

# Handy Cure<sup>®</sup>



**User Manual**





# Handy Cure<sup>®</sup>



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# Introduction

Treatment with **Handy Cure** accelerates inflamed tissue recovery, generates cells renewal and improves micro-circulation.

**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. 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.

**Handy-Cure** 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 reduces the disease duration and accompanying pain.

**Handy-Cure** 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.

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

# Operating Instructions

1. Place the device over the palm of your hand (photo 2) and press the Start/Stop button to power the device. Handy Cure will run a self-test\* (3 lights will blink). When 2 lights will turn green Handy Cure is ready for use
2. Press the Mode button to select treatment program as indicated in the guidelines on page 3
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 off Handy Cure by pressing on the Start/Stop button for 3 seconds

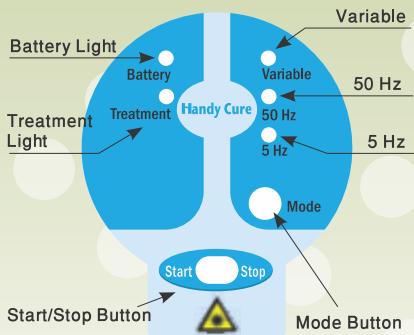


photo 1



photo 2

\*Important: Handy Cure is programmed to run a self-test every 24 hours.

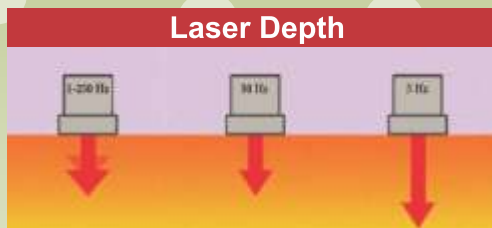
When you do not turn on the device over the palm of your hand, the device beeps and 4 lights begin to blink. Please turn off the device and power it again over the palm of your hand.

# Guidance for treatment with Handy Cure

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	1-250 HZ/Sec	50 Hz/Sec	5 Hz/Sec
Program duration	5 minutes	5 minutes	5 minutes



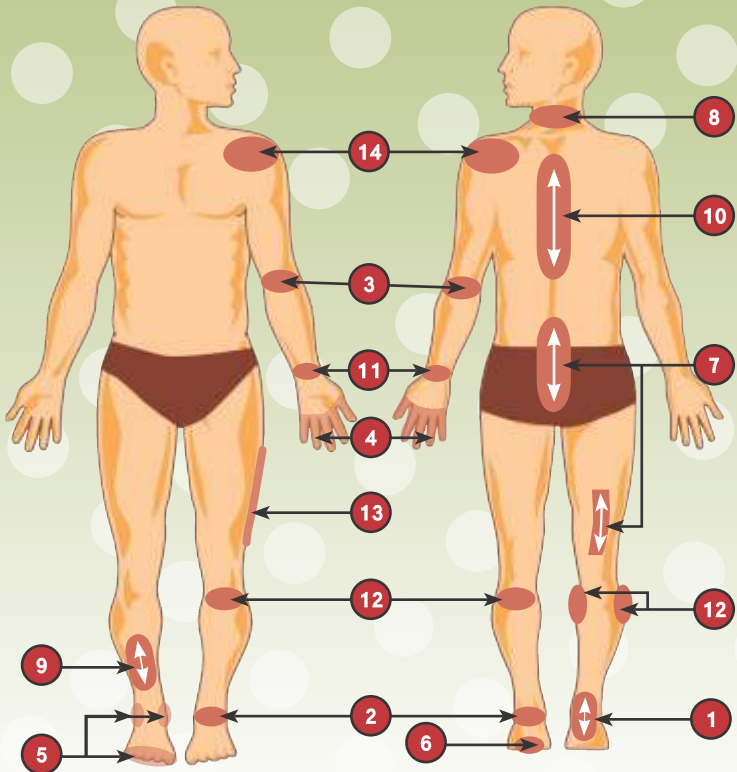
## Method of treatment

- 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/50Hz 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 week 2 and 3
1	<b>Achilles' tendon</b> - 2 scanning sessions	Variable	50 Hz
2	<b>Ankle</b> - 2 sessions, front and back	Variable	50 Hz
3	<b>Elbow joint</b> (Tennis Elbow; Golf Elbow) - 2 sessions, front and back	Variable	50 Hz
4	<b>Fingers</b> (Non-deforming arthritis; post-traumatic processes) - 2 sessions, front and back	Variable	50 Hz
5	<b>Foot, toes</b> - 3 sessions, both sides of ankle and scanning top of foot	Variable	50 Hz
6	<b>Heel</b> (Calcaneal spur) - 2 sessions, back of ankle and under heel	Variable	50 Hz
7	<b>Lower Back Pain</b> (disci intervertebrales problems, Ischialgia) - 2 sessions scanning lower back, 1 session scanning back of thigh	Variable	50 Hz
8	<b>Migraines, headaches</b> - 2 sessions scanning back of neck	Variable	50 Hz
9	<b>Shin</b> - 2 scanning sessions	Variable	50 Hz
10	<b>Spine</b> (Vertebral Column Osteochondrosis) - 4 sessions scanning affected area	Variable	50 Hz
11	<b>Wrist</b> (Writing Syndrome, Radiocarpal Articulation)-2 sessions, front and back	Variable	50 Hz
12	<b>Knee</b> - 4 sessions around knee	Variable	50 Hz
13	<b>Hip joint</b> - 4 scanning sessions	Variable	5 Hz
14	<b>Shoulder</b> – 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.

# Safety

We strongly recommend you use the device in strict compliance with the safety pre-cautions and operating instructions in this manual.

**Handy Cure** 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.

- o Direct or reflected laser radiation should be prevented from direct eye contact
- o Pregnant women should not apply the device in the vicinity of the womb
- o Do not use **Handy Cure** in the vicinity of a pacemaker
- o Treatment is not recommended in cancer cases
- o Use protective eyewear for treatment on face or eyes
- o Keep the **Handy Cure** away from children
- o Children under the age of 18 years should be treated under the supervision of an adult

## Care and Cleaning

It is possible to clean the **Handy Cure** with a moistened cloth. Do not expose **Handy Cure** to extreme temperatures, humidity or direct sunlight.

Storage Environment: -20°C to 50°C

# Troubleshooting

Fault	Possible cause	Solution
Battery light is red	Handy Cure's rechargeable battery has run out of power	Connect Handy Cure to the electricity until the battery light turns green Handy-Cure may be operated while recharging
All 3 program lights are showing	Wrong mode of device operation	Power the device as specified in section 1, page 2
	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.

## 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 is a class 1M laser device - the safest of all types of laser.

# Technical Information

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

**Permanent magnet induction:** 25-45 mT

<b>Wavelength of:</b>	Laser radiation:	905 nm
	Infrared radiation:	875 nm
	Red radiation:	635 nm

**Laser Power:** 25W

**Maximum pulsating laser power:** 25W

Class II equipment, Applied Part Type B

Laser class 1M (IEC 60825-1)

Supply ratings: 13.5 VDC, Max. 0.7A

Specifications are subject to change without early notice

# Handy Cure Warranty

GUDARO Med-Tech 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.

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Please bring this warranty with the **Handy Cure** in the event of a complaint

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GUDARO Med-Tech shall not be liable in any manner in respect of bodily injury and / or property damage arising from the use of **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 there-to, in all product labels, and according to the terms of warranty and safety of this equipment, nor if any changes unauthorized by GUDARO Med-Tech are made to **Handy Cure** .

Serial No. : \_\_\_\_\_

## Distributor Details

Distributor: \_\_\_\_\_

Date of Purchase: \_\_\_\_\_

Signature and distributor stamp: \_\_\_\_\_

## Client Details

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

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Signature





# Handy Cure®



[www.handy-cure.eu.com](http://www.handy-cure.eu.com)

**HANDY CURE A MUST IN EVERY DC Clinic & House-Hold !**

for orders: <http://bit.do/handycure>

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