

TENDLITE®
Manual

Direct Therapy Device developed by:



QUICK START GUIDE

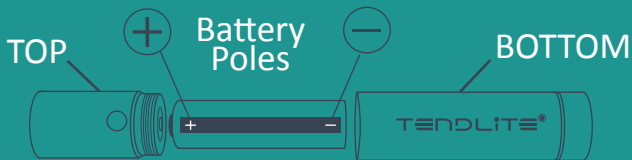
Please also read the MANUAL before using your TENDLITE

1



Holding the TOP UNSCREW the BOTTOM to access the battery compartment.

2



Insert the Li-Ion Battery* provided on the battery compartment.

- **Positive Pole** against the TOP
- **Negative Pole** against the BOTTOM/Spring

***ATTENTION:** Only use rechargeable battery Li-Ion 18650 3000 mAh 3.7V



Button: ON/OFF/TIMER (60 seconds)

3

Using the Button and Timer:

- One Click to turn it ON and Start the first 1 minute Dose of Light.
 - Two Clicks subsequently to restart another dose of 1 minute.
- Repeat as needed, following the Dosage Chart below.

Read General Usage and Dosage Guidelines (p. 20) BEFORE using the chart below:

PAIN LEVEL	Light Pain	Average Pain	Deep Pain
DOSAGE	1 DOSE 1 min. per spot Once a Day	2 DOSES 2 mins. per spot 2 or 3 times a Day	3 DOSES 3 mins. per spot 3 times a Day

Congratulations on taking control of your pain! TENDLITE® uses LED Red Light Therapy to provide direct, non-addictive, drug-free pain relief.

How to get the most out of your **TENDLITE®DIRECT THERAPY**

1) COMMIT TO A 3-WEEK TREATMENT PLAN.

While many people achieve pain relief from Red Light Therapy almost immediately, others see measurable pain relief incrementally over time. Depending upon injury type, severity and different pain pathways involved, people vary in therapy response time. This is why we recommend committing to a 3-Week Treatment Plan.

If you see results right away, great, continue treating as needed. However, if you do not feel relief as quickly, know that this is also normal, so try not to get frustrated. Simply treat your pain consistently with 3 quick treatments per day with the Tendlite, for up to 3 minutes each time per treatment spot. After 3 weeks of consistent red light therapy, most people experience a diminishing of their pain.

2) DO NOT SUDDENLY STOP YOUR OTHER TREATMENTS UPON BEGINNING RED LIGHT THERAPY.

Although you may not be satisfied with current treatments, they may be having a partial effect on the level of your pain. If you stop suddenly, you may experience a large increase in pain. This can be a sort of “rebound” pain effect or pain “flare up” which may be very difficult to get back under control. Some medications may also cause withdrawal like side effects if stopped too quickly, especially prescription medicines.

While continuing with your current treatments, start your red light therapy, giving your Tendlite time to provide optimal pain relief. After you have achieved maximum pain relief from your Tendlite, you may then consider slowly weaning yourself off of other medications or treatments. If you plan to reduce or stop a prescription medication, first consult with your physician.

For many people, Red light therapy works so well, that they are able to come off pain pills completely. Others are able to reduce the amount of pain medications they are

on, reducing the risk of drug side effects.

3) AVOIDING RE-INJURY OR AGGRAVATING A CHRONIC CONDITION.

So you're getting great pain relief from Tendlite and you want to go right back to all the things you couldn't do while you were in pain, right? Remember, as good as you feel, you can easily re-injure yourself if you are not fully recovered from an acute injury. A chronic condition can be easily aggravated if you over do it. It's best to go back to normal activities cautiously, increasing activity level slowly to make sure your body can handle it. Some conditions take longer periods of rest or immobilization to fully heal. Sometimes braces and other forms of support are recommended. If you keep aggravating an existing condition, or re-injuring yourself, contact your physician to see what you can do to avoid re-injury. Often times physical therapy or specific strengthening and flexibility exercises are recommended.

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01 INTRODUCTION

This unit takes advantage of state of the art 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.

Please read the entire manual before operating the unit.

1.1 INCLUDED IN THIS PACKAGE

- Tendlite® unit
- 1 Rechargeable Battery - Li-Ion 18650 3000mAh 3.7V

- Battery Charger
- Operating Manual
- Protective Glasses

1.2 CHARGING THE BATTERY

Protected Rechargeable Battery - Li-Ion 18650 3.7V 3000mAh. Please DO NOT USE OTHER KIND and/or specification. You may find replacement batteries at: www.tend-lite.com/batteries

Rechargeable batteries need to be replaced over time. This time varies depending on storage, time and level of usage.

When to charge: Charge the battery if your Tendlite is flickering during use, no longer has a strong beam of light or the timer is malfunctioning.

The battery goes into the charger with its negative pole (flat side) onto / touching the metal coil spring.

02 INDICATIONS OF USE

Temporary relief of minor muscle and joint pain, arthritis and muscle spasm, relieving stiffness, promoting relaxation of muscle tissue, and to temporarily increase local blood circulation where heat is indicated.

03 MEDICAL PRECAUTIONS

3.1 CONTRAINDICATIONS

- Pregnancy - This device has not been tested for use by pregnant women, infants, toddlers or children under the age of 13.
- Carcinoma - This device has not been evaluated in patient populations with carcinoma.

- Fever (body temperature higher than 100.4 F/38 C)
- Do not treat body areas near a pacemaker. If you have a pacemaker consult your physician. (See F.A.Q. section of this manual)
- If you have light triggered seizures

3.2 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, topical medication or lotion of any kind for at least an hour before a photo therapy session. Any type of lotion can make the skin overly sensitive to the light, or react with the light. Use on clean dry skin.
- Follow usage INSTRUCTIONS. Do not shine the light close to the skin on one spot for for an extended period of 5 minutes or more, as this may heat the blood.

- Wearing protective glasses over the eyes is recommended to prevent sensitivity or discomfort from intense light. This is an extra safety precaution for the eyes. Never stare directly into the light of the unit.
- Do not treat near the eyes.
- Do not use in a darker/poorly lit room, as eyes may be more sensitive to light.
- The unit should NOT be used by children under the age of 13, because it has not been studied in this population.
- Do not allow the unit to contact (touch) broken skin. The device is not sterile and may cause infection.
- The unit does NOT emit potentially carcinogenic UV rays, only specific wavelengths known to be safe.
- Light-headedness - Stop use immediately. Consult a doctor if this persists. Make sure you are using the unit as directed.

- The unit is not to be used by a person who is woozy, under the influence of drugs or alcohol or in any way at risk of falling asleep or losing consciousness while operating the unit.
- Do not leave small children unattended with the device
- Do not allow children to use – This is not a toy.
- Due to increase in circulation, do not use over a bleeding open wound. If using over bruised skin discontinue if bruising increases.
- 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.

04 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.
- Do not stare directly at the light. It 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 the unit.
- BATTERY USE: As with any electronic device, the rechargeable battery must be installed, used, and properly disposed. Batteries may explode or leak and cause burn injury if inserted backwards, disposed of in fire, mixed with a different battery type, or disassembled. Use only 18650 Li-Ion Rechargeable battery 3000mAh 3.7V. There are several types of 18650 Li-Ion Batteries.
- ATTENTION: Do not use any other 18650 Li-Ion Battery than the one rated 3000mAh 3.7V. Another battery might damage the electronic circuit of the device by overpowering it. Find extra batteries for sale at www.tendlite.com/batteries

05 DIRECTIONS FOR USE

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

- With the unit pointed away from your eyes, turn the ON/OFF switch to ON position. The unit has a 1 minute timer. The Tendlite’s timer will provide a one (1x) 1 minute dose of light before going off automatically. For light pain this 1 dose may be enough. For more serious pain (deep pain), push the button twice for an additional 1 minute dose of light. See the “Dosage Chart” page 9.
- 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.

- Do not use the device towards the front of the throat as it may interfere with thyroid function. It has not been studied for use near the thyroid.

5.1. DIRECTIONS FOR USE ON JOINTS

- Hold the unit over the painful area 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 up to 1 inch into your tissue/joint. Reaching your tendon, cartilage, disc, ligaments and joint directly, which makes the treatment very effective.
- Hold the unit steady on that spot for anywhere from 1 minute (1 dose) to 3 minutes (3 doses). Then proceed to any additional spots and repeat the regimen. See DOSAGE CHART page 24.
- For large joints, it may be necessary to treat the entire joint area by treating it in sections. Treat 1 section at a time, by holding the Tendlite steady in place for 1 to

3 minutes. Move the light to different angles around the painful/injured area. For example, if it is 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 treatment to begin. For chronic pain, repeat treatment 2 to 3 times daily for at least 3 weeks.

Simple and easy use of your Tendlite®



5.2 SESSION FREQUENCY

For joint pain, daily sessions are recommended, 2 to 3 times per day. For other conditions, 3 times a week is often enough.

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.

5.3 TREATMENT PERIOD

For best results, use the Tendlite® Device every day for three weeks, twice or three times per day from 1 minute (1 dose) to 3 minutes (3 doses) cycles per use. Many people start getting pain relief almost immediately and others in just 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® by Lumina Group Inc.

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.

06 **USAGE & DOSAGE GUIDELINES**

The TENDLITE® is pre-programmed with a 1 minute timer. It starts once you turn the device ON. The light goes off automatically after one minute. This is the minimum DOSE of the THERAPEUTIC LIGHT necessary per treatment spot*. Just point the light at the painful spot of the joint, ligament or disc to be treated.

Every Click of the ON/OFF button (see Quick Start Guide) gives you 1 DOSE = 1 minute of Red Light Therapy. Please wait for the end of the first (or previous) 1 minute cycle to activate the next.

NOTE: After the 1st dose, all subsequent doses are going to require 2 clicks: 1st click turns OFF the device and 2nd click turns ON again for one more minute.

For example, if you are treating pain around the Carpal Tunnel area and your pain level is Average, you would shine the light for 2 one minute sessions per treatment spot of the wrist/ carpal tunnel area.

2 DOSES = 2 Minutes treatment on the same spot (wait for the end of the first 1 minute cycle to activate the next).



Start by treating the back of your Wrist (Carpal Canal) for 2 minutes



Next treat the front as well (another 2 min.).



Continue the regiment along other painful spots of the wrist, forearm and upper arm as needed.

**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 will not cover the entire knee joint at one angle. You may need to position the light over 5 treatment spots or more to cover the entire affected area of injury.



Use the Dosage Chart below to find the best Dosage to treat your injury.

Dosage Chart

PAIN LEVEL	Light Pain	Average Pain	Deep Pain
DOSAGE	1 DOSE 1 min. per spot Once a Day	2 DOSES 2 mins. per spot 2 or 3 times a Day	3 DOSES 3 mins. per spot 3 times a Day

07 TROUBLESHOOTING

The Tendlite® units have no customer serviceable parts.

IF YOU HAVE A PROBLEM CHECK THESE:

- If the Red light does not turn on, is blinking or weak, charge battery.
- If the timer stops working, leaving the device always on, charge battery.
- Is the power switch in ON position? Press the ON/OFF button to see if the device shuts off.

If none of these remedies corrects the problem, contact customer support at support@tendlite.com for return authorization and a customer support representative will contact you with instructions.

08 EQUIPMENT MAINTENANCE

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

8.1 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.

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

09 **TECHNICAL SPECIFICATIONS**

- Model: 204 - Tendlite® Medical Device
- Voltage: 3.7 Vdc at 811 mA input
- Power: 3 Watt LED - 1500 mW output
- Case Dimensions: 4.9" L x 1" H x 1" W
- LED's Wavelength: Red 660nm

9.1 OPERATING ENVIRONMENT

- Equipment is not suitable for use in the presence of a flammable anesthetic 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

10 **GUARANTEE & WARRANTY**

10.1 60-DAY MONEY BACK GUARANTEE

Returns with Lumina Group are EASY!

If you are not 100% satisfied with your purchase, you can return your order for a Full Refund of your purchase price. We believe that in order to have the best possible shopping experience, our customers should not have to worry with hidden fees, special catches or exceptions.

All we ask is that you send the items back to us in the state you received them, in the original and complete case and also make sure that the mer-

chandise is in very good condition. We understand that you need to use the device in order to try it, just please be careful, avoiding dings and scratches. The Tendlite is build to last, with a strong and robust stainless-steel body, dings are very unlikely.

If you are not happy with your purchase for any reason, just email us at returns@tendlite.com with your Order # and we will send your RMA (Return Merchandise Authorization).

As part of our 60-Day return policy, all returns will need to be postmarked by the postal carrier within 60 days of purchase.

ACTIVATE YOUR FREE WARRANTIES TODAY

The TENDLITES are manufactured in the USA with the best quality parts & materials available. We at Lumina Group Inc. proudly stand behind our products. In fact, we are now offering two different warranties free with your purchase, as you can read in the details below.

DON'T FORGET TO ACTIVATE YOUR WARRANTIES! Simply complete your quick and easy warranty registration at tendlite.com/registration. One registration will activate both warranties.

10.2 1-YEAR LIMITED WARRANTY ON THE TENDLITE® DEVICE

Lumina's products are manufactured with the best quality parts & materials available. We warrant our products to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Lumina Group Inc. (www.tendlite.com) or an authorized TENDLITE® distributor. This warranty excludes batteries or chargers. Batteries and Chargers have a 60-day satisfaction guarantee. Proof of Purchase is required for all warranty claims.

10.3 5-YEAR LED BULB LIMITED WARRANTY: EXTENDED WARRANTY JUST FOR THE LED BULB

If this bulb does not operate for 5 years from date of purchase when used as directed,

contact us to return the device. Lumina Group will test and replace your high performance LED bulb for a new one. Effective Date: November 10, 2016

REPLACEMENT IS LUMINA'S SOLE WARRANTY OBLIGATION. INCIDENTAL AND CONSEQUENTIAL DAMAGES ARE EXCLUDED. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Restriction – TENDLITE® Warranties do not include any postage, freight, handling, insurance, or delivery fees. These Warranties do not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of our products. Additionally, the Warranty does not cover damage to the product resulting from return shipping or handling, the use of shipping insurance is recommended. Return Authorization is required for all returns – Return Authorization can be issued by TENDLITE® Customer Service at contact@tendlite.com.

10.4 WARRANTY STEPS

Step 1 - Contact TENDLITE® Customer Service at contact@tendlite.com to request Return Authorization.

Step 2 - After Return Authorization is verified - Return the product to the designated location along with proof of purchase. The repaired device will be mailed back to you. We will pay for this shipping within the United States.

International Return to customer Shipping is not included. Charges will be defined on your Return Authorization request Confirmation Email.

It will take 2-3 weeks to process returns from our Tech Department.

10.5 WARRANTY EXCLUSIONS

The warranty does not apply to your product under any of the following conditions:

- Your product has been modified in any way, subjected to misuse or damage.

- Your receipt or proof-of-purchase is from a non-authorized dealer.

At Lumina Group, we offer an outstanding risk-free guarantee and stand behind the products we sell with excellent warranties and services. However, purchasing TENDLITE® products from an unauthorized reseller may exclude you from these valuable options. It is important to note that not all products represented for sale online are from authorized resellers. In fact, certain unauthorized resellers misrepresent products as new or in working order when they are not. Some may not even be genuine TENDLITES. As such, Lumina Group is unable to warranty or otherwise support these items.

Please protect yourself by purchasing directly from [TENDLITE.com](https://www.tendlite.com) or from authorized TENDLITE® resellers only. Please find the list at [tendlite.com/resellers](https://www.tendlite.com/resellers)

FAQ

Charging Indication

The LED indicator will be RED and/or BLINKING when charging is active. The LED will be GREEN if the battery has a full charge or if the charger/battery is unplugged.

How long to fully charge the battery?

10+ hours to charge from empty. If the red led on the charger takes longer than 24 hours to turn green please let us know.

Charger Negative/Positive Terminal

The negative end of the battery goes against the spring.

How do I know when the battery is low?

If the light starts to flicker this means that the battery is running low.

Tendlite LED light and its batteries to be taken on board aircraft as carry on and/or checked baggage?

It is always best to check on the TSA website for policy updates, but at the time this was printed, LED lights, like those used in the Tendlite, are allowed on flights as carry on or checked baggage. Spare/loose batteries are not allowed as checked baggage. They may only be checked if installed inside your Tendlite. If you want to bring a spare battery, it must be taken as “carry on” baggage. Keep in mind, ultimately the TSA officer has the last word on what you may bring, so we recommend bringing the manual to show TSA you are carrying a medical device, if questioned. If concerned, it would be best to arrive early to the airport in case they make you check your device.

Do I need to replace the bulb?

No. This LED has 70,000+ hours of life. You will not need to replace it.

If anything goes wrong with it, just send it back to us and we will replace the bulb/diode for you. You have a 5 year warranty on the bulb/diode, if purchased directly from us, Lumina Group Inc., while the product and part are available.

Sometimes I need two clicks to turn on the device, is this normal?

Yes, the power button will activate on one push or two pushes depending on how the light had turned off.

If the light was activated on by one push, then you must wait 1 minute for it to turn off. After the 1 minute turn off you will need to turn on with two pushes. If you need to turn off immediately then push once to turn off.

Is the red light a laser light?

No, it is Red LED light.

What wavelength of light is this unit producing?

The Tendlite uses 660nm wavelength.

What is the recommended usage/dose?

Up to 3 minutes per area 3 times per day.

How long does it take for me to see/feel any improvements?

It depends on the severity and type of injury. It may provide relief almost immediately or it could take several weeks or more to see noticeable improvement.

Can this red light therapy help with wrinkles or skin rejuvenation?

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. We do not make any claims regarding wrinkles or skin rejuvenation

Can I put device directly on the skin?

Yes. You may touch unbroken skin with the device.

When using the device do you move it around or finish the 1 minute session before moving to another spot?

Our recommended usage is to apply a full dose on one spot before moving to another spot.

GUÍA DE INICIO RÁPIDO

Por favor lea también el MANUAL COMPLETO en Español Online www.tendlite.com/
Manual-Espanol

1



Mientras sostiene el TOPE, desenrosque la BASE para poder acceder al compartimento de la batería.

2



Inserte la Batería de Iones de Litio* Incluida en el compartimento.

- **Polo Positivo** contra el TOPE.
- **Polo Negativo** contra la BASE/resorte.

***ATENCIÓN:** Utilice solamente la batería recargable de Iones de Litio
18650 3000mAh 3.7V



3

Botón ENCENDIDO/APAGADO/CRONÓMETRO (1 minuto).

Para utilizar el Botón y el Cronómetro:

- Una pulsación para ENCENDERLO y comenzar la primera dosis de 1 minuto de luz.

- Dos pulsaciones subsiguientes para reiniciar otra dosis de un minuto.

Repita tantas veces como necesite, de acuerdo a la Tabla de Dosificación ilustrada abajo:

NIVEL DE DOLOR

Dolor Ligero

Dolor Moderado

Dolor Fuerte

DOSIS

1 DOSIS

Por cada Punto de Tratamiento (tratamiento de 1 minuto)
Una vez al día

2 DOSIS

Por cada Punto de Tratamiento (tratamiento de 2 minutos) Dos o Tres veces al día

3 DOSIS

Por cada Punto de Tratamiento (tratamiento de 3 minutos)
3 veces al día

Muchas gracias por comprar el Dispositivo Médico Compacto Tendlite®. Su satisfacción es muy importante para nosotros. El dispositivo TendLite® está diseñado para proporcionar alivio para dolores musculares y de las articulaciones, aliviar el agarrotamiento, fomentar la relajación del tejido muscular e incrementar temporalmente la circulación sanguínea local en los casos en los cuales se recomienda el uso de la terapia de luz roja. Para mejores resultados, utilice la unidad Tendlite® todos los días durante al menos tres semanas, dos veces al día, en ciclos de entre 1 y 2 minutos en cada punto.

Muchas personas sienten alivio de sus dolores en el lapso de unos días. Consulte a su médico si el dolor persiste o es severo. Por favor, lea éste manual antes de utilizar su TendLite® de modo que pueda sacarle todo el provecho posible.

Por favor lea también el MANUAL COMPLETO en Español Online www.tendlite.com/Manual-Espanol



KEEP IN TOUCH

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