



READ THIS MANUAL CAREFULLY

## THERMOTEX™ TTS PLATINUM INFRARED THERAPY PRODUCT OPERATOR MANUAL

THERMOTEX™ is a deep penetrating infrared therapeutic pain relief system that is different from all other types of therapeutic products on the market today. The design of THERMOTEX™ products ensure therapeutic benefits are achieved. The stiffness of the heat inserts help to position the body to receive the optimal benefits of the therapeutic energy as well as required protection for the delicate infrared element.

For a pad at room temperature, it will take approximately 10 minutes before you will feel the infrared heat.

### Indications for Use:

The THERMOTEX™ Heat Therapy Systems are indicated for the temporary relief of minor muscle and joint pain and stiffness; the temporary relief of joint pain associated with arthritis, muscle spasms, minor strains and sprains and minor muscular back pain; muscular relaxation; and the temporary increase of local circulation where applied.

### Power Usage

It has been estimated that any of the THERMOTEX™ family of products would cost less than 7 cents to operate for 24 hour period.

This product is for **INDOOR USE ONLY**

### Important Safety Instructions:

Danger - To reduce the risk of burns, electrical shock and fire, this product must be used in accordance with the following instructions:

- Do not use while sleeping, this could result in accidental burn.
- Do not use on an infant.
- Do not use with liniment, salve or ointments- this may cause skin irritation.
- Do not plug in and leave unattended.
- This infrared therapy system is not to be used on or by an invalid, sleeping or unconscious person, unless carefully attended.
- Check skin under the heat inserts occasionally.
- Never use the THERMOTEX™ without the outer cover in place.
- Do not immerse the THERMOTEX™ in water or any other liquid; this could result in electrical shock.
- Periodically examine the heat inserts (White PVC). Return for repair if heat insert PVC shows any sign of deterioration.
- Do not use pins or other metallic means to fasten in place, this could puncture the PVC and could result in electrical shock.
- The 3 heat inserts must not be bent. This could result in damage by misuse to the product which is not covered by warranty.
- Never pull the THERMOTEX™ by the electrical cord; this could result in damage to the product.
- Do not use the cord as a handle, this puts additional stress on the cord and could result in damage to the product.
- Access to power outlet should be easily accessible, either at the wall plug or at the appliance coupler in order to disconnect the THERMOTEX™ pad from the power supply.
- Disconnect power cord from the power outlet when unit is not in use.
- To discontinue power supply, unplug cord from power outlet.

- Do not use THERMOTEX™ products outdoors.
- Avoid use in any area where dripping or pooling water is present, this could result in electrical shock.
- Do not allow power controller to drag on the floor. Keep the controller within easy reach.
- To avoid possible power cord abuse, keep the power cord up off the floor
- Use caution around young children. The power cord if used improperly, could cause strangulation.
- Do not use any parts that are not approved and specified for use by the manufacturer. Warning: No modification of this equipment is allowed and there are no operator serviceable parts.
- This device is not suitable for use in the presence of flammable anesthetic mixture, in an oxygen rich environment or nitrous oxide as in hospital use.
- There is no essential performance if THERMOTEX™ products stop working.
- The power cord supplied by Thermotex is a hospital grade plug and this cord is the only cord that should be used with the heat pad. Do not substitute any other electrical cord to operate this unit.

If any repair is required always contact THERMOTEX™. Call 1-800-975-0253.

### Operating Instructions:

**Preheat unit for 10 minutes before use.**

The THERMOTEX™ Infrared Therapy System is easy to use.

It is important to know that the infrared energy radiates only from one side of the THERMOTEX™. Place the hard side (the side with the Thermotex logo) of the THERMOTEX™ heat inserts towards the body. The padded side does not heat up.

The THERMOTEX™ Infrared Therapy System uses a simple on / off switch. If the surface feels too warm put a cotton towel between the body and the THERMOTEX™. The infrared heat penetrations will still be effective.

When the THERMOTEX™ product is powered, the green indicator light will show as on. There will be no light shown in the OFF position.

It is important that the THERMOTEX™ pad be used for at least 30-45 minutes (longer if desired) on each area being treated. For the first two or three weeks we recommend THERMOTEX™ be applied twice a day (for chronic pain the pad may be used three or four times per day). After that, Thermotex use may not be needed as often but we do recommend daily use. This is particularly important for chronic and inflammatory conditions. Regular use of the THERMOTEX™ will significantly reduce levels of inflammation and lactic acid build up.

IT IS IMPORTANT TO UNDERSTAND that the heat felt may not always feel the same. This is due to the body's individual and varying reaction. After using THERMOTEX™ regularly, the pad may not feel as warm as it did earlier. There is NOTHING WRONG with the THERMOTEX™. This is expected. It is a good sign - it means the therapy is working well and pain relief is being experienced. It is also normal to feel greater heat in one area of the body than on another. The temperature you feel will be in the mid 40°C range, this is optimum for therapeutic use.

### How to Use the THERMOTEX™

NOTE: RECOMMENDED TREATMENT TIME:

Recommended treatment time is a minimum of 30 - 45 minutes per session.

The THERMOTEX™ pad should be preheated for 10 minutes before placing it on the body. For a pad at room temperature, it will take approximately 10 minutes before you will feel the infrared heat.

### When THERMOTEX™ should not be used

Specific Contraindications: (Do Not Use in Cases of)

Pregnancy; Hemophilia; Severe Adrenal Suppression –see \*1

\*1 Adrenal Suppression - in conditions such as Lupus, Addison's and MS there is concern about raising the core temperature of the body to higher temperature levels such as found in a sauna. These are not temperature levels which would be typically encountered with a THERMOTEX™ pad. In people with mild to moderate symptoms, the far infrared would actually be safe and therapeutic.

### Cautionary Notes for the therapy recipient:

Consult the healthcare professional before using THERMOTEX™ if you have any of the following:

- Skin lesions
- Chronically hot and swollen joint
- Recent acute joint injury- Use the infrared pad alternating with ice 24-48 hours after an acute injury
- If you have are receiving intramuscular Botox injections to treat pain, consult the healthcare provider before using the THERMOTEX™ product.
- Using Prescription Drugs - Check with the physician or pharmacist if you have been prescribed a prescription drug to determine if FAR infrared rays can alter the efficacy and safety profile of the drug you have been administered.

METAL IMPLANTS – initially, use shorter treatment times on areas where there are metal implants. Gradually increase the treatment time until you reach the recommended minimum time of 30-45 minutes. If an uncomfortable heat buildup is felt during treatment, discontinue use.

NOTE: These cautionary notes are a guideline only and not intended to replace a healthcare professional's advice. Should any negative reaction to THERMOTEX™ occur, discontinue use and consult the healthcare professional.

### Cleaning instructions:

The THERMOTEX™ cover may be machine or hand washed following the laundry symbols below. An increase in perspiration may occur with pad use which would indicate a need for more frequent washing. In general, wash frequency is a personal choice. Remove all electrical components; PVC covered heat inserts and all electrical cords prior to washing.



**Warm water, No Chlorine, Fire Retardant, Do Not Tumble Dry**

### TTS Platinum Model

This is our most versatile and popular therapy pad. The TTS Platinum pad has 3 - 3" x 8" heat inserts. This pad uses 36 watts of power. This unit is ideal for treating almost every part of the body due the ability to wrap. Simply use the pad in the flat position on the back or wrap the pad around the limb being treated.

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The TTS Platinum pad can be used as illustrated below:



This illustrated method for treating the neck can also be used lying on the side to treat the side of the neck.

The back can be treated by lying down on the THERMOTEX™ or resting against the pad if sitting up right. The pad may also be wrapped for use on the hands or feet.

## Technical Data

THERMOTEX™ electrical power rating ~120 volt, 60Hz. Wattage use is as follows  
TTS Platinum- 36 watts

Environmental Parameters:	Ambient Temperature	5°C (41°F) to 40°C (104°F)
	Humidity	15% to 93% RH
	Barometric Pressure	700 hPa to 1060 hPa
	Altitude	less than 3000M

Under normal operating conditions the surface temperature will vary from 40 °C (104 °F) to 60 °C (140.0 °F) depending on ambient temperature.



Class II



Applied part type BF

Ingress Protection Rating is IP20- for indoor use only.  
IP20 rating means that the device is protected against insertion of fingers. There is no liquid rating.

The product life expectancy of this product family is 5 years under normal operating conditions.

## ONE YEAR LIMITED WARRANTY

WARRANTY: The Company warrants this to the original purchaser or gift recipient, to be free from defects in workmanship and materials under normal use and services, for a period of one year from the date of purchase.

LIMITATIONS: ALL WARRANTIES IMPLIED BY STATE OR PROVINCIAL LAW, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE EXPRESSLY LIMITED TO THE DURATION OF THE LIMITED WARRANTIES SET FORTH ABOVE. Some jurisdictions do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. IN NO

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EVENT SHALL THE COMPANY BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES, LOSS OF PROFIT OR MEDICAL EXPENSES CAUSED BY ANY DEFECT, FAILURE, MISUSE, OR MALFUNCTION OF THE PRODUCT. Some jurisdictions do not allow the exclusion of limitation by incidental or consequential damages, so the above limitation or exclusion may not apply to you. The company will not be responsible for damages or losses, direct or indirect, caused by misuse, abuse, accident, negligence, conditions of transport or storage or failure to follow instruction. The company will not be responsible for any statements that are made or published, written or oral that are inconsistent with the facts as published in the literature or specifications furnished by the company. This warranty gives you specific legal rights, and you may also have other rights which vary from jurisdiction to jurisdiction.

Warranty Claims Procedure: Any product that proves defective within the warranty period will, transport charges pre-paid, be repaired or replaced at the option of the Company, free of charge. Simply include the purchase receipt and deliver to:

THERMOTEX Therapy Systems Ltd.  
#15, 6115 - 4 St SE  
Calgary, Alberta, CANADA T2H 2H9  
Toll Free: 1-800-975-0253 Customer Help Line

Lot #: \_\_\_\_\_ Date of Purchase \_\_\_\_\_

Place of Purchase \_\_\_\_\_  
(Found on invoice or box)

30 Day Money Back Guarantee and Warranty  
Consumer Responsibilities

The THERMOTEX™ Therapy System comes with a 30 day money back guarantee. To qualify for this guarantee the following obligations must be fulfilled:

1. The new therapy system is not like a regular heating pad. Read the instructions carefully and commit to use this product as a routine therapy.
2. The THERMOTEX™ pad must be used for at least 30-45 minutes, twice daily. It can be used more often if required.
3. If after 30 days of faithful use as instructed, the THERMOTEX™ Therapy System has not helped the condition, return it to the dealer the product was purchased from.
4. The THERMOTEX™ pad is covered by a 12 month parts and labour warranty.
5. The warranty registration card must be filled out and mailed to the address provided to qualify for warranty coverage.

Contact THERMOTEX if any unexpected product occurrences are experienced or if there are any questions.  
1-800-975-0253

TTSPOM Rev 1