

# USER MANUAL

## RED LIGHT THERAPY KNEE BRACE

Heal Within with Red Light



3-Level Red Light Therapy



3-Stage Smart Timer



3-Strength Vibration



5000mAh Battery



# PRODUCT INTRODUCTION

Clinicians believe red light therapy can help cells make additional energy to repair themselves, which also has anti-aging and fat loss benefits. It is perfect for professional athletes, people who experience stiffness, pain, and inflammation, and those looking to boost their skincare regimen. You can enjoy the benefits of red light therapy from the comfort of your own home.

With the Light Therapy Knee Brace, there is no need for expensive trips to the spa or physical therapist's office. It's perfect for:

## ✓ Alleviate pain

Reduces muscle, joint, and chronic arthritis pain

## ✓ Reduce inflammation

Promotes healing and boosts circulation

## ✓ Rejuvenate skin

Stimulates collagen/elastin production for cell regeneration

## ✓ Boost mood

Decreases stress and improves sleep quality

## ✓ Combat aging

Diminishes fine lines and wrinkles

## ■ 660nm Red Light Therapy

660nm light is absorbed by the skin at a high rate, making it especially effective for:

- Pain relief and improved blood circulation
- Stimulating collagen and elastin production
- Accelerating wound healing

## ■ 850nm Near-Infrared (NIR) Therapy

850nm light penetrates deeply into tissue, organs, and joints to:

- Decrease inflammation and repair cells
- Enhance recovery at the cellular level

## ■ Daily Use = Visible Results

Use daily to see improvements in as little as 4 weeks. The brace features:

- Ultra-lightweight, foldable design
- 5000mAh rechargeable battery for portability
- Clinic-level therapy anytime, anywhere

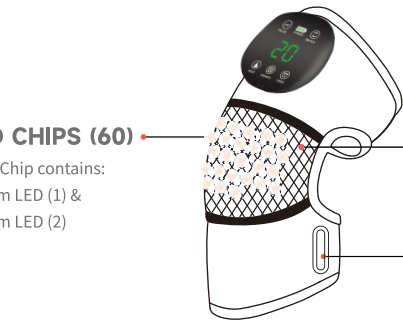
## ■ PART OF KNEE BRACE

### LED CHIPS (60)

Each Chip contains:  
660nm LED (1) &  
850nm LED (2)

### CUTOUT FOR KNEECAP

### BUCKLES

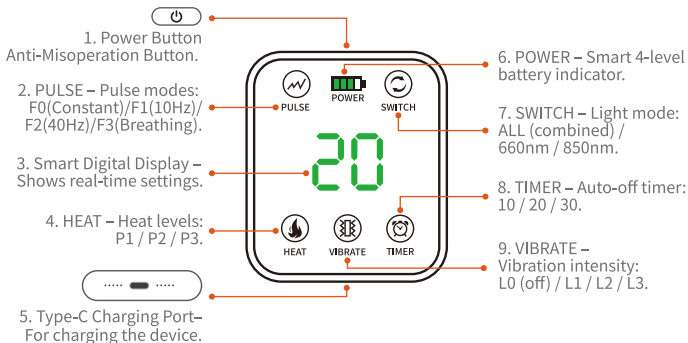


### 25-INCH EXTENSION BAND

expandable for shoulder therapy



### USB CHARGER



| Buttons   | Functions  |
|---|--|
|  Power Button | <ul style="list-style-type: none"> <li>● Press &amp; hold for 3 seconds to turn ON/OFF</li> <li>● Short press to lock controls and turn off display (anti-misoperation)</li> <li>● Default startup mode: ALL (660nm+850nm), P1 heat, L1 vibration, 20-minute timer</li> </ul>  |
|  PULSE        | <ul style="list-style-type: none"> <li>● F0 (Constant): Continuous light emission for steady therapy</li> <li>● F1 (10Hz): Rapid pulse for enhanced cellular stimulation</li> <li>● F2 (40Hz): High-frequency pulse for intensive treatment</li> <li>● F3 (Breathing): Gentle rhythmic modulation for relaxation therapy</li> </ul>  |
|  SWITCH       | <ul style="list-style-type: none"> <li>● ALL (Combined Therapy): 660nm + 850nm for full-spectrum phototherapy</li> <li>● 660nm (Visible Red Light): Targets skin surface and shallow tissue</li> <li>● 850nm (Near-Infrared, Invisible): Penetrates deeper for joint/muscle therapy</li> </ul> <p><b>Note: 850nm wavelength is invisible to the human eye - the device is working normally when selected</b></p> |
|  HEAT         | <ul style="list-style-type: none"> <li>● P1 (105°F) - Gentle, soothing warmth perfect for sensitive skin and facial therapy</li> <li>● P2 (125°F) - Ideal therapeutic heat for relaxing sore muscles and relieving everyday aches</li> <li>● P3 (140°F) - Deep-penetrating heat for targeting stubborn muscle tension and joint discomfort</li> </ul>  |
|  VIBRATE     | <ul style="list-style-type: none"> <li>● L0 (Off) - No vibration for pure light/heat therapy</li> <li>● L1 (Gentle) - Subtle pulsation for relaxation and circulation</li> <li>● L2 (Moderate) - Noticeable massage for muscle tension relief</li> <li>● L3 (Strong) - Powerful vibration for deep tissue stimulation</li> </ul>   |
|  TIMER      | <ul style="list-style-type: none"> <li>● 10min - Quick therapy sessions</li> <li>● 20min - Recommended standard treatment (ideal for most users)</li> <li>● 30min - Extended sessions for professional use</li> </ul>  |
| <b>Key Features</b>   | <ul style="list-style-type: none"> <li>● All modes can be freely combined</li> <li>● Clear visual indicators for active settings</li> <li>● Medical-grade temperature control</li> </ul>   |

# SKIN SENSITIVITY TEST

Before your first treatment, perform this skin sensitivity test to check for any adverse reactions to light therapy.

## ■ HOW TO PERFORM THE TEST:

- 1 Place the inner surface of the knee brace against your inner arm, ensuring the LEDs contact your skin.
- 2 Press and hold the Power button for 3 seconds to turn on the device. The treatment program will start automatically.
- 3 Allow the program to run for 10 minutes.
- 4 Press and hold the Power button for 3 seconds to turn off the device after completion.



## **WARNING:**

If your skin becomes red, itchy, or feels uncomfortably hot during the test:

- Stop using the device immediately
- Do not proceed with treatment

## ■ POST-TEST:

- Wait at least 6 hours after testing
- If any redness or itching develops during this time, do not use the device

## ■ NOTE:

- This test is required before first use
- Repeat the test if the device hasn't been used for more than 30 days
- Consult your physician if you're taking any photosensitizing medications

## ■ NOTE BEFORE USING:

- Do not combine with heat-generating topical products (e.g. capsaicin creams) to prevent thermal injury.
- Remove all metallic objects (including jewelry/closures) from treatment areas to avoid heating risks.
- Do not use directly on swollen or inflamed skin or open wounds.
- Do not use the device over your eyes, head, or neck.
- Do not look directly into the LED lights without the protective eyeglasses, as this may result in damage to the eyes.
- Keep out of reach of children and pets.

## ■ HOW TO USE:

- 1 Place the massager directly on treatment area (mesh side contacting skin)
- 2 Secure adjustable straps through metal rings for optimal fit
- 3 Press & hold Power button for 3 seconds to activate
- 4 Customize settings:
  - Light: P1 (gentle) → P3 (intense)
  - Vibration: L0 (off) → L3 (strong)
  - Timer: 10/20/30min (20min recommended)
- 5 Automatically powers off after treatment



## ■ TREATMENT FREQUENCY & DURATION GUIDELINES

### ✓ Acute Conditions (Pain/Inflammation):

Use 1-2 times daily per treatment area (20 minutes per session). Wait at least 2 hours between sessions.

### ✓ Chronic Conditions (Maintenance):

Use 3-5 times weekly (20 minutes per session). Wait 4 hours between sessions.

### ✓ Key Notes:

Maximum 20 minutes/session. First-time users start with 10 minutes. Do not exceed 40 minutes daily per area. Discontinue if redness persists over 1 hour. Consult physician for personalized plans.

### ✓ Safety:

Check skin between uses. Allow full cooling before next session. Stop if irritation occurs.

## ■ Battery Charging & Status Indicator

### 1 Charging Status:

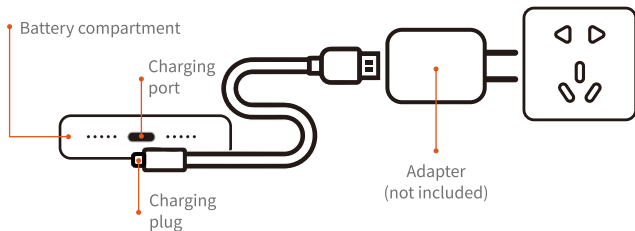
- In Progress: Battery icon animates (4 segments fill gradually)
- Complete: All segments solid (animation stops)
- Low Battery: All segments blink + beeping sound

### 2 Charging Status:

- In Progress: Battery icon animates (4 segments fill gradually)
- Complete: All segments solid (animation stops)
- Low Battery: All segments blink + beeping sound

## ■ Important Notes:

- ✓ For battery health, avoid using while charging
- ✓ Fully charge before first use
- ✓ Automatic shutdown when critically low



## CLEANING & MAINTENANCE

### ■ CONTROLLER CARE:

Gently wipe the button controls and display with a soft, dry cloth. Do not use liquid cleaners or submerge in water.

### ■ FABRIC CARE:

Clean fabric surfaces with 70% isopropyl alcohol wipes to disinfect. Wipe gently with a damp towel and air dry completely before next use.



### WARNING:

- Do not wash the device in a washing machine or submerge in liquids.
- Water exposure may damage internal components and void the warranty.
- Avoid disassembling or attempting repairs.
- The device contains sealed electronic parts requiring professional servicing.
- Immediately stop use if experiencing: dizziness, blurred vision, eye/muscle twitching.
- Also discontinue use for: loss of consciousness, disorientation, involuntary movements or convulsions.
- These symptoms may indicate light sensitivity - consult your physician.
- Store in a dry place away from extreme temperatures and humidity.

# QUESTIONS & ANSWERS

**Q:** How do I use the knee brace effectively?

**A:** Refer to the "TREATMENT FREQUENCY & DURATION GUIDELINES" section for protocols. Most users observe benefits within 4 weeks of regular use. Individual results may vary.

**Q:** Does each of the intensities (P1-P3) perform all of these functions such as reducing inflammation, increasing blood flow, relieving pain simultaneously but at different intensities?

**A:** Each intensity level (P1-P3) represents a different power level, which can affect the intensity of the therapy. Typically, higher intensities may provide more significant effects, such as increased blood flow and pain relief. However, it's important to note that specific therapeutic effects may not be linearly correlated with intensity levels, and individual responses may vary.

**Q:** Can I use it in combination with other treatments or therapies?

**A:** Red light therapy is often used alongside other treatments or therapies. However, it's advisable to consult with a healthcare provider to ensure compatibility and maximize the benefits.

**Q:** Can I use the knee brace if I have a specific medical condition or injury?

**A:** The knee brace may provide benefits for various conditions and injuries, but it's crucial to consult with a healthcare professional especially if you have specific medical concerns or are undergoing treatment for a particular condition. They can provide personalized guidance on how to incorporate the knee brace into your wellness plan.

**Q:** Can I wear the knee brace while doing other activities or tasks?

**A:** While it's generally safe to wear the knee brace while performing light activities, it's recommended to use it during a dedicated therapy session while resting. This ensures that you receive the full benefits of the therapy without any distractions.

**Q:** When I am using the device on my problem area, I experienced heightened pain/discomfort during and after the sessions. Is this a normal reaction, and will it go away?

**A:** Experiencing heightened discomfort during or after therapy sessions can occur in some cases. It's essential to use the device at a comfortable intensity level and duration. If you experience persistent discomfort, it's advisable to reduce the intensity or consult with a healthcare professional for guidance. In some cases, the discomfort may diminish with continued use as your body adjusts to the therapy.

**Q:** How long does the battery last on a single charge?

**A:** The 5000mAh battery provides 6+ therapy sessions (20min/session at P2 intensity) per full charge. Takes approximately 3 hours with included USB-C cable.

**Q:** Is the knee brace adjustable to fit different knee sizes?

**A:** Yes, the SOLUN Knee Brace fits 35.4-inch circumference. The adjustable straps ensure a secure fit for most knees. The 25-inch extension strap can also be used for shoulder therapy when needed.

## ■ CHOOSING AN INTENSITY

Three customizable intensity settings provide targeted therapy for your needs. Each level delivers varying power to reduce inflammation, improve circulation, and alleviate pain.

## ■ INTENSITY SETTINGS

| LEVEL | TEMPERATURE (°F) | ENERGY DENSITY (mW/cm <sup>2</sup> ) | POWER (WATTS) |
|-------|------------------|--------------------------------------|---------------|
| P1    | 105              | 13.1                                 | 2.1           |
| P2    | 125              | 36.2                                 | 5.8           |
| P3    | 140              | 62.5                                 | 10            |

## ■ TIPS:

- **L0 Mode:**  
Only red light therapy is active (vibration off).

**FC FDA RoHS**   

**MADE IN CHINA**