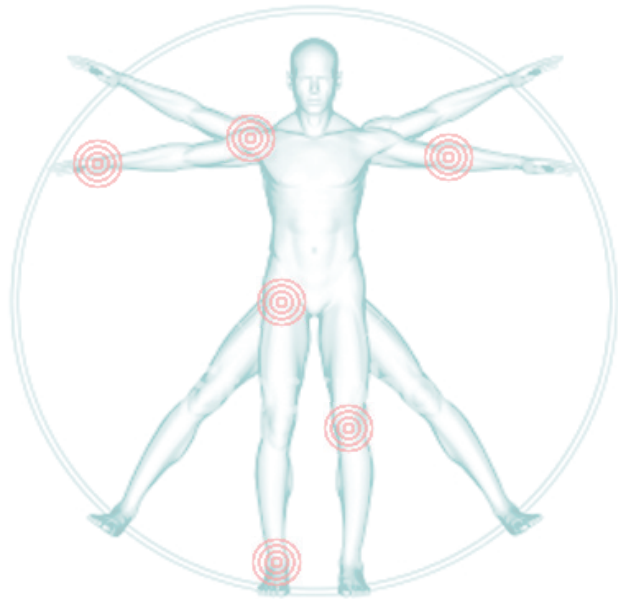


# Tendlite Model 2013 Manual



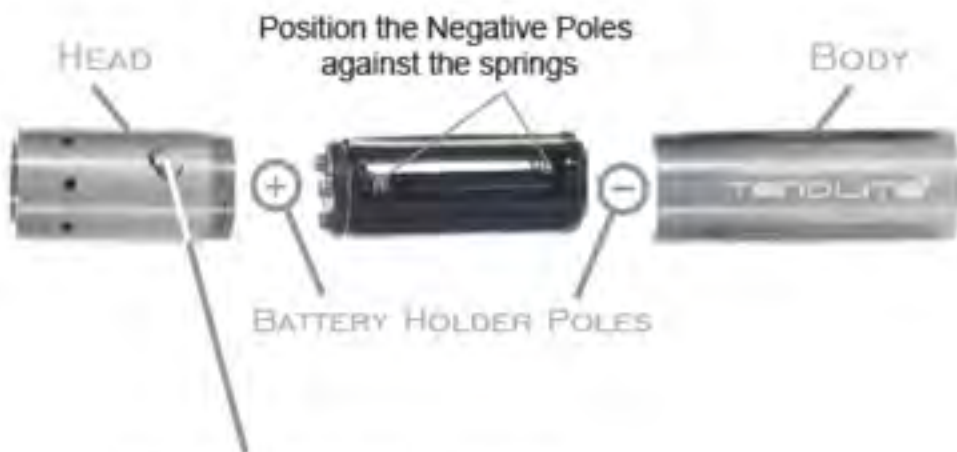
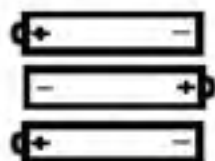
TENDLITE®

# QUICK START GUIDE

PLEASE ALSO READ THE MANUAL BEFORE USING YOUR:



3 AAA BATTERIES



MULTIFUNCTION BUTTON:

- FULL CLICKS: TURN ON AND OFF

- SOFT CLICKS (TOUCHES):

1ST - STANDARD POWER MODE (DEEP PAIN)

2ND - LOW POWER MODE (MILD PAIN)

3RD - STROBE MODE (AVERAGE PAIN)

*Thank you for purchasing the TendLite® compact Medical Device. Your satisfaction is very important to us. The TendLite® device is intended to deliver relief of joint and muscle pain, relieving stiffness, promoting relaxation of the muscle tissue and to temporarily increase local blood circulation where red light therapy is indicated.*

*For best results, use the TendLite® unit every day for three weeks, twice a day for 30 seconds to 1 minute cycles per spot. Many people get relief from their pain within a few days. Consult your doctor if the pain persists or is severe. Please read this manual before use, in order to take full advantage of your TendLite®.*



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# 1

## INTRODUCTION

Congratulations on your purchase!

This unit takes advantage of 40 years of NASA light frequency therapy research to give you the best in LED therapy. This device is designed to alleviate pain for certain indications. Please observe all safety precautions.

Tendlite® Medical Device is FDA cleared under number K-100213 Class II - by our manufacturer: Lumanosity Inc.

Please read the entire manual before operating the unit.

### INCLUDED IN THIS PACKAGE

- Tendlite® unit
- 3 AAA Batteries
- Operating Manual

### INDICATIONS OF USE

This unit is intended to deliver relief of muscle and joint pain, arthritis and muscle spasm, relieving stiffness, promoting relaxation of muscle tissue, and to temporarily increase local blood circulation where light therapy is indicated. Many types of joint pain relief including:

- Tendinitis (Tendonitis)
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Arthritis (including Rheumatoid)
- Bursitis
- Fibromyalgia

### MEDICAL PRECAUTIONS

#### Contra indications

- Pregnancy - This device has not been tested for use by pregnant women or infants and toddlers.
- Carcinoma - This device has not been evaluated in patient populations with carcinoma.

- Fever (body temperature higher than 100.4 F/38 C)
- If you have a pacemaker
- If you have light triggered seizures

#### OTHER WARNINGS AND PRECAUTIONS

- DO NOT use directly on the Thyroid (Front of the throat). Impact of increased temperature on thyroid is inconclusive at this time.
- DO NOT use skin creams, oils, retin-A or lotion of any kind for at least a half an hour before a photo therapy session. Any type skin lotion can make the skin overly sensitive to the light.
- Follow usage INSTRUCTIONS. Putting the Light right next to the skin on one spot for several minutes, 5 minutes or longer, can heat the blood.
- For facial work, wearing protective goggles over the eyes is recommended. This is an extra safety precaution for the eyes. Never stare directly into the lights on the unit. When targeting near the eyes, you may have to adjust the goggles slightly in order to be able to reach some parts of the face.
- The unit should NOT be used by children under the age of 13 as their skin may be too sensitive.
- DO NOT allow the unit to contact (touch) broken skin. The device is not sterile and may cause infection.
- This unit does NOT emit UV rays, or any other harmful rays at all only specific wavelengths that have been shown to be safe in studies by NASA and University medical research centers.
- The unit is not to be used by incapacitated or unconscious persons.
- Do not leave small children unattended with the device.
- Do not allow children to use – This is not a toy.
- 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.
- If the device temperature begins to feel too hot, turn it off immediately. If the heat causes any discomfort, stop the use.



## SAFETY PRECAUTIONS

- **DO NOT USE** unit around water. Contact with water could cause electric shock. This unit is not waterproof. Do not place or store near a tub, sink, toilet, or other place where the unit could come into contact with water.
- Staring directly at the light can be painful for sensitive eyes.
- The Tendlite® device is made of electronic circuitry. Great care should be exercised when using, storing and carrying the device.
- Do not lay unit (with power On) 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 soft dry cloth to clean the unit.
- If unit will not be used for an extended period, remove the battery from unit.
- **BATTERY USE:** Like on any

electronic device, disposable battery must be installed, used, and properly disposed. 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.

You may use **RECHARGEABLE** or **DISPOSABLE** battery on this unit, just do **NOT** mix them.

## DIRECTIONS FOR USE

For your safety, please read the “Medical Precautions” and “Safety Precautions” section of this manual before start using this product.

- **With the unit pointed away from your eyes, turn the ON/OFF switch to ON position.** The unit has a 30 seconds timer. The Tendlite’s timer will provide a one (1x) 30 seconds dose of light before shutting off automatically. For light pain this 1 dose may be enough. For more serious pain (deep pain), push the button again for an additional 30 second dose of light.
- If you feel any discomfort triggered

by the use of the device, increase the distance of the unit from your body or discontinue the session.

- It is not recommended to point the light toward the front of the throat as this may create discomfort to the thyroid gland.
- To stop a treatment, push the ON/OFF button.

#### DIRECTIONS FOR USE ON JOINTS

- Hold the unit over the pain spot in question at a distance anywhere from touching the skin to 1 inch away from the skin, depending on the depth of treatment desired. The Red light penetrates 1 inch into your tissue/joint. Reaching your tendon, cartilage, disc, ligaments and joint directly, which makes the treatment very effective.

- Hold the unit on that spot for anywhere from 30 seconds (1 dose) to 1 minute (2 doses). Then proceed to any additional spots and repeat the regiment.

- For large joints, it may be necessary to treat the whole area in question by dividing it in sections for up to 4 minutes. Move the light to different angles around the area in question. For example, if it's a knee or a shoulder, point the light at different angles around the circumference of the joint, as you feel the need.

Allow a day for full impact of healing to begin. For chronic pain, repeat treatment 2 to 3 times daily for at least 3 weeks.

#### SESSION FREQUENCY

For joint pain, daily sessions are rec-

*The images below show the simple and easy use of your TendLite®:*



# GENERAL USAGE AND GUIDELINES

The *TENDLITE*<sup>®</sup> is pre-programmed with a 30 seconds timer. It starts once you turn the device ON. The device shuts down automatically after this. This is the minimum DOSE of the THERAPEUTIC LIGHT necessary per spot treatment\*. Just point the light at the painful spot of the joint, ligament or disc to be treated. Every Click on the ON/OFF button (see Quick Start Guide) gives you 1 DOSE = 30 seconds of Red Light Therapy. Please wait for the end of the first (or previous) 30s cycle to activate the next.

For example, if you are treating Carpal Tunnel Syndrome and let's say that your **Pain Level is Average**.  
2 DOSES = 2 Clicks (**wait for the end of the first 30s cycle to activate the next**) = 1 minute total treatment = 2 Clicks on different angles of the back of your Wrist (Carpal Canal). Along the Painful spot of the wrist.  
Use the **Dosage Chart** below to find the best Dosage to treat your injury.

PAIN LEVEL	LIGHT PAIN	AVERAGE PAIN	DEEP PAIN
DOSAGE Per Treatment Spot*	<b>1 DOSE</b> Per Treatment Spot* (30 seconds treatment) <b>Once a Day</b>	<b>2 DOSES</b> Per Treatment Spot* (1 minute treatment) <b>Twice a Day</b>	<b>3 DOSES</b> Per Treatment Spot* (1m 30s minute treatment) <b>3 Times a Day</b>

\*The **Treatment Spot** is an area covered by the red light beam. A small joint i.e. knuckle of a finger, should have only one treatment spot, because the light shines over the entire affected joint. Conversely, a knee may have several treatment spots, as the light won't cover the entire knee joint at one angle. You may need to position the light over 4 treatment spots or more to cover the entire affected area of injury.

ommended, 2 to 3 times a day. For other conditions, 3 times a week is generally enough. This allows tissue to rest between treatments.

**DO NOT KEEP THE DEVICE ON FOR MORE THAN 10 MINUTES AT A TIME.** If you want to treat several parts of your body consecutively, **TURN OFF** the device for at least 1 **MINUTE**, after every 10 minutes **ON**. This will keep the unit from overheating.

#### TREATMENT PERIOD

For best results, use the Tendlite® Device every day for three weeks, twice a day for 30 seconds (1 dose) to 1 minute (2 doses) cycles per use. Many people start getting pain relief within few days.

Consult your doctor if the pain persists or is severe. Please read this manual before use, in order to take full advantage of your Tendlite® by Lumina®.

Treatments can be ongoing. Treatment periods can be as short as a single session for post-exercise muscle relaxation, or as long as several months to promote relief for more involved and chronic conditions.

## TROUBLESHOOTING

The Tendlite® units have no customer serviceable parts.

IF YOU HAVE A PROBLEM CHECK THESE:

### Person Related

- Light-headedness - Stop use immediately. Consult a doctor if this persists. Make sure you are using the unit as directed. Holding the unit too close to the skin (less than an inch) for an extended period of time (over 3 minutes) on a single spot can lead to a rising of the blood temperature.

### Machine Related

- The Red light doesn't turn on, is blinking or weak check battery.
- Is the power switch in ON position?

If none of these remedies correct the problem, contact customer support at [support@tendlite.com](mailto:support@tendlite.com) for return authorization and a customer support representative will contact you with instructions.

## EQUIPMENT MAINTENANCE

This unit has no customer serviceable parts. Opening the case or tampering with the light will void the warranty.

### Cleaning and Disinfecting

Use only a soft dry cloth to clean the exterior.

Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid or autoclave method.

### Storage

Store the unit in a cool, dry place, away from direct light and extreme heat.

**WARNING:** Do not allow moisture to come in contact with the case or light of the unit. Do NOT immerse the unit in water.

**WARNING:** If unit will not be used for an extended period of time (1 month +), remove the batteries from the unit to avoid their **Corrosion**.

## TECHNICAL SPECIFICATIONS

Model: 204 - Tendlite® Medical Device

Voltage: 4.5 Vdc at 1.0 watt input

2600 mW Input - 1500 mW Output

Case Dimensions: 4"L x 1"H x 1"W

LED's Wavelength: Red 660nm

### Operating Environment

- Equipment is not suitable for use in the presence of a flammable anaesthetic mixture of air or with oxygen or nitrous oxide.
- Operating environment: 10 C to 40 C (50 F to 122 F) 700 to 1060 hPa
- Storage environment: - 20 C to 50 C (4 F to 122 F) 700 to 1060 hPa
- Humidity: 15 to 95% RH
- Equipment: Class II
- Mode of operation: Continuous operation

## 30-DAY MONEY BACK GUARANTEE

Please contact us at [contact@tendlite](mailto:contact@tendlite).

com

## MANUFACTURER LIMITED 1-YEAR WARRANTY

This product is warranted to be free from defects in materials and workmanship for a period of one (1) year from date of original purchase. If the Unit should become defective within the warranty period, we will repair any defective parts free of charge.

The warranty does not cover external parts, unauthorized repairs, or unusual wear and/or damage resulting from accident, natural disasters, or use of the unit for other than intended use.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state in the USA. This device has NO customer serviceable parts.

Opening, dismantling or tampering with this unit in any manner will void the warranty. This unit must be returned to manufacturer for all service and repairs.

## Warranty Service Procedure

1. Contact the TendLite® at:

**contact@tendlite.com**  
for your Return Merchandise Authorization (RMA) number and procedures.

- 
2. Please include the RMA number, a complete description of the problem, copy of original sales receipt and your name, address, telephone number and email address.

## GLOSSARY

LED - Light Emitting Diodes which are used to generate photonic energy (the source of light on the Celebrity unit).

Milliwatt (mW) - Unit of measure for optical output power.

- Nanometer (nm) - The unit of measure for the length of the light wave (wavelength), which is defined as the shortest distance at which the wave pattern fully repeats itself, usually measured from crest to crest. The wavelength of light in the visible spectrum determines its color.

Vdc - Direct current voltage.