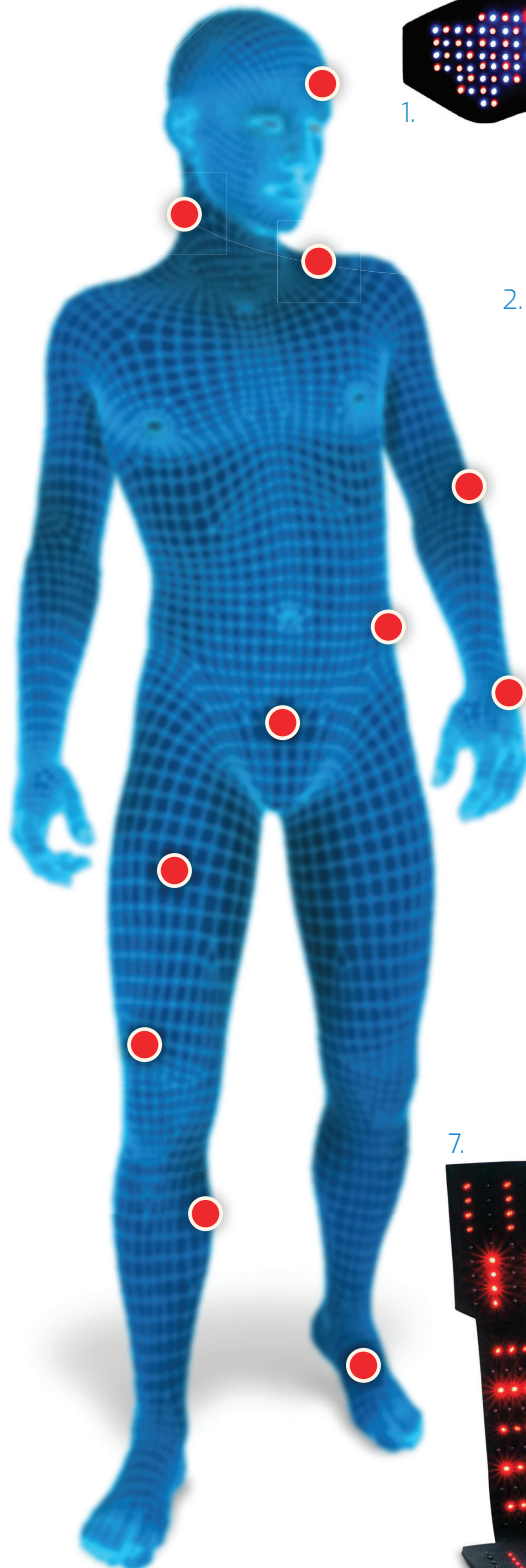


# Inlight Therapy Pads

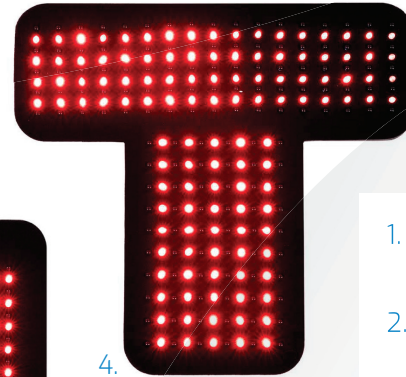
## Selection & Placement



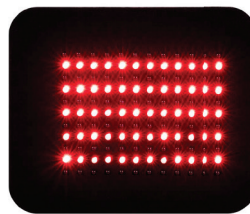
1.



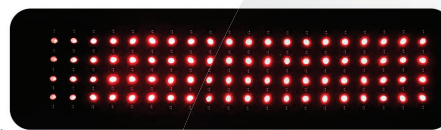
2.



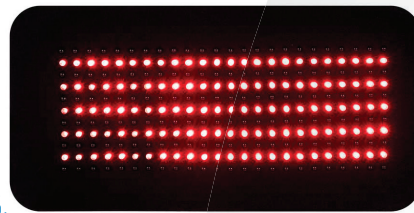
4.



3.



5.



6.



7.

1. **Facemask 104\***  
*Face*
2. **Painbuster 90**  
*Small Joints, and Hands*
3. **Local 132**  
*Acute Pain Sites, and Hands*
4. **T-Pad 263**  
*Shoulders, Knees, Back, and Groin*
5. **Painbuster 180**  
*Larger Joints, Limbs, and Neck*
6. **Body 264**  
*Torso, Lower Back, and Thighs*
7. **Boot 122**  
*Lower Calfs, and Feet*

Inlight Therapy systems offer a variety of pad shapes for different anatomical uses. This guide will help you to quickly select the appropriate pad to fit the most frequently targeted anatomical use cases.

Inlight Therapy pads are available in Red, Blue, and Tricolor configurations.



**Red/NIR**  
RED | 630 nm  
NIR | 850 nm



**Blue/NIR**  
BLUE | 470 nm  
NIR | 850 nm



**Tricolor**  
RED | 630 nm  
BLUE | 470 nm  
NIR | 850 nm

\*The Inlight Therapy Facemask 104 only uses Red, and Blue LEDs. It does not utilize Near Infrared (NIR) LEDs.

# Quick Start

## 3 Steps To Your First Session

### 1. Plug-In



Affix the **Power Supply** male plug to the female receiver on the Controller.

Connect the **Power Cord** to AC (wall) power.

Plug the Pad Cord(s) into the Controller by aligning the 5-pin connectors and sliding plugs into place.

### 2. Place Pad(s) Over Pain or Desired Site(s)



**Place a Pad** over the desired site – LED side towards the body.

Light arrays should be in gentle contact with a clean skin surface or a transparent barrier placed on the skin.

Secure with minimum pressure to site with provided hook and loop fastener straps or elastic bandage wrap to ensure continued proximity to the skin.

### 3. Turn On The Controller



To begin your session:

- **2/Port Controller:** Press the ON button.
- **6/Port Controller:** Press the ON/OFF button, then press the START/STOP button.

**All Controllers** are preset to provide 20 minutes of light therapy per session and automatically shut off at the end of the session.

On a **6/Port Controller**, use the START/STOP button to pause the timer if repositioning the Pad during the session.

See **Owners Instruction Manual** for advanced functions using the additional buttons.

### Repeat

- Repeat treatment cycles on additional areas of pain as needed.
- Repeat up to 3 sessions per day per treatment site.

Inlight Therapy, Inc. products are legally marketed as a Class II Medical Device under FDA indications for use to temporarily relieve minor pain, stiffness, and muscle spasms; and to temporarily increase local blood circulation. The light emitted from Inlight Therapy devices is within the visible to infrared spectrum and consists of non-ionizing radiation, which is safe for use. Clients choose Inlight Therapy PLT for its convenience, value, drug-free, and non-invasive healing properties.

**DISCLAIMER:** This system is not intended to diagnose, treat, cure, mitigate or prevent disease. If you have a disease or medical condition, consult with your physician or health practitioners before using Inlight Therapy, Inc. products. Use only as directed.



### Indications for Use

To temporarily relieve minor pain, stiffness, and muscle spasms; and temporarily increase the local blood circulation.

### Helpful Hints

- LEDs that do not appear to illuminate when the Controller is ON are the Near-Infrared (NIR) LEDs. They produce light that is not visible to the human eye. The NIR LEDs are organized in complete rows.
- Avoid the use of any topical creams or gels on skin before or during use.
- It is normal to experience a therapeutic warmth during use.



### The Owners Instruction Manual

Please refer to the Owners Instruction Manual for complete operating instructions.

