

# Thermophore<sup>®</sup> Arthritis Pad<sup>™</sup>

## Instructions

Please read and follow all instructions in this booklet, as well as those on the box and pad



 **BATTLE CREEK**  
Equipment  
Enhancing Comfort • Enhancing Treatment • Enhancing Lives<sup>™</sup>

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## IMPORTANT SAFETY INSTRUCTIONS DO NOT DESTROY

### DANGER

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

1. **READ AND FOLLOW ALL INSTRUCTIONS IN THIS BOOKLET, ON THE BOX AND ON THE PAD.**
2. **DO NOT USE WHILE SLEEPING.**
3. **DO NOT USE ON AN INFANT.**
4. **THIS PAD IS NOT TO BE USED ON OR BY AN INVALID, PARALYZED PERSON, SLEEPING OR UNCONSCIOUS PERSON, OR A PERSON WITH POOR BLOOD CIRCULATION UNLESS CAREFULLY ATTENDED.**
5. **DO NOT USE ON AREAS OF INSENSITIVE SKIN.**
6. **BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING, CHECK SKIN UNDER PAD FREQUENTLY.**
7. **NEVER USE PAD WITHOUT COVER IN PLACE.**
8. **DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.**
9. **DO NOT SIT ON OR CRUSH PAD - AVOID SHARP FOLDS.**
10. **NEVER PULL THIS PAD BY THE SUPPLY CORD. DO NOT USE THE CORD AS A HANDLE. LOOP CORD LOOSELY WHEN STORING. TIGHT WRAPING MAY DAMAGE CORD AND INTERNAL PARTS.**
11. **CAREFULLY EXAMINE INNER COVER BEFORE EACH USE. DISCARD THE PAD IF INNER COVERING SHOWS ANY SIGN OF DETERIORATION.**
12. **THIS UNIT IS NOT DESIGNED FOR USE IN CONJUNCTION WITH ANY TYPE OF MASSAGE APPARATUS. SUCH USE MAY CAUSE HAZARDOUS DAMAGE TO INTERNAL COMPONENTS AND WILL VOID THE WARRANTY.**
13. **SAVE THESE INSTRUCTIONS.**

## USING YOUR THERMOPHORE® ARTHRITIS PAD

1. Slide the heating unit into the special cotton-blend fleece outer cover. **DO NOT** use the heating unit without the fleece cover, and do not add additional layers of insulating cover.

If you are using our special Muff unit, the fleece insert goes inside the heating unit. Just fold the insert in half lengthwise and slide it inside the Muff with the seam in the fleece up toward the opening in the unit. Align the ends of the liner with the strips of loop tape on the ends of the heating unit and smooth down to attach. **DO NOT** use the heating unit without the fleece liner, and do not add additional layers of insulating cover.

**DO NOT** add any water to any part of the Thermophore® Arthritis Pad. The outer cover is designed to absorb moisture from the atmosphere between use, and release the moisture when the heat is activated. Your skin should feel slightly damp from the water vapor condensed during the treatment, but will not be dripping wet. If you feel your cover is no longer producing moisture, you may simply need to wash it, or to let it rest in an area of high humidity for a few hours.

2. It is very important to keep the heating unit flat inside the cover. Folded or overlapping areas of the heating unit could intensify the heat. This could damage the unit, burn the user or cause a fire. Feel inside the cover with your hand to make sure the heating unit is flat and wrinkle-free. Before each use, check the heating unit to be sure it has remained flat inside the cover.
3. Insert the plug into any convenient 110-volt electric outlet. This heating pad has a polarized plug (one blade is wider than the other) as a safety feature. This plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the orientation of the plug in the outlet. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

A small red light will show in the hand control as soon as the power is connected properly, but the unit will not begin to heat until the “On” button is activated. The hand control may feel slightly warm, even when the pad itself is not activated.

When you are ready to begin your therapy session, position the Thermophore® Arthritis Pad over the area you wish to treat. Direct contact with bare skin produces the most benefit. Make sure the unit

is lying smoothly on your body, so it can conform to your body’s curves and make close contact with painful areas. **Do not lie or sit** on the Thermophore® Arthritis Pad.

Velcro® straps are provided on the Neck/Petite model to assist in positioning.

When using the Thermophore® Arthritis Muff, we suggest that you insert one hand into the Muff and use the other hand to adjust the straps. When using the Muff on a knee, ankle or elbow, simply adjust the straps for a snug fit.



5. Press the green “On” button on the hand control. The time indicator bar will show four bars, each bar indicating five minutes (20 minutes total). The Thermophore® Arthritis Pad will heat up very quickly and begin to release moisture from the fleece cover.

When the unit becomes as hot at you would like (normally within 5-10 minutes or less), simply press the “Off” button to begin a cooling cycle.

When the unit begins to feel cool, just press the “On” button to repeat the cycle as often as you like to maintain the optimum temperature for your specific needs and preference.

You can restart the 20-minute timer any time by pushing the green “On” button, or end the session by pushing the red “Off” button. If you happen to doze off or just forget to press the “Off” button, the built-in timer will automatically shut the unit off for safety.

We recommend a maximum treatment time of 30 minutes, with a minimum cooling period of 60 minutes between heat therapy sessions. Please consult your physician if you require more intense heat therapy or if any unusual symptoms appear.

6. When finished with your therapy session, remove the plug from the outlet. Please remember to loop the cord loosely – tight wrapping may damage cord and internal parts. Store the Thermophore® Arthritis Pad in the original box or lay it out flat. You may want to hang the fleece cover in an area of high humidity, so that it can re-absorb moisture to be ready for the next therapy session.

## YOU ARE NOT ALONE

Arthritis pain is a serious problem, affecting one of every three adults in the US. As our population ages, the Center for Disease Control estimates these numbers will soon double. Moist heat is also very effective in treating back pain, temporarily relieving both the pain and the associated muscle spasms. Many people you know can benefit from using the Thermophore® Arthritis Pad. Of course, we hope you will encourage friends to purchase their own Thermophore® Arthritis Pad – but, if you do lend your unit to a friend, please include this booklet and urge the user to read it to assure safety, satisfaction and maximum therapeutic benefit.

## HOW DOES THE ARTHRITIS PAD PRODUCE MOISTURE?

Most people are amazed to find that they can have an effective, penetrating moist heat treatment without adding water to their unit. The moisture is produced by drawing humidity from the air and retaining it in the outer fleece cover. When the Thermophore® Arthritis Pad is turned on, the rapid heat rise forces moisture out of the outer fleece cover and onto the user's skin. A lot of moisture is not necessary—a light amount is all that is needed to transmit the intense heat more efficiently, allowing it to penetrate deeply into painful muscles and joints.

You can confirm that your unit is producing moisture by laying it on a hard, flat, heat-resistant surface (like a countertop or a piece of glass). Activate the switch, and allow the Thermophore® Arthritis Pad to heat for about 5 minutes. Lift the unit, and check underneath. You should be able to feel and see tiny beads of moisture on the fleece cover and probably on the surface, too.

If you feel that your Thermophore® Arthritis Pad is not producing enough moisture, it may be because it has been used for an extended period and the fabric has dried out. You may also have extremely dry air because of your climate, air conditioning or heating system. **Do NOT add water.** Instead, try these suggestions:

1. Wash the outer fleece cover and either hang it to dry or use the medium setting on your dryer, so that it does not become excessively dry.
2. Avoid storing your Arthritis Pad in a hot, dry location.
3. Allow time between heat therapy treatments for the cover to regenerate and absorb moisture.
4. Hang the cover near your shower or laundry, where the air

contains more moisture. Caution: Do *not* put the inner heating unit of the Thermophore® Arthritis Pad in or near water.

**WARNING** - USE YOUR THERMOPHORE® ARTHRITIS PAD CAREFULLY. FOR IT TO WORK PROPERLY, IT MUST BE CAPABLE OF BECOMING VERY HOT. PLEASE STAY ALERT. DO NOT USE OVER INSENSITIVE SKIN OR IN THE PRESENCE OF POOR CIRCULATION. PERSONS WITH DIABETES SHOULD BE ESPECIALLY CAREFUL WHEN APPLYING HEAT. THOSE WHO ARE INCAPACITATED SHOULD BE CLOSELY SUPERVISED IN THEIR USE OF THE THERMOPHORE® ARTHRITIS PAD AND SHOULD NOT BE LEFT UNATTENDED. DO NOT USE A THERMOPHORE® ARTHRITIS PAD AS A BEDWARMER OR FOOTWARMER. IT GETS TOO HOT TO BE USED FOR THIS PURPOSE. DO NOT USE YOUR THERMOPHORE® ARTHRITIS PAD ON ANIMALS OR SMALL CHILDREN.

## FULL ONE YEAR WARRANTY

During the first year after original purchase, we will repair or replace this product free of charge to the owner if it has a manufacturing defect or, if in use as directed by our labels and brochure, it does not perform as our labels and brochures say it will.

Please note that this warranty does not cover incidental or consequential damages or costs connected with any such defect. On the other hand, some states do not allow such exclusion or limitation of incidental or consequential damages or costs and it therefore may not apply to you. While this warranty give you specific legal rights, you may also have other rights which vary from state to state.

Please be sure to save your sales receipt showing the date of this purchase. If no receipt is available, we will use the serial number on the unit to determine warranty eligibility.

## SERVICE CHECKS

If your Thermophore® Arthritis Pad fails to heat, checks these items:

1. Make sure the plug fits properly and firmly into the electric outlet, and that the outlet is functioning properly. Try plugging the unit into another outlet which is on a different electrical circuit. Check your fuses or circuit breakers, if necessary.
2. Inspect the electrical cord. Make sure there is no break in the wires of the cord and no looseness of the cord next to the plug, switch, or entrance to the Thermophore® Arthritis Pad. If the electrical cord has been damaged, it should only be serviced by the Battle Creek Service Department.

3. Check the heating unit inside the fleece cover. The duck cover of the heating unit may eventually become somewhat discolored, especially near the wires. This is to be expected. Excessive scorching or isolated darker areas caused by use of the unit in a folded or insulated condition, however, may indicate damage to internal components. This damage cannot be repaired. If this has occurred, the unit should be replaced.

If service is required, please return the Thermophore<sup>®</sup> Arthritis Pad directly to our repair facility. Be sure to include your name, address, nature of the problem, and a copy of the sales receipt for warranty repairs. If no receipt is available, we will use the serial number on the unit to determine warranty eligibility. If the malfunction is not due to a manufacturing defect, or the unit is no longer covered by the one-year warranty period, the charge to repair and recondition your unit will be **\$30.00 US\***. Please include credit card information, check or money order payable to Battle Creek Equipment Company with your unit and send to:

**Battle Creek Repairs  
702 S. Reed Street  
Fremont, IN 46737**

If you have any questions regarding the operation or use of your Thermophore<sup>®</sup> Arthritis Pad, please contact:

**Battle Creek Equipment Company  
307 West Jackson Street  
Battle Creek, MI 49037 - 2369  
269-962-6181/ 800-253-0854**

\*This amount is subject to change after January 1, 2009. Please call to confirm.