Handy Cure s'®

User Manual

Medical Quant Ltd.

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Introduction

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

The **Handy Cure S'** is an Over-The-Counter hand-held device heating lamps intended for pain management with applications that include 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.

Handy Cure S' is particularly effective in situations where cell tissue has become inflamed. Cell tissue inflammation is caused from reduced micro-circulation. The reduction changes the quantity of blood supply to the cells, resulting in ischemic injury. By reducing the ischemic period, Handy Cure S' reduces the disease duration and accompanying pain.

Handy Cure S' speeds up recovery and relief when used alone or together with other medical therapeutic modalities. It reduces the need for analgesic and anti-inflammatory medication. Treatment with Handy Cure S' accelerates inflamed tissue recovery, generates cells renewal and improves micro-circulation

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

Technical Information

Average power:	Total radiation:	60-90 mW
	Laser radiation:	0.4-6.25 mW
	Infrared radiation:	30-90 mW
	Red LEDs:	2-10 mW
Permanent magnet induction:		25-45 mT
Wavelength of:	Laser radiation:	905nm
	Infrared radiation:	875 nm
	Red radiation:	635 nm
Maximum pulsating laser power:		25W

Class II equipment, Applied Part type BF

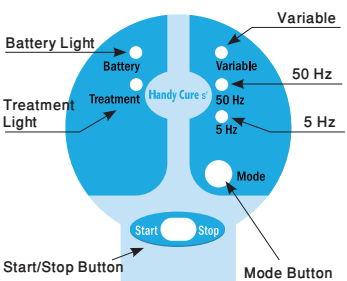
Laser class I (IEC 60825-1)

Supply ratings: 5 VDC, Max 1.8A

AC/DC battery charger-in: 100-240Vac, 50-60 Hz.

Operating Instructions

1. Press the Start/Stop button to power the device. Handy Cure S' will run a self-test* (3 lights will blink).When 2 lights will turn green Handy Cure S' is ready for use.
2. Press the Mode button to select treatment program as indicated in the guidelines.
3. Press the Start/Stop button to begin treatment. The treatment light will begin to blink. Hold the device over the area being treated for the duration of the treatment.
4. In conclusion of the treatment, the treatment light will stop blinking and a short beep will be heard.
   Press the Start/Stop button to repeat the treatment.
   It is possible to stop a treatment at any time by pressing the Start/Stop button.
5. Turn of Handy Cure S' by pressing on the Start/Stop button for 3 seconds.

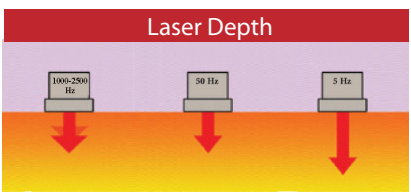


***Important:** Handy Cure S' is programmed to run a self-test every 8 hours.

Guidance for treatment with Handy Cure s'

The user can choose between 3 programs which have been pre-set to treat different pain conditions.
A program is selected by pushing the mode button.
Each program uses different pulse frequencies, as displayed in the table below. Pulse frequencies
variations alter the laser light's depth of penetration.

Program	Variable	50 Hz	5 Hz
Treatment	Initial treatment	Acute pain	Chronic pain
Pulse frequency	1000-2500 Hz	50 Hz	5 Hz
Program duration	5 minutes	5 minutes	5 minutes

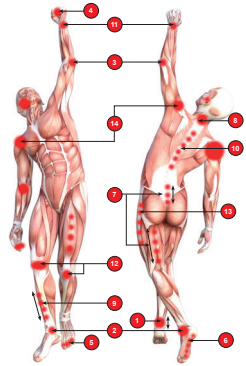


Method of treatment

- The treatment series spans across 3 weeks (21 days)
- During the first week, treatment needs to proceed with the variable program. The treatment will continue with the 5Hz/50 Hz program based on the table on page 6
- For chronic pains, it is recommended to perform the treatment twice a day during the first week of treatment
- Pain relief is experienced after two weeks. In severe cases, more treatment may be needed for pain relief
- After completing a treatment series (21 days), another series can be taken following a 3-day break
- Treatment can be terminated as soon as you experience relief. Even so, it is recommended to complete a full series

Treatment Area

- Where possible, treatment should be provided over bare skin.
- During treatment, the device should be held in a hovering state over the area where the pain is felt.
- If the treatment area is wider, the device should be moved (scanned) around the treatment area.
- If required, treatment can be provided over clothing or over wound dressing.



	Treatment area and number of treatments	Program week 1	Program weeks 2 and 3
1	**Achilles' tendon -** 2 scanning sessions	Variable	50 Hz
2	**Ankle -** 2 sessions, front and back	Variable	50 Hz
3	**Elbow joint** (Tennis Elbow; Golf Elbow) - 2 sessions, front and back	Variable	50 Hz
4	**Fingers** (Non-deforming arthritis; post-traumatic processes) - 2 sessions, front and back	Variable	50 Hz
5	**Foot, toes** - 3 sessions, both sides of ankle and scanning top of foot	Variable	50 Hz
6	**Heel** (Calcaneal spur) - 2 sessions, back of ankle and under heel	Variable	50 Hz
7	**Lower Back Pain** (disci intervertebrales problems, Ischialgia) - 2 sessions scanning lower back, 1 session scanning back of thigh	Variable	50 Hz
8	**Migraines, headaches -** 2 sessions scanning back of neck	Variable	50 Hz
9	**Shin -** 2 scanning sessions	Variable	50 Hz
10	**Spine** (Vertebral Column Osteochondrosis) - 4 sessions scanning affected area	Variable	50 Hz
11	**Wrist** (Writing Syndrome, Radiocarpal Articulation)-2 sessions, front and back	Variable	50 Hz
12	**Knee -** 4 sessions around knee	Variable	50 Hz
13	**Hip joint -** 4 scanning sessions	Variable	5 Hz
14	**Shoulder** – 2 sessions scanning front and 2 sessions scanning back of shoulder	Variable	5 Hz
*	Arthritis, ligament or tendon injury, cartilage abrasion – treatment in the pain area as indicated in the table.		
*	For chronic pains, including; muscle, tendon pain and other injuries not mentioned in the above table, we recommend performing 2 treatment sessions with the Variable program for two weeks or until you experience relief.		

Laser Safety precautions ⚠

1. Laser beam parameters:

The product contains a class 3B near IR laser having following beam specifications.

Wavelength	-	905 nm
Pulse energy	-	3 µW
Pulse width	-	100 ns
Average power	-	Max 15 mW
Beam Diameter	-	1.3x3.1 mm
Beam divergence	-	> 100 mR

2. **Laser Hazard Class:** The emerging laser beam from the product is assigned Class 1.

3. **Compliance Statement:** The product is designed and built to comply with the EN/IEC 60825-1: 2007-03, and with CDRH Title 21 CFR 1040.10 requirements as a Class 1 laser product. Class 1 laser beam is safe during use, including long-term direct intrabeam viewing, even when exposure occurs while using optical viewing instruments.

4. **Implemented Safety Means:** The product includes the following safety means required by the laser safety standards:

4.1 Protective housing: The product is built with protective housing that prevents laser exposure in excess of class 1 level.

4.2 Marking Plate: The product carries a marking plate containing the required information of the product.

4.3 Warning label: The product carries a warning label for non-interlocked panel.

General Safety

We strongly recommend you use the device in strict compliance with the safety pre-cautions and operating instructions in this manual.
Handy Cure S' should be maintained and serviced by Medical Quant Limited personnel or other qualified personnel approved in writing by Medical Quant Limited.
Please review the manual before initial use. It is important to keep this manual handy.

- Direct or reflected laser radiation should be prevented from direct eye contact
- Pregnant women should not apply the device in the vicinity of the womb
- Do not use Handy Cure S' in the vicinity of a pacemaker
- Treatment is not recommended in cancer cases
- Keep the Handy Cure S' away from children
- Children under the age of 18 should be treated under the supervision of an adult

Care and Cleaning

It is possible to clean the Handy Cure S' with a moistened cloth.
Do not expose Handy Cure S' to extreme temperatures, humidity or direct sunlight.
Store the device at room temperature.

Packing list

The device is supplied with all the needed accessories and cables, DO NOT use other accessories and cables

Product/Accessory	Quantity	Remarks
Handy Cure S' device	1	
Charger	1	
Device silver bag	1	
Carton Packing	1	
Protective Glasses	1	Optional
Device Holder	1	Optional

Troubleshooting

Falut	Possible cause	Solution
Battery light is red	Handy Cure S' rechargeable battery has run out of power	Connect Handy Cure S' to the electricity until the battery light turns green Handy Cure S' can't be operated while recharging
All 3 program light are showing	Wrong mode of device operation	Power the device as specified in operating instructions
	Technical fault	Contact the dealer

Note:
When in operation, only the red light is visible to the eye.
If no red-light lights on, contact the dealer.

Declarations

Declaration – electromagnetic emissions		
Emissions test	**Compliance**	**Electromagnetic environment – guidance**
RF emissions CISPR 11	Group1 Class B	The Handy Cure S' uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
Harmonic emissions IEC 61000-3-2	Class A	The Handy Cure S' is suitable for use in all establishments other than domestic, and may be used in domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes, provided the following warning is heeded: Warning: This equipment/system is intended for use by healthcare professionals only. This equipment/ system may cause radio interference or may disrupt the operation of nearby equipment. It may be necessary to take mitigation measures, such as re-orienting or relocating the Handy Cure S' or shielding the location.
Voltage Fluctuations And Flicker IEC 61000-3-3:2013	Complies	

Declaration – electromagnetic immunity			
IMMUNITY test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	8 kV contact 2, 4, 8, 15kV air	8 kV contact 2, 4, 8, 15kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	2 kV for power supply lines 1 kV for input/output lines	Evaluated during AC/DC adaptor approval N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	1 kV line(s) to line(s) 2 kV line(s) to earth 2 kV Signal input/output) to earth	Evaluated during AC/DC adaptor approval N/A N/A	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% UT; 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT; 1cycle and 70% UT; 25/30 cycles Single phase at 0° 0% UT; 250/300 cycle	Evaluated during AC/DC adaptor approval 0% UT; 1cycle and 70% UT; 25/30 cycles Single phase at 0° 0% UT; 250/300 cycle	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Handy Cure S' requires continued operation during power mains interruptions, it is recommended that the Handy Cure S' be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 (A/m)	30 (A/m)	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

Declaration – electromagnetic immunity			
IMMUNITY test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment guidance**
Conducted RF IEC 61000-4-6	3V, 6V	3Vrms, 6V	Portable and mobile RF communications equipment should be used no closer to any part of the Handy Cure S', including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance**
Radiated RF IEC 61000-4-3	3V/m	3V/m	
	3V from 0.15 to 80MHz; 6V from 0.15 to 80MHz and 80% AM at 1kHz	3V from 0.15 to 80MHz; 6V from 0.15 to 80MHz and 80% AM at 1kHz	$d = [\frac{3,5}{V_1}]\sqrt{P}$ $d = [\frac{12}{V_2}]\sqrt{P}$ $d = [\frac{12}{E_1}]\sqrt{P}$ 80 MHz to 800 MHz $d = [\frac{23}{E_1}]\sqrt{P}$ 800 MHz to 2,5 GHz
	10V/m from 80MHz to 2.7GHz	10V/m from 80MHz to 2.7GHz	where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. D Interference may occur in the vicinity of equipment marked with the following symbol: 

Recommended separation distances between portable and mobile RF communications equipment and the Handy Cure S'

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m			
	150 kHz to 80 MHz outside ISM bands $d = [\frac{3,5}{V_1}]\sqrt{P}$	150 kHz to 80 MHz in ISM bands $d = [\frac{12}{V_2}]\sqrt{P}$	80 MHz to 800 MHz $d = [\frac{12}{E_1}]\sqrt{P}$	800 MHz to 2,5 GHz $d = [\frac{23}{E_1}]\sqrt{P}$
0.01	0.12	0.2	0.4	1
0.1	0.37	0.64	1.3	2.6
1	1.17	2	4	8
10	3.7	6.4	13	26
100	11.7	20	40	80

Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment

Test frequency (MHz)	Band [a] (MHz)	Service [a]	Modulation [b]	Maximum power (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)	Compliance level (V/m)
385	380 –390	TETRA 400	Pulse modulation [b] 18 Hz	1.8	0.3	27	27
450	430 – 470	GMRS 460, FRS 460	FM [c] ± 5 kHz deviation 1 kHz sine	2	0.3	28	28
710 745 780	704 – 787	LTE Band 13, 17	Pulse modulation [b] 217 Hz	0.2	0.3	9	9
810 870 930	800 – 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation [b] 18 Hz	2	0.3	28	28
1720 1845 1970	1 700 –1 990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation [b] 217 Hz	2	0.3	28	28
2450	2 400 –2 570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation [b] 217 Hz	2	0.3	28	28
5240 5500 5785	5 100 –5 800	WLAN 802.11 a/n	Pulse modulation [b] 217 Hz	0.2	0.3	9	9

NOTE: If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m. The 1 m test distance is permitted by IEC 61000-4-3.

[a] For some services, only the uplink frequencies are included.
[b] The carrier shall be modulated using a 50 % duty cycle square wave signal.
[c] As an alternative to FM modulation, 50 % pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.

WARNINGS

1. "WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally."

2. "WARNING: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation."

3. "WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the Handy Cure S', including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result."

4. accuracy of laser power output is essential for safe use of the device. excessive electromagnetic disturbances can cause loss of accuracy.

Frequently Asked Questions (FAQ)

What will I feel during a treatment session?
Some people might feel a slight warming effect but usually people feel nothing, which is good.
Even though you may not feel anything during treatment session, the laser light penetrates the tissue and does the work.
How many treatments will I need?
This depends on the severity of your condition. The average treatment ranges between 10 and 14 sessions.
Many patients will experience some relief of symptoms after 3 - 4 treatments and after several more they will feel a significant improvement. It is important to remember that everyone's body is different, so keep treating until you feel relief.
Could my pain increase?
For a small number of people, due to increased blood flow, the pain may increase after a few treatments. If so, stop and take a 3 day break and then return to daily treatment. After a few treatments you will feel relief.
Can the laser burn me?
No. Handy Cure S' is a class 1 laser device

- Specifications are subject to change without early notice

Handy Cure S' Warranty

Medical Quant Limited guarantees that Handy Cure S' 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 S' 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 Handy Cure S' where such use is not in strict compliance with the instructions and safety precautions contained in the Handy Cure S' Operating Manual, including all supplements there-to, 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 Handy Cure S'.

Serial No. : _____

Distributor Details

Distributor: _____

Date of Purchase: _____

Signature and distributor stamp: _____

Client Detals

First Name: _____

Last Name: _____

Symbols

#	Symbol	Symbol meaning	Phrase
1.		Manufacturer	Medical Quant Ltd, 14 Hata'as St. Kfar- Saba, Israel 4442514, Israel
2.		Authorized Representative in the European Community	Obelis S.A.- Av. De Tervueren 34 bte 44, B-1040 Brussels, Belgium
3.		Symbol for "Caution, consult accompanying documents" or "Attention, see instructions for use."	N/A
4.		non-ionizing radiation	N/A
5.		Class II equipment (Double isolation)	N/A
6.		Symbol for "Shock protection type (BF)."	N/A
7.		Symbol used to indicate that the product should be kept dry.	N/A
8.		Temperature limitation	N/A
9.		Keep away from sunlight	N/A
10.	CE 1023	CE Mark - conformity with the essential health and safety requirements set out in European Directives accompanied by a four-digit identification number of the notified body	N/A

Manufactured by Medical Quant Ltd.
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info@medical-quant.com

ENG

UM300720-EN.HC version Nov/2018

MADE IN ISRAEL

CE 1023

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