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› BOB AND BRAD Cordless Heated Knee Brace and ThermoRed Heating Pad Belt Massager User Manual

BOB AND BRAD B0FMK8T7Z

BOB AND BRAD Cordless Heated Knee Brace and ThermoRed Heating Pad Belt Massager User Manual

1. INTRODUCTION

Thank you for choosing the BOB AND BRAD Cordless Heated Knee Brace and ThermoRed Heating Pad Belt Massager. This comprehensive manual provides detailed instructions for the safe and effective use of your new devices. Please read this manual thoroughly before operation and retain it for future reference.



Image: The BOB AND BRAD Cordless Heated Knee Brace and ThermoRed Heating Pad Belt Massager, showcasing both devices.

2. IMPORTANT SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances, especially those involving heat. Failure to do so may result in injury or damage to the product.

- Do not use while sleeping.
- Do not use on infants, incapacitated individuals, or persons insensitive to heat.
- Consult a physician before use if you have medical conditions such as diabetes, circulatory problems, or nerve damage.
- Do not use on open wounds, swollen areas, or inflamed skin.
- Avoid folding or creasing the heating elements during use to prevent overheating.
- Do not immerse the device or its components in water.
- Keep out of reach of children.
- Only use the provided charging cable and power adapter.

- If you experience any discomfort, discontinue use immediately.

3. PRODUCT COMPONENTS

The package includes the following items:

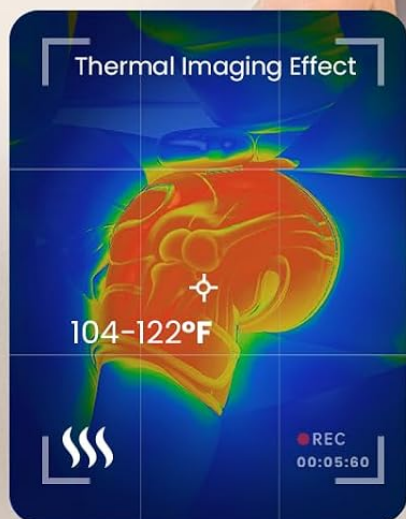
- BOB AND BRAD Cordless Heated Knee Brace
- ThermoRed Heating Pad Belt Massager for Lower Back
- USB Charging Cable (for both devices)
- User Manual

4. PRODUCT FEATURES

4.1. Cordless Heated Knee Brace

- **Instant 5-Second Warmth:** Advanced carbon fiber heating wires provide rapid heating.
- **Deep-Penetrating Heat:** Emits invisible 8-15µm far-infrared waves, penetrating 3-5mm into muscles and joints.

Bob
AND
Brad®



Soothing Heat for Knees

Fast heating in 5 seconds. Warm and relaxing.

Image: A person wearing the heated knee brace, with an overlay showing thermal imaging of heat distribution (104-122°F).

Far Infrared (invisible) Soothing Heat



Carbon fiber heating emits invisible far-infrared for deep-penetrating heat.

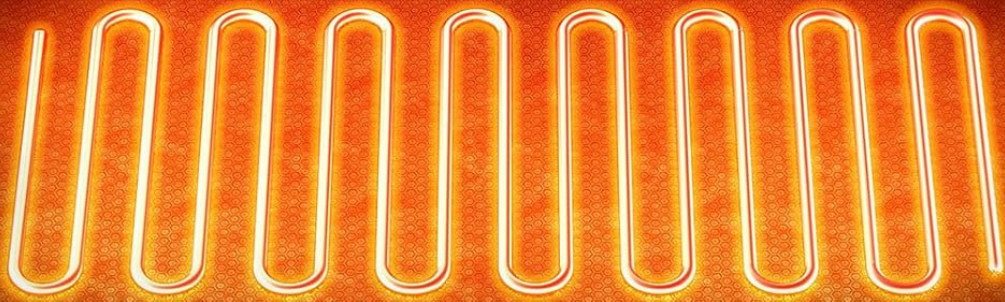


Image: A diagram illustrating how carbon fiber heating elements emit invisible far-infrared light for deep-penetrating heat.

- **Universal Fit & Full Knee Coverage:** Measures 20.9×10.2in (53×26cm), accommodating most adult knees with a 31.6in² (204.1cm²) targeted heating area.
- **Secure Grip:** Dual inner silicone grips prevent slipping during movement.
- **Enhanced Support & Comfort:** Dual elastic stabilizers and 3 elastic straps with 5 hook and loop fasteners provide a snug, personalized fit and distribute pressure.
- **Versatility:** Can also be used on elbows.



Elbow's Turn Now!

Switch between knees and elbows effortlessly.

Image: A person wearing the heated brace on their elbow, demonstrating its versatility.

4.2. ThermoRed Heating Pad Belt Massager

- **4-in-1 Comfort:** Combines Heat Therapy, Vibration Therapy, Red LED Light Therapy (660nm), and Near-Infrared Therapy (850nm).

ThermoRed 4-in-1 Back Massager Belt

Unwind, Ease, Revive—Back Comfort Redefined.



Heat
Therapy



Vibration
Therapy



Red LED
Therapy



Near Infrared
Therapy

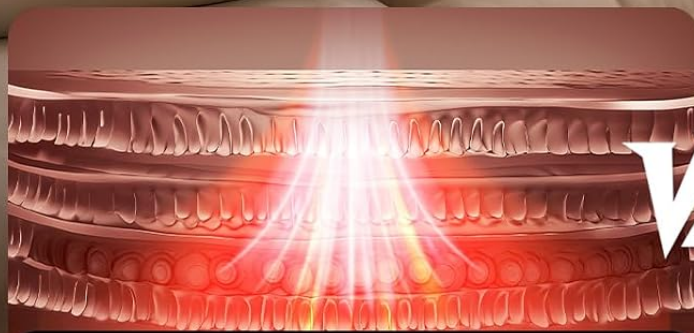
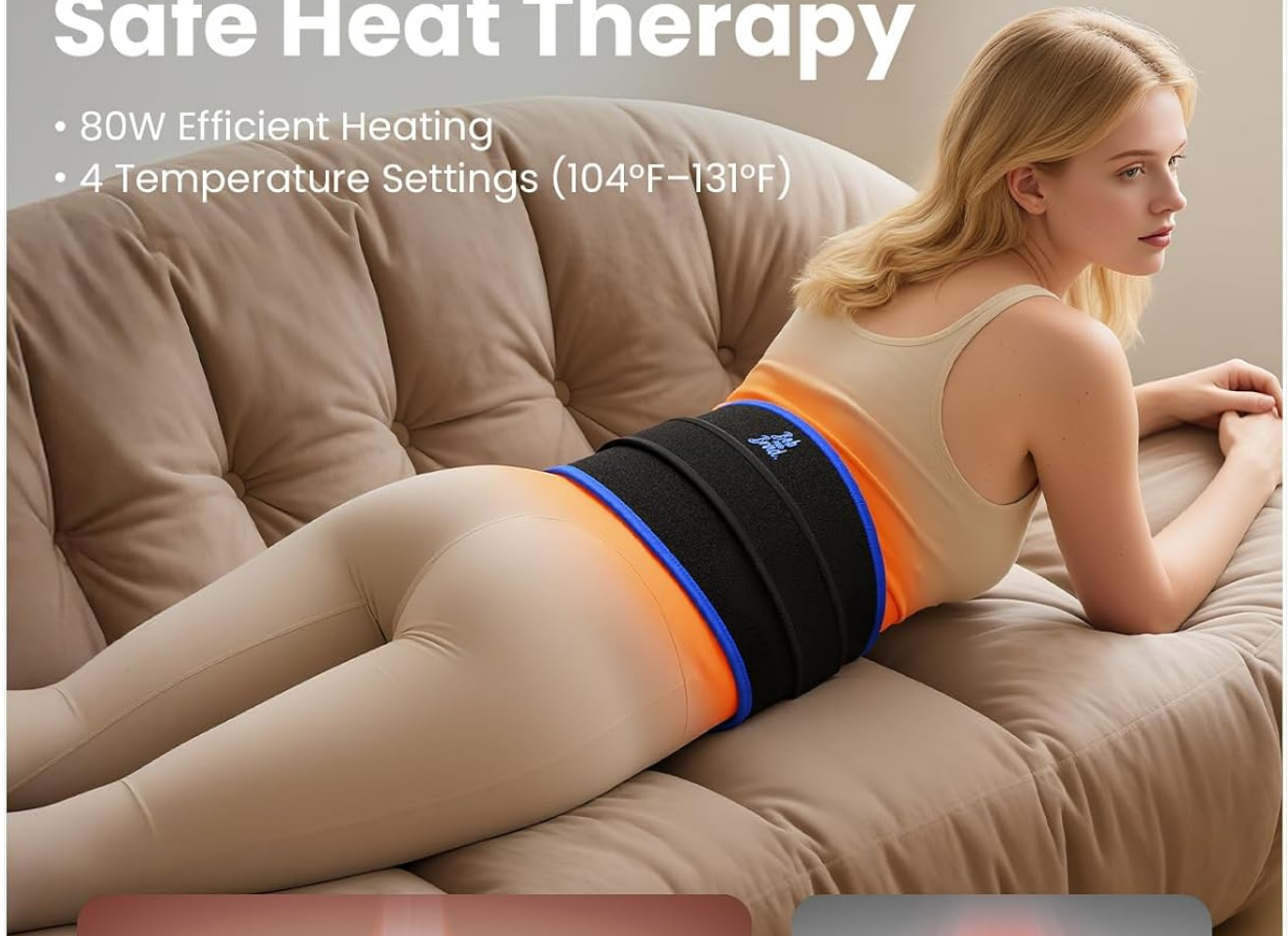


Image: A woman wearing the ThermoRed back massager belt, highlighting its 4-in-1 comfort features.

- **Fast, Steady & Safe Heat Therapy:** 80W efficient heating with 4 temperature settings (104°F-131°F).

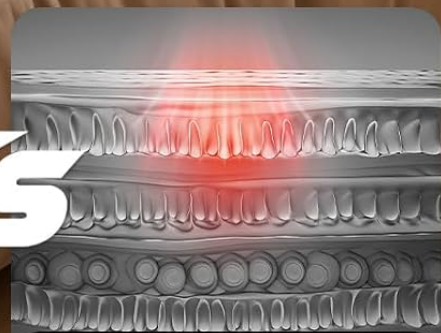
Fast, Steady & Safe Heat Therapy

- 80W Efficient Heating
- 4 Temperature Settings (104°F–131°F)



- BOB AND BRAD -
Deep muscle penetration with
NTC-controlled heating

VS



- Others -
Heat remains
only on skin surface

Image: A comparison diagram showing the deep muscle penetration of BOB AND BRAD's NTC-controlled heating versus surface-only heat from other devices.

- **4-Intensity Infrared Light Soothing:** Dual-wavelength red light (660nm) and near-infrared (850nm) technology for deeper penetration.



4-Intensity Infrared Light Soothing

Stronger Penetration, Comfort - Boosting.



660nm (Visible Light):

Deeply boosts circulation

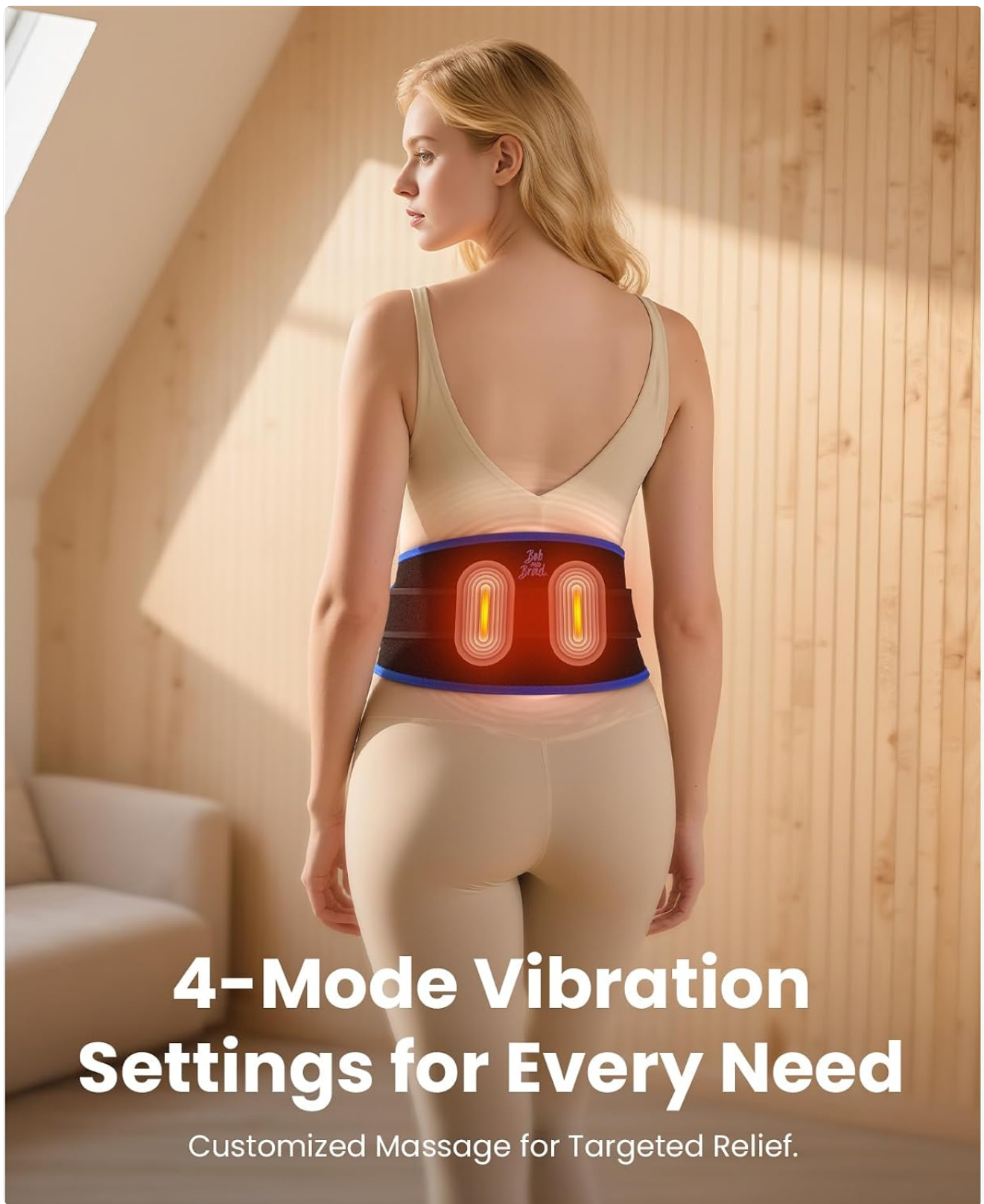


850nm (Invisible Light):

Soothes Muscles & Fatigue

Image: A diagram illustrating the penetration of 660nm (visible light) for circulation and 850nm (invisible light) for muscle soothing.

- **4-Mode Vibration Settings:** Customizable massage for targeted relief.



4-Mode Vibration Settings for Every Need

Customized Massage for Targeted Relief.

Image: A woman wearing the back massager belt, with icons representing the 4-mode vibration settings.

- **One-Size-Fits-Most (up to 60"):** Innovative 3-way adjustable system with a 45.35" main strap and 2 flexible side straps.
- **Premium Neoprene Comfort:** Breathable, neoprene-like material ensures even heat distribution.

5. SETUP AND CHARGING

5.1. Initial Charging

Before first use, fully charge both the Cordless Heated Knee Brace and the ThermoRed Heating Pad Belt

Massager. Connect the provided USB charging cable to the charging port on each device and plug the other end into a compatible USB power adapter (not included) or a computer USB port. The indicator light will show charging status and turn off or change color when fully charged.

5.2. Applying the Knee Brace

1. Unfold the knee brace.
2. Position the heating element over your knee (or elbow).
3. Wrap the brace around your limb and secure the elastic straps using the hook and loop fasteners for a snug, comfortable fit. Ensure the silicone grips are in contact with your skin to prevent slipping.

5.3. Applying the ThermoRed Belt Massager

1. Unfold the belt massager.
2. Position the heating and massage elements over your lower back or desired area.
3. Wrap the main strap around your waist and secure it with the hook and loop fastener.
4. Adjust the two flexible side straps for a personalized and secure fit.

6. OPERATING INSTRUCTIONS

6.1. Cordless Heated Knee Brace Operation

Intuitive & Effortless Controller

Ergonomic, cordless, and precise NTC temp control.



Image: A close-up of the knee brace's intuitive controller, showing the digital display and control buttons.

1. **Power On/Off:** Long press the Power button (labeled 3 in the image) to turn the device on or off. The digital display will illuminate.
2. **Adjust Heat Level:** Press the '+' button (labeled 2) for higher heat or the '-' button (labeled 4) for lower heat. The display will show the current heat setting.
3. **Set Timer:** Short press the Power button (labeled 3) to cycle through available timer settings. The device will automatically shut off after the selected time.

6.2. ThermoRed Heating Pad Belt Massager Operation

1. **Power On/Off:** Press and hold the Power button on the control panel to turn the device on or off.
2. **Adjust Heat Level:** Press the Heat button to cycle through the 4 available heat levels (104°F-131°F).
3. **Select Vibration Mode:** Press the Vibration button to cycle through the 4 vibration modes.
4. **Activate Red Light/NIR Therapy:** Press the Light button to activate or deactivate the red light and near-infrared therapy.
5. **Automatic Shut-off:** The device may have an automatic shut-off feature for safety. Refer to the display for active settings.

7. CARE AND MAINTENANCE

7.1. Cleaning

- Ensure both devices are powered off and unplugged before cleaning.
- Wipe the surface of the devices with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Allow to air dry completely before storing or next use.

7.2. Storage

- Store the devices in a cool, dry place, away from direct sunlight and moisture.
- Avoid placing heavy objects on the devices.
- Do not fold the devices tightly, especially the heating elements, to prevent damage.

8. TROUBLESHOOTING

If you encounter any issues, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully.
No heat or weak heat.	Incorrect heat setting; device not properly positioned; low battery.	Increase heat level; ensure proper contact with skin; recharge device.
Vibration not working (ThermoRed).	Vibration mode not selected; low battery.	Press the Vibration button to select a mode; recharge device.
Device shuts off unexpectedly.	Automatic timer activated; low battery.	Check timer settings and adjust if needed; recharge device.

If the problem persists after trying these solutions, please contact customer support.

9. SPECIFICATIONS

- **Product Name:** BOB AND BRAD Cordless Heated Knee Brace + ThermoRed Heating Pad Belt Massager
- **Model Number:** B0FMK8T7Z
- **Knee Brace Size:** 20.9 × 10.2 inches (53 × 26 cm)

- **Knee Brace Heating Area:** 31.6 in² (204.1 cm²)
- **ThermoRed Belt Max Waist:** Up to 60 inches
- **ThermoRed Heat Settings:** 4 levels (104°F - 131°F)
- **ThermoRed Red Light Wavelengths:** 660nm (Red LED), 850nm (Near-Infrared)
- **ThermoRed Vibration Modes:** 4 modes
- **Power Source:** Rechargeable Battery (USB charging)
- **Date First Available:** July 25, 2025

10. WARRANTY AND SUPPORT

This product is subject to a 30-day return policy for refund or replacement, as per the seller's terms. For any product-related inquiries, technical support, or warranty claims, please contact the seller directly through your purchase platform. Please retain your proof of purchase for any support requests.