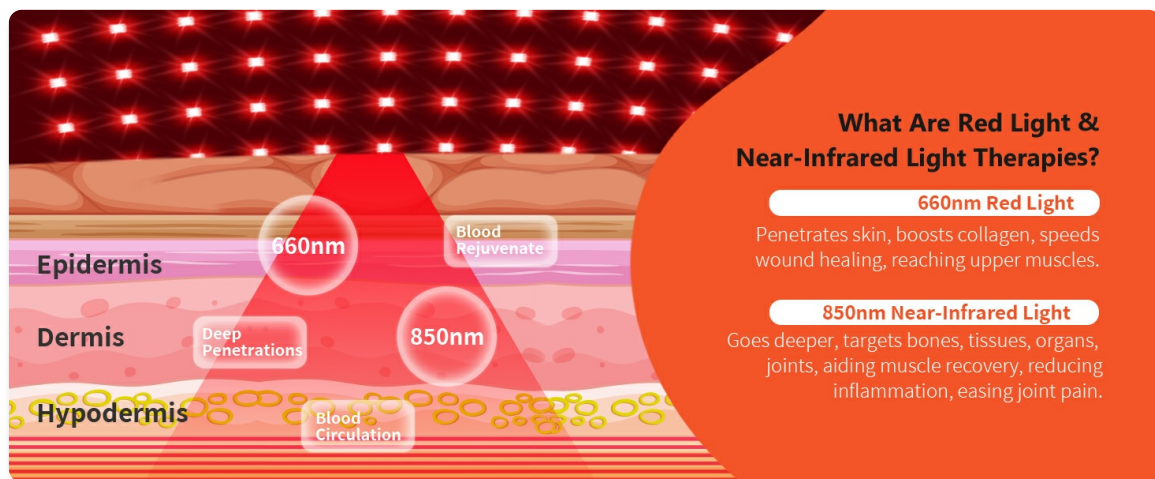


Image: Red Light Therapy Modes (10Hz Pulse and Constant).

5.3 Vibration Massage Modes

Select from 3 levels of vibration massage to target tightness and promote circulation.

- Press the 'M' button to cycle through the massage modes (M1-M3).
- **M1 (Gentle):** Improved blood circulation.
- **M2 (Smoothing):** Relieves joint and muscle tension and stiffness.
- **M3 (Powerful):** Stimulates deep tissues and alleviates discomfort.



Image: 3-Level Intensity Massage.

5.4 Heated Function

The device features five independent heating zones to ensure consistent and comprehensive warmth coverage, boosting circulation and supporting natural recovery.

5 LIGHT Therapy Modes

- 10Hz Pulse Mode
- Speed Up Recovery
- Reduce Inflammation
- Boost Cellular Energy
- Enhance Blood Circulation

TEMP

Mode	Temperature (°F)
L5	140
L4	131
L3	123
L2	114
L1	104

MODE

Image: 5 Light Therapy Modes with temperature indications.

5.5 Auto-Timer

The device is equipped with a 20-minute auto-timer to ensure precise control over treatment duration and prevent overuse.

Light Modes

10HZ

A red light therapy device set to 10 Hz emits 10 pulses per second, ideal for deep tissue treatment like pain and inflammation. This frequency enhances deeper tissue infiltration, stimulating cells to boost blood circulation, metabolism, and reduce edema and pain.

Constant Mode

In constant light mode, the red light therapy device emits a steady beam, suitable for specific chronic pain or long-term rehabilitation needs.

Image: 20-Minute Auto Timer Duration.

5.6 Versatile Application

The flexible design allows the brace to be used on various body parts beyond the knee, such as the elbow and shoulder, providing targeted relief wherever needed.

Suitable for Different Body Areas

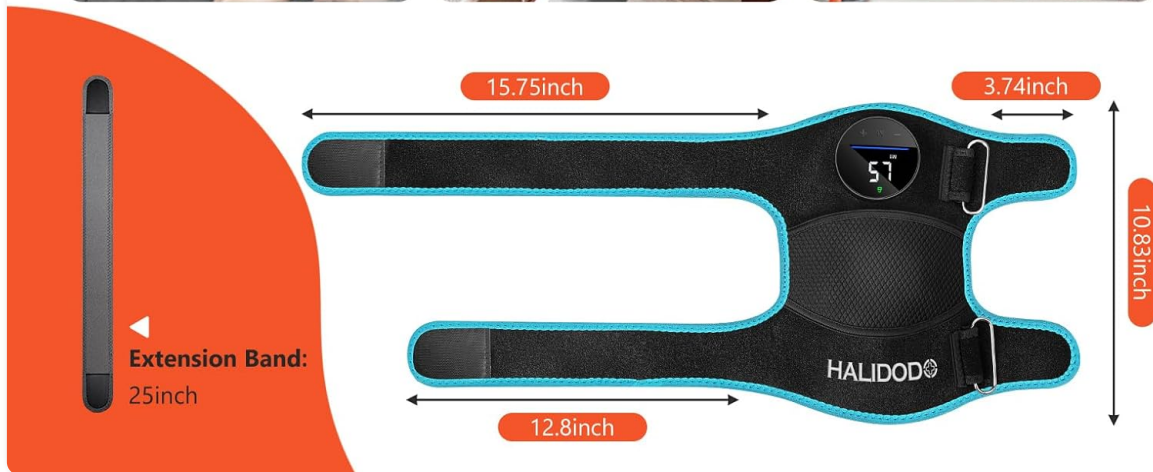


Image: Suitable for Different Body Areas.

6. MAINTENANCE

6.1 Cleaning

To clean the brace, gently wipe the surface with a damp cloth. Do not use harsh chemicals or abrasive cleaners. 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. Use the provided storage bag to protect the brace when not in use.

7. TROUBLESHOOTING

7.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to a power source using the USB-C cable and allow sufficient time for charging.
- Press and hold the power button for a few seconds to activate.

7.2 Light or Vibration Not Working

- Check the selected mode on the touchscreen control. Adjust the light (L1-L5) or massage (M1-M3) settings.
- Ensure the device is securely fastened to the body part, as proper contact is necessary for optimal function.

8. SPECIFICATIONS

Feature	Detail
Model Number	B0FFVN58NP
Brand	HALIDODO
Light Wavelengths	660nm (Red Light), 850nm (Near-Infrared Light)
Vibration Modes	3 Levels (Gentle, Smoothing, Powerful)
Heating Zones	5 Independent Zones
Battery Capacity	2500 mAh Lithium Ion (included)
Charging Port	USB-C
Auto-Timer	20 Minutes
Package Dimensions	8.35 x 5.63 x 3.27 inches
Weight	1 Pound
Date First Available	June 27, 2025

9. WARRANTY AND SUPPORT

HALIDODO is committed to providing high-quality products and customer satisfaction.

- **Return Policy:** Enjoy a 90-day return policy.

- **Warranty:** The device comes with a one-year guarantee.
- **Customer Support:** 24/7 professional customer support is available for any assistance or inquiries.

For support, please refer to the contact information provided in your product packaging or visit the official HALIDODO website.

Documents - HALIDODO – B0FFVN58NP

no relevant documents