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Introduction

Handy-Cure is a low-level laser therapy (LLLT) device, which combines low-level pulse laser radiation, pulsating infrared radiation, visible red light, and static magnetic fields, to provide synergistic therapeutic effects. Incorporating all these radiances in one device achieves rapid and efficient clinical effects within a relatively short time.

Handy-Cure is particularly effective in situations where cell tissue has become inflamed. Inflammation of cell tissue is caused by reduced microcirculation, which changes the quantity of blood supply to the cells, resulting in ischemic injury. By shortening the period of the ischemic state, Handy-Cure reduces the duration of the disease, as well as accompanying pain.

Handy-Cure speeds recovery and relief when used alone or together with other medical therapeutic modalities. It reduces the need for analgesic and anti-inflammatory medication.

- Non-invasive treatment
- Painless
- No side effects
- Safe to use
- Easy to use
- Compact

Operating Instructions

1. Connect Handy-Cure to the AC power adaptor and charge for 24 hours before initial use.
2. Turn-on Handy Cure by pressing the Start/Stop button.
3. Place Handy Cure on the skin and press the Start/Stop button. Handy Cure will run a self-test (3 seconds). **Important:** Handy Cure is programmed to run a self-test every 2 hours of non-use. Only if the self-test is required will all 4 lights turn green. If after turning on Handy Cure only 5Hz Mode-light and Treatment-light light up green continue from step 4.
4. Press the Mode button to select program 1,2 or 3.
(See programs details on page 9)
5. Press the Start/Stop button to commence the treatment session. The Treatment-light will start flashing.
Hold the Handy-Cure to the area being treated for the duration of the treatment (5 minutes).
6. On conclusion of the treatment, the Treatment-light will stop flashing and a short beep is heard. Select another program via the Mode button or press the Start/Stop button to repeat the treatment.
7. To stop a treatment, press the Start/Stop button.
8. Shut-down the Handy-Cure by pressing-on the Start/Stop button for 3 seconds.

Care and Cleaning

Wipe the Handy-Cure with an alcohol swab or cotton moistened with 70% isopropyl alcohol before and after each use.

Use only a soft dry cloth to clean the body of the emitter (if necessary). Never use an abrasive cleanser or submerge the emitter in water or any other liquid.

Do not expose the Handy-Cure to extreme temperatures, humidity or direct sunlight.

Safety

Handy-Cure was designed and manufactured to ensure maximum safety of operation. Maintain the device in strict compliance with the safety precautions and operating instructions in this manual.

The Handy-Cure should be maintained and serviced by Medical Quant Limited personnel, or other qualified personnel approved in writing by Medical Quant Limited.

- It is important to keep this manual handy. It should be studied and reviewed periodically by users of Handy-Cure.
- Direct or reflected radiation should be prevented from entering the eyes.
- Use protective eyewear for treatment on face or eyes.
- Keep the Handy-Cure away from children.
- Do not drop the Handy-Cure.
- Do not use in the vicinity of a pacemaker.
- Pregnant women should not apply the emitter in the vicinity of the womb.
- Not for children under 3 years old without medical supervision.
- Children under the age of 18 should be treated under the supervision of an adult.
- Treatment is not recommended in cancer cases.

Troubleshooting

Fault	Possible cause	Fault removal
Battery light is red.	Handy-Cure’s rechargeable battery has run out of power.	<p>Connect Handy-Cure to the adaptor until the battery light turns green.</p> <p>Handy-Cure may be operated while the adaptor is recharging the battery.</p>
All 3 program lights are showing	Technical fault	<p>Contact the dealer.</p> <p>Repair should be made by the manufacturer or authorized service center.</p>

Note:

The emitter consists of 8 LEDs and one laser diode (in the middle).
 When in operation, 4 of the LEDs light up (in red).
 The other 4 LEDs are invisible to the eye.

If no LEDs light up, contact the dealer.
 Please contact your closest Handy-Cure dealer should you experience any other problem.

Introducing the parts of Handy Cure



1. Adaptor connection
2. Start/Stop Button
3. Mode Button
4. Frequency Buttons: 5 Hz, 50 Hz, Variable
5. Battery light
6. Treatment light
7. Laser light, Infrared light, Red light
8. Magnetic Field

Technical Information

Average power:	Total radiation:	60-90 mW
	Laser radiation:	0.4-1.4 mW
	Infrared radiation:	30-90 mW
	Red LEDs:	2-10 mW

Permanent magnet induction: 25-45 mT

Wavelength of:	Laser radiation:	905 nm
	Infrared radiation:	875 nm
	Red radiation:	635 nm

Laser Power:	25W
Maximum pulsating laser power:	14 W

Class II equipment Applied Part Type Before

Laser class IM	(IEC 60825-1)
Supply ratings:	13.5 VDC; max. 0.7A
Mode of operation:	Continuous operation.
Dimensions:	17cm x 5cm x 5cm
Weight:	220g

Equipment is not suitable for use in the presence of a flammable anaesthetic mixture of air or with oxygen or nitrous oxide.

Specifications are subject to change without an early notice.

Overview of Handy-Cure treatment programs

The user can choose between 3 programs, which have been preset for treatment of different conditions. A program is selected by pushing the Mode button. Each program uses different pulse frequencies, as summarized in the table below. Variation of the pulse frequencies alters the depth of penetration of the laser light

Program	1	2	3
Treatment	Chronic Pain Syndrome	Acute Pain Syndrome	Treatment completion
Pulse frequency	5 Hz/sec	50 Hz/sec	Variation 1-250 Hz/sec
Program duration	5 minutes	5 minutes	5 minutes

Duration of treatment

- An initial treatment session consists of two days treatment for either program 1 or 2, followed by one day of program 3.
- Three-day treatment cycles can be repeated, by applying treatment once a day on each individual point for 21 consecutive days.
- Patients should expect to feel some benefits after 6 days of commencing treatment.
- Upon completion of a full course (21 days), a further course can be undertaken after a 3-day break.

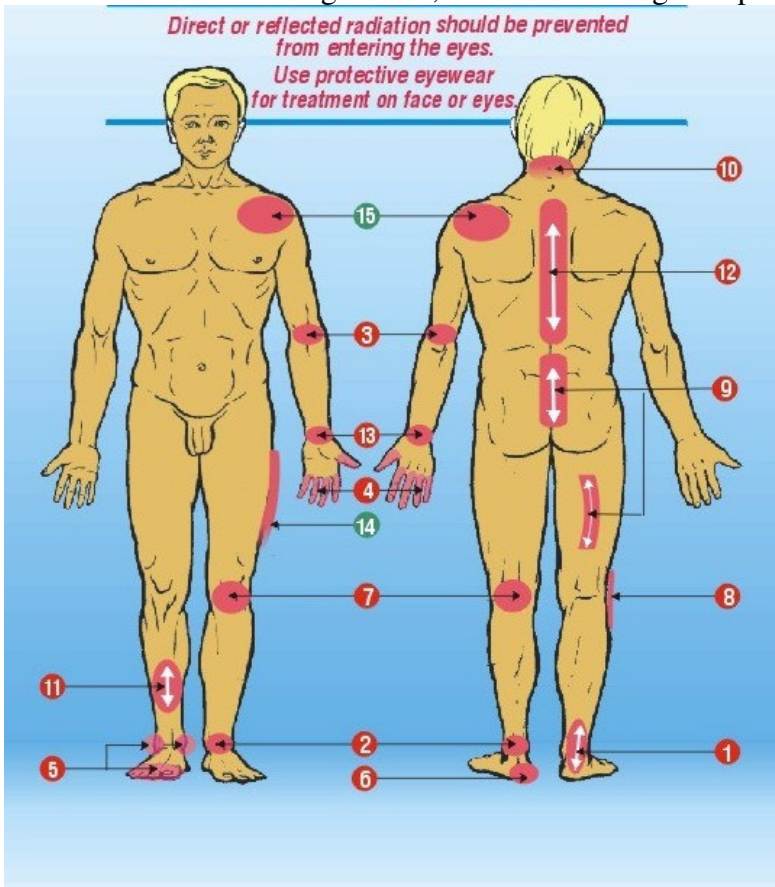
Alternative methods for providing treatment

Where possible, treatment should be provided on bare skin.

In general, the emitter should simply be held in the place in which the pain or discomfort is being felt.

In cases where the area of treatment is more general, the emitter should be moved (scanned) around the treatment area.

Treatment can be provided over clothing or over wound dressing. Where possible, clothing should be removed or kept to a minimum, as this can reduce the ability of the laser to penetrate, as well as altering the distance between the emitter and the area being treated, which will change the penetration depth.



Areas of treatment for program 1:

7	Knee joint	(4 sessions around knee)
14	Hip <i>Arthritis; Arthrosoarthritis, Broken Hip.</i>	(4 sessions scanning)
15	Shoulder	(4 sessions scanning front and back of shoulder)
•	Inflamed or infected muscles <i>Myositis, Humeral Articulation</i>	(3-4 sessions scanning the area of swelling/infection.)

For chronic pain in the elbow joint, knee, lower back, or spine, a course of treatment under program 2 can be used simultaneously with treatment using program 1.

Areas of treatment for program 2

1	Achilles' tendon	(2 sessions scanning)
2	Ankle <i>Talocrural Articulation; Arthritis; Athrosis; Strains.</i>	(2 sessions, front and back)
3	Elbow joint <i>Tennis Elbow; Golf Elbow</i>	(2 sessions, front and back)
4	Fingers <i>Non-deforming arthritis; post-traumatic processes</i>	(2 sessions, scanning front and back)
5	Foot, toes	(3 sessions, both sides of ankle and scanning top of foot)
6	Heel <i>Calcaneal spur</i>	(2 sessions, back of ankle and under heel)
8	Knee <i>Ligament injuries</i>	(3 sessions scanning side of knee)
9	Lower Back Pain <i>Ischialgia</i>	(2 sessions scanning lower back, 1 session scanning back of thigh)
10	Migraines, headaches	<i>(2 sessions scanning back of neck)</i>
11	Shin	(2 sessions scanning)
12	Spine <i>Vertebral Column Osteochondrosis</i>	(4 sessions scanning affected area)
13	Wrist <i>Writing Syndrome (radio carpal articulation)</i>	(2 sessions, front and back)

Handy-Cure Warranty

Medical Quant Limited guarantees that Handy-Cure will operate in the manner described in this manual for a period of 24 months from the date of purchase, when used and maintained in accordance with the instructions herein. Defects or damage due to misuse or abuse are not covered by this warranty.

Please bring this warranty with the Handy-Cure in the event of a complaint. Medical Quant Limited shall not be liable in any manner in respect of bodily injury and/or property damage arising from the use of the Handy-Cure where such use is not in strict compliance with the instructions and safety precautions contained in the Handy-Cure Operating Manual, including all supplements thereto, in all product labels, and according to the terms of warranty and safety of this equipment, nor if any changes unauthorized by Medical Quant Limited are made to the Handy-Cure.

Details of the Distributor/Seller

Retail/Pharmacy: _____

Distributor: _____

Date of Purchase: _____

Signature and stamp of the seller: _____

CLIENT DETAILS

First Name _____

Last Name _____

Signature

Handy Cure



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