



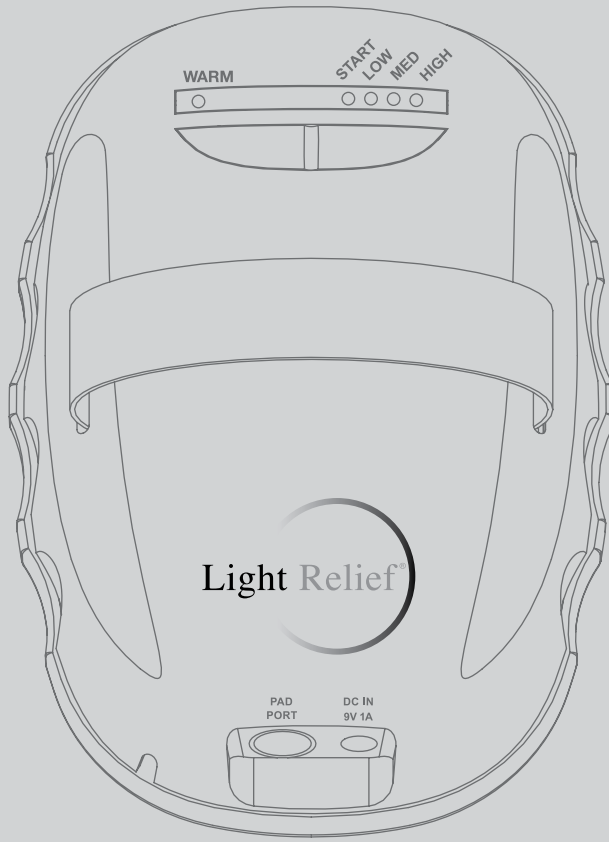
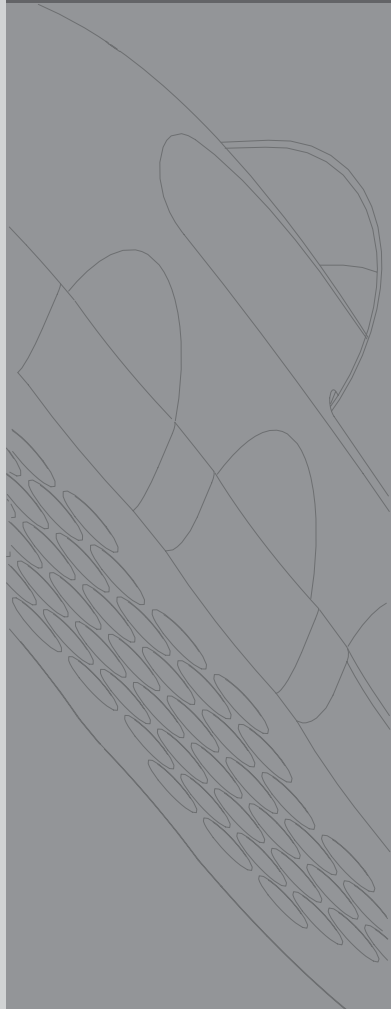
# LR150 Instruction Manual

## ATTENTION!

For best results please use the Light Relief® device for one to two fifteen-minute cycles per use, everyday for two weeks. Some people may experience relief within a few days.



LR150 052208



**Thank you for purchasing the Light Relief® unit. Your satisfaction is very important to us. The Light Relief® device is recommended for the temporary relief of minor muscle pain, joint pain, and stiffness. For best results, please use the Light Relief® unit every day for two weeks, for one to two fifteen minute cycles per use. Some people may experience relief within a few days. The Light Relief® device is not a substitute for prescribed medication. If pain is severe or persists, consult with your physician. For the most effective use of your Light Relief® unit, please read the following manual before use.**

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## ALL ABOUT THE LIGHT RELIEF® UNIT

Congratulations on your purchase of the Light Relief® unit. The Light Relief® unit is a pain relief device that emits energy in the infrared spectrum, to help relieve your pain. It provides topical heating for the purpose of elevating and/or maintaining tissue temperature. Use wherever heat application is prescribed for personal comfort and the temporary relief of minor muscle pain, joint pain, and stiffness.

**Note:** The Light Relief® unit contains both visible red and blue LED lights and infrared LED lights that are not visible to the human eye. Do not be concerned that half of the lights appear to be “off”, your Light Relief® unit is working correctly to bring you the maximum pain relief.

## SAFETY PRECAUTIONS:

For your safety, please observe the following precautions when using the Light Relief® unit:

- Read all instructions and safety precautions before using the Light Relief® unit.
- The Light Relief® unit is an electrical device and caution must be used when plugging in the unit and charging the unit. Plug into an electrical outlet only (120 volts, 60 Hertz) and always use the power adaptor provided by Light Relief, LLC.
- Keep the Light Relief® unit away from water as it is not protected against ingress of water. Do not place or store near a tub, sink, toilet, or other place where the unit could come into contact with water. If the unit falls into water when it is plugged in, DO NOT reach for the unit.
- Before plugging and unplugging the power adaptor, turn unit OFF by pressing the right side of the blue button on top of the unit until all lights on the unit are off.
- The Light Relief® unit is made of electronic circuitry. Great care should be exercised when placing it on or removing it from the body.
- Lay the Light Relief® unit flat whenever possible. Avoid excessive or unnecessary bending.
- Do not lay unit flat onto a plastic, wood or other heat sensitive surface. The heat from unit could cause damage.
- Do not apply to wet or damp skin. Electronics may be damaged if exposed to water.
- When cleaning the unit, NEVER immerse in or wash with water. Always use a dry brush to clean the unit.
- If unit will not be used for an extended period, remove the batteries from unit and remove power adaptor from the wall outlet.

- Disposable batteries must be installed, used, and disposed of properly. Batteries may explode or leak and cause burn injury if inserted backwards, recharged, disposed of in fire, mixed with a different battery type, or disassembled. Replace all used batteries at the same time. Do not remove the battery label.

## MEDICAL PRECAUTIONS:

- Consult your doctor prior to using the warm function.
  - Do not apply to an open wound, as heat may stimulate circulation and cause bleeding.
  - Use cautiously, as burns may result from improper use.
  - The Light Relief® unit is not to be used by incapacitated, sleeping or unconscious persons.
  - Do not leave small children unattended.
  - Do not allow children to use – this is not a toy.
  - Do not use on infants.
  - Do not use over areas of bruised, broken or insensitive skin.
  - Do not sit on or against, fold, crush, or lay on this device.
  - Do not use with liniments, salves or ointments that contain heat-producing ingredients, as skin burn could result.
  - Do not look directly into LEDs or place unit in direct contact with eyes.
  - Do not use over areas of poor circulation, as burns may result.
- If the Light Relief® unit is operated with the warm function on and the temperature begins to feel too warm, turn the warm function off immediately. If the heat causes any discomfort, stop use immediately.

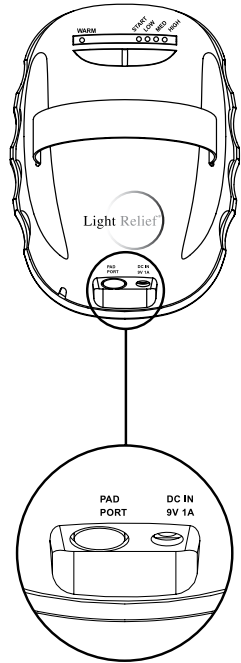


Figure 1

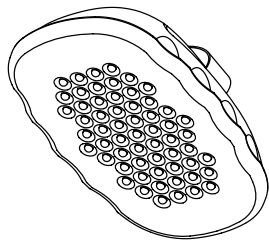


Figure 2

**COMPONENTS OF YOUR LIGHT RELIEF® UNIT**

The Light Relief® LR150 product consists of a hand-held base unit and a flexible pad, called the Light Pad™ attachment. The hand-held base unit houses the main circuitry, a graphic display, button controls, batteries and two ports (**Figure 1**). The power port is for plugging in electrical power adaptors and the Light Relief® Car Adaptor. The pad port is for plugging in the flexible Light Pad™ attachment and/or the Large Light Pad™ accessory (see “THE LIGHT RELIEF® ACCESSORIES” section for ordering information).

The Light Relief® unit contains an array of 59 colored and infrared light emitting diodes, or LEDs (24 infrared, 31 red, and 4 blue). The LEDs emit a gentle stream of soothing energy. **See Figure 2.**

The unit contains a warm button, which can be turned on and off—as desired for your comfort—by pressing the left side of the blue button on top of the unit (the warm setting does not work without choosing one of the four frequency settings). The unit also contains four frequency settings (**START, LOW, MED and HIGH**) which can be changed by pressing the right side of the blue button on top of the unit. **See Figure 3.**

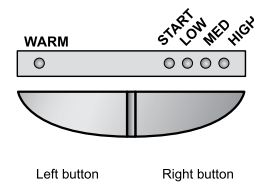


Figure 3

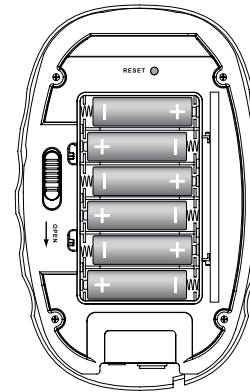


Figure 4

**THE LIGHT RELIEF® LR150**

The Light Relief® LR150 (**Figure 4**) operates on six disposable AA batteries, six rechargeable batteries (available as our Rechargeable Battery Set accessory, see the “THE LIGHT RELIEF® ACCESSORIES” section of this manual) or a power adaptor.

The LR150 also operates with our Light Relief® Car Adaptor which works with your car’s cigarette lighter socket to give you relief on the go. See the “THE LIGHT RELIEF® ACCESSORIES” section of this manual.

**NOTE:** If using batteries, they need to be fresh or fully charged before use. (Rechargeable batteries should be fully charged for 10 hours before initial use.) Please see the “BATTERY MAINTENANCE” section of this manual for complete details.

**BENEFITS & INDICATIONS FOR USE:**

- Use wherever warm application is prescribed for personal comfort and the temporary relief of minor muscular pains, joint pain and stiffness.
- Provides temporary relief of minor aches and pains in muscles and joints.
- Aids in the relaxation of muscles.
- Helps provide a temporary improved range and freedom of motion due to muscle relaxation and temporary minor pain relief.
- Provides a temporary increase in local blood circulation.

**DIRECTIONS FOR USE**

**For your safety, please read the “SAFETY PRECAUTIONS” and “MEDICAL PRECAUTIONS” section of this manual before attempting to use this product.**

Before use:

- Ensure that the flexible Light Pad™ attachment is connected to the Light Relief® unit by inserting the pad plug into the pad port (see **Figure 5**).

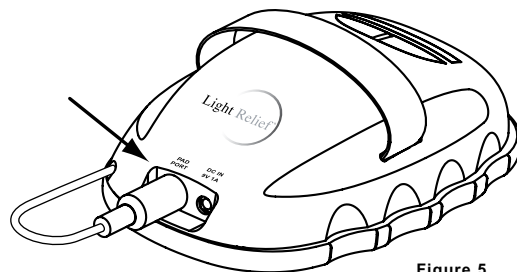


Figure 5

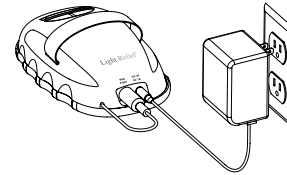


Figure 6

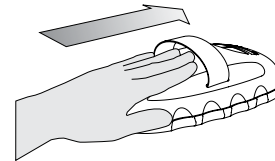


Figure 7

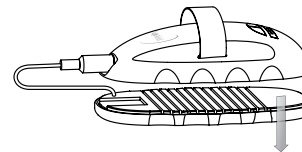


Figure 8

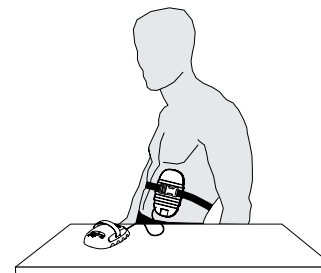


Figure 9

If using the power adaptor:

- Insert the small adaptor plug into the power port on your Light Relief® unit as shown in **Figure 6** and insert the adaptor wall plug into an electrical wall outlet (120V, 60 Hertz). When the power adaptor is connected the unit will automatically disconnect the power of the batteries.

**NOTE:** If you wish to use your Light Relief® unit with our exclusive Light Relief® Car Adaptor or our Rechargeable Battery Set accessories (see “THE LIGHT RELIEF ACCESSORIES” section for ordering information), please refer to enclosed inserts for set-up directions prior to use.

If using batteries:

See the “BATTERY MAINTENANCE” section of this manual and insert according to instructions.

Positioning the Light Relief® unit

You can use the Light Relief® unit by holding it in your hand or by securing the unit to your hand by placing your fingers under the small elastic strap on top of the unit (**Figure 7**) and placing it over the area to be treated. You can also detach the flexible Light Pad™ attachment from the Light Relief® unit (**Figure 8**). Using the long body strap provided, you can secure the flexible Light Pad™ attachment on the body (**Figure 9**); rest the hand-held module on a table, in your lap, or on any secure adjacent surface. If you secure the flexible Light Pad™ attachment to your body using the long body strap provided, use caution to ensure that the pressure applied is not excessive or uncomfortable.

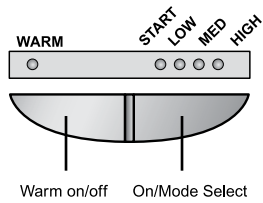


Figure 10

#### Activating the Light Relief® Unit

Turn the Light Relief® unit on by pressing the right side of the blue button located on top of the unit (**Figure 10**).

#### Selecting a Frequency Setting

Select a desired frequency setting by pressing the right side of the blue button, which will cycle you through four modes, START, LOW, MED and HIGH. We suggest you always start with the HIGH setting, but you should experiment to see what works best for you. In START mode, the flashing lights will tell you that the unit is operating correctly. This is the only mode where the lights flash. The START mode operates at a very low frequency and the LOW, MED, and HIGH modes increase the LED frequency. You may wish to try different frequency settings until you determine the setting that works best for you.

#### Selecting the Warm Setting

Once you have selected a frequency setting, you may select the warm setting by pressing the left side of the blue button. This will turn the warm function on or off. You can adjust the warmth by turning the warm function on or off based on your personal comfort. If the Light Relief® unit is operated with the warm function on and the temperature begins to feel too warm, turn the warm function off immediately.

**Note:** The Light Relief® unit contains both visible red and blue LED lights and infrared LED lights that are invisible to the human eye. Do not be concerned that half of the lights appear to be “off”, your Light Relief® unit is working correctly.

#### Applying the Light Relief® unit

After you have selected a frequency setting and warm setting (**Figure 10**), hold the Light Pad™ on the area to be treated or move the Light Pad™ around the area to be treated (the light should actually touch the skin). If the Light Pad™ is cool to the touch, it may take approximately ten to twelve minutes to warm the skin to the desired temperature for effective relief. Suggested treatment time is 15 to 20 minutes. Therefore, we recommend using the Light Relief® unit for approximately one to two fifteen-minute cycles per use. If the temperature feels too warm, press the warm button to turn the warm function off. The unit will turn off automatically after 15 minutes of use. You may turn it back on again immediately for a second cycle.

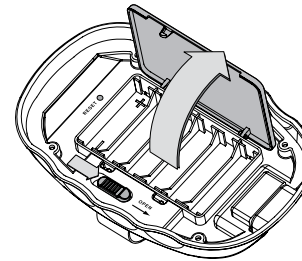


Figure 11

Returning the flexible Light Pad™ attachment to the unit If you have detached the flexible Light Pad™ attachment from the Light Relief® unit and are finished using it, the flexible Light Pad™ attachment can be re-secured to the Light Relief® unit in the reverse manner that it was removed.

#### BATTERY MAINTENANCE

The Light Relief® LR150 operates with disposable AA alkaline batteries, the optional rechargeable batteries, or with a power adaptor. We suggest you use the Light Relief® unit with the power adaptor whenever possible and use the batteries only when traveling. If used with full heat, the Light Relief® unit can be used for up to six 15-minute treatments before the batteries need to be replaced. If the unit will not be used for extended periods, the batteries should be removed.

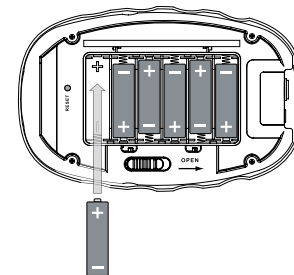


Figure 12

#### Using Disposable Batteries

To install the batteries, open the battery compartment as shown in **Figure 11**. Install AA alkaline batteries as shown in **Figure 12**.

When inserting batteries into the battery compartment, make sure that the batteries are placed in a configuration that allows the plus(+) and minus (-) to be properly aligned with the markings inside the battery compartment. Replace all batteries with fresh AA alkaline batteries when the lights on the Light Relief® unit are dim, or when the power shuts off automatically due to low power. To replace disposable batteries, remove the Light Pad™ attachment as noted in DIRECTIONS FOR USE, then remove the old batteries and install new batteries as outlined previously.

If the unit will not be used for extended periods, the batteries should be removed.

**CAUTION:** Disposable batteries must be installed, used, and disposed of properly. Battery may explode or leak and cause burn injury if inserted backwards, recharged, mixed with a different battery type, disposed of in fire, or disassembled. Replace all used batteries at the same time. Do not remove the battery label. Remove power adaptor from electrical wall outlet when not in use.

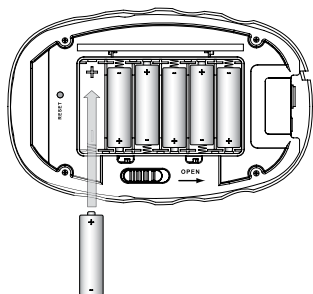


Figure 13

Using the Rechargeable Battery Set

To use your rechargeable batteries, insert them in the battery compartment as shown in **Figure 13**, making sure to place the batteries so that the plus (+) and minus (-) ends are properly aligned with the markings inside the battery compartment and close the door to the battery compartment.

Charging the Rechargeable Battery Set

To charge the batteries, insert them as shown in **Figure 14**, then connect the supplied AC adaptor's barrel plug into the jack on the back of the charger. Plug the AC adaptor into the electrical wall outlet as

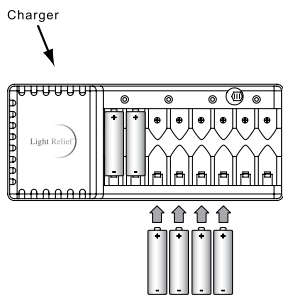


Figure 14

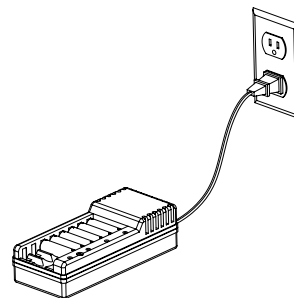


Figure 15

shown **Figure 15**. Charge the batteries for 10 hours before initial use. Recharge the batteries when lights on the Light Relief® unit are dim, or when power shuts off automatically due to low power.

Using the Power Adaptor

To use the power adaptor, plug the adaptor into the connector on the Light Relief® unit as shown in **Figure 16**, and plug the adaptor into an electrical wall outlet (120V, 60 Hertz). When the power adaptor is connected to the unit, the unit will automatically disconnect the power from the batteries.

Remove the power adaptor from electrical wall outlet when unit is not in use.

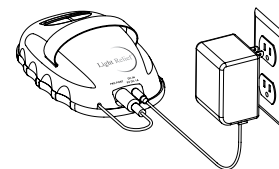


Figure 16

**THE LIGHT RELIEF® UNIT ACCESSORIES**

Enhance the enjoyment of your Light Relief® unit with the following exclusive accessories. Contact us at **800-714-9183** or visit **www.lightrelief.com** to order your accessories today.

The Large Light Pad™ Accessory

Our flexible Large Light Pad™ accessory (**Figure 17**), is specially created to deliver soothing relief to larger areas of the body such as your back, legs, shoulders, etc.

If you have already ordered and received your flexible Large Light Pad™ accessory, just follow the instructions that were enclosed with your "LARGE LIGHT PAD™" accessory and prepare for even more soothing relief and comfort.

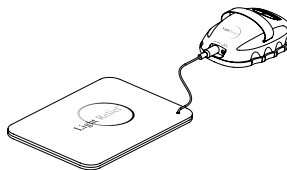


Figure 17

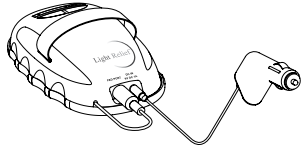


Figure 18

After you have plugged in your flexible Large Light Pad™ accessory for use according to the insert directions, please refer to this manual for important general Light Relief® unit directions.

**The Light Relief® Car Adaptor**

Now you can use your Light Relief® unit in your car or RV when you use your Light Relief® unit with our Light Relief® Car Adaptor accessory (**Figure 18**).

Just plug it into your car's cigarette lighter and you'll get soothing relief when you're on the move.

After you have plugged in your Light Relief® Car Adaptor according to the insert directions, please refer to this manual for important general Light Relief® unit directions.

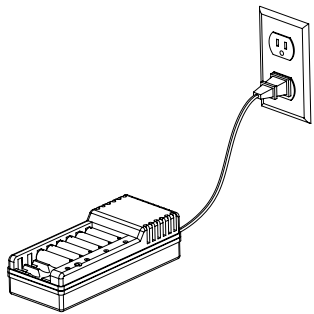


Figure 19

**The Rechargeable Battery Set**

Order our Rechargeable Battery Set today and you can save money and the hassle of replacing batteries with our Rechargeable Battery Set.

If you have already ordered and received your Rechargeable Battery Set (**Figure 19**), please refer to the enclosed insert and the "RECHARGEABLE BATTERY SET" portion of the "BATTERY MAINTENANCE" section of this manual for specific set-up information. Please refer to this manual for important general use directions for the Light Relief® unit.

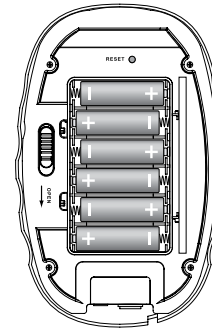


Figure 20

**ORDERING THE LIGHT RELIEF® UNIT ACCESSORIES**

Accessories are now available to enhance your experience with the Light Relief® unit. Please contact us at **800-714-9183** or visit [www.lightrelief.com](http://www.lightrelief.com) to order your exclusive Light Relief® accessories today.

**TROUBLE-SHOOTING**

If the unit fails to operate:

- Ensure that batteries are correctly installed (**Figure 20**).
- Replace batteries.
- Wait 30 minutes for the unit to cool down and try again.

When using the power adaptor:

- Ensure that the power adaptor is plugged into an electrical wall receptacle (**Figure 21**).
- Ensure that the power cord from the power adaptor to the LR150 is completely inserted into the receptacle marked "DC IN 9V 1A" on the top of the unit.
- Press the reset button located inside the housing (**Figure 22**).

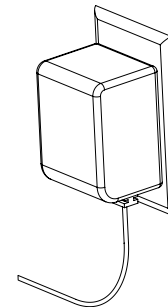


Figure 21

**Rechargeable Battery Set**

Recharge batteries:

- Ensure that charging adaptor is plugged into electrical wall receptacle (**Figure 21**).

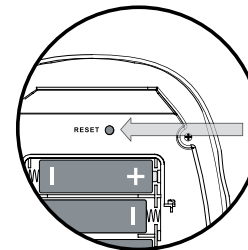


Figure 22

## DISCLAIMER

This product is not intended to diagnose, cure or prevent disease. Light Relief, LLC makes no claims, representations or warranties regarding the ability of this product to cure any physical or mental conditions. A qualified health professional should be consulted with regard to any condition requiring medical attention.

## FCC INFORMATION

**Warning:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## LIGHT RELIEF® LIMITED WARRANTY

(Two-year Limited Warranty)

Light Relief, LLC warrants that your product will be free from defects in materials and workmanship for two years from the date of purchase by the original owner. This warranty covers the original purchaser only and is not assignable or transferable to any other party.

The Light Relief® unit has a minimum lifetime expectancy of two (2) years. We recommend the unit be replaced after this time.

### Contact Info for Warranty Service or Customer Service for return instructions:

Light Relief, LLC  
P.O. Box 3252  
Hollywood, CA 90078  
800-743-9852  
www.lightrelief.com

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