

The logo features a stylized lightbulb with a red atomic symbol inside, surrounded by red radiating lines.

# Quantum<sup>TM</sup> Rejuvenation



Tendon and Joint Wellness

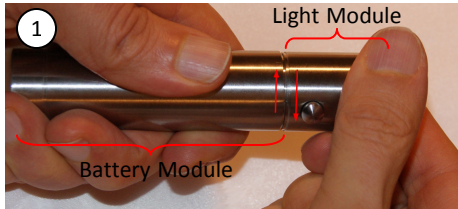
**Red Light Therapy** Unit User Manual

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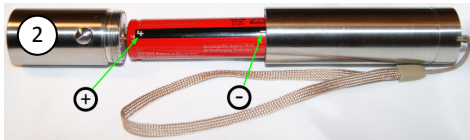
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## Quick Start Guide

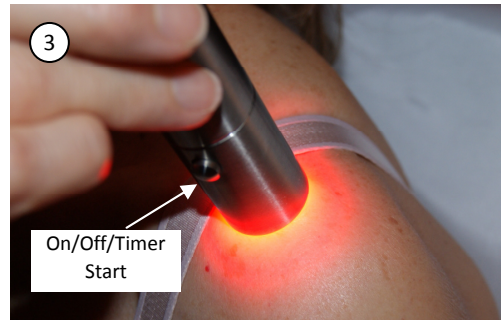
Please read this entire manual before using your Quantum Rejuvenation red light therapy device.



Unscrew the Battery Module from the Light Module



Charge battery if not already charged (see p3)  
Insert Charged Battery as Shown  
(your battery may be a different color than shown)



Hold Lightly Against Skin Nearest Joint Pain  
And Click to Start One-Minute Dose Timer

Light Pain	Average Pain	Deep Pain
1 Dose Per Spot 1 time/day	2 Doses Per Spot 2 or 3 times/day	3 Doses Per Spot 3 times/day

Read Entire Manual Before Using Dose Chart Above

Congratulations on taking action to control your pain and feel better! Quantum Rejuvenation red light therapy is designed to relieve pain without drugs, by beaming energy directly into the mitochondria of your cells, boosting your body's own rejuvenation and healing processes.

Here's how to benefit the most from Quantum Rejuvenation red light therapy:

### **1) Commit to a Three-Week Treatment Plan**

You may notice significant pain reduction right away, but even if you do, we recommend you keep going with your red light therapy treatment plan for three weeks. This is intended to give you two significant advantages: first, it lets you find out how much pain relief you can get, and discover if you get other benefits beyond pain relief. Second, it gives cells a boosted energy source for long enough to increase the chance of lasting effects.

If you don't see results right away, don't worry. Many people experience progressive relief from pain over a span of time. During your initial three weeks of treatment, treat each painful area consistently with 1 to 3 easy 1-minute treatments per session, three times per day.

### **2) Do not stop your other pain treatments abruptly unless directed by your doctor.**

Even if you experience significant pain relief right away from red light therapy, we recommend that any changes you make in your previous pain treatments be done slowly over time. Stopping other treatments too rapidly may cause an increase in pain.

Once you have achieved good pain reduction through red light therapy, you may wish to taper off other treatments. If you wish to taper off a prescription medication, please consult your doctor.

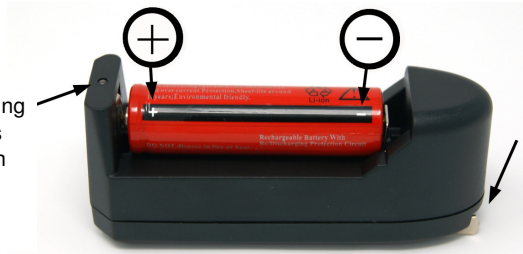
### 3) Avoid stressing an injury or chronic condition

Some people get excited when red light therapy reduces their pain, and they suddenly increase their physical activity and wind up re-injuring themselves or over-stressing themselves. Don't let that happen to you! As your pain decreases, we recommend you take your time, and slowly explore what level of increased activity your body can handle without causing problems.

If you have any questions about best practices to allow an injury to heal, or to avoid aggravating a chronic condition, we recommend you consult a physician who is familiar with the details of your situation.

### Charge battery before first use, and when needed

LED is red or blinking red when battery is charging and green when battery is charged



Fold out plug to plug charger into wall socket. Charging may take up to 20 hours.

## Introduction

Quantum Rejuvenation™ red light therapy operates on the principals of photobiomodulation. A growing body of research provides strong evidence that photobiomodulation can improve crucial aspects of how our cells function, from reducing pain, to speeding healing, to reducing inflammation, to improving immune system response. This unit is specifically designed to improve wellness of tendons and joints.

Your Quantum Rejuvenation tendon and joint therapy light is an FDA class 2 medical device manufactured in an FDA-registered facility, under a strict FDA quality program.

Please read this entire manual before using your Quantum Rejuvenation red light therapy unit.

This wellness package includes:

- Quantum Rejuvenation hand-held red light therapy unit with built-in one-minute timer
- One Lithium Ion model 18650 protected rechargeable battery with 3000mAh capacity
- Plug-in automatic battery charger with charge indicator light
- Protective glasses
- User manual
- Carry case

## Protected battery

The battery that comes with your Quantum Rejuvenation unit is a premium 18650 lithium ion battery that contains protection circuitry. Not all 18650 batteries contain protection circuitry, so if you ever replace the

battery, make sure to replace **ONLY** with a model 18650 battery which says on it that it is short-circuit and overload protected. This is important for safety.

## **When to recharge the battery**

You should recharge the battery if you notice that the light output from your unit has become less bright after many uses, or if you notice the light blinking or dimming during use.

## **Indications for use**

Temporary relief of minor muscle and joint pain, relief of stiffness, reduction of inflammation, temporary increase in local blood circulation where heat is indicated.

## **Contraindications**

- Pregnancy - this device has not been tested for use by pregnant women
- Carcinoma - this device has not been tested in populations diagnosed with carcinoma
- Fever - not indicated for use by persons whose body temperature is above 100.4 degrees F (34 degrees C)
- Not for use by persons diagnosed with light-triggered seizures

## Safety precautions

- Not for treating body areas near a pacemaker unless approved or recommended by your physician
- Not recommended for use directly on the thyroid (front of throat) unless approved or directed by a physician
- Do not treat areas near the eyes
- Do not look directly into the light, even while wearing the eye protection provided
- Not recommended for use on children under the age of 13 except under a physician's direction
- Do not allow children to play with the light or use it unattended
- Use only on clean skin
- Use in direct contact only on unbroken skin
- Wait one hour to use after applying skin creams, moisturizers, or topical skin medications
- When observing treatment process, wear eye protection provided to avoid eye strain
- If light-headedness is experienced during use, discontinue treatment until light-headedness subsides. If light-headedness recurs, consult your physician regarding use.
- Do not use while under the influence of alcohol or other mind-altering drugs
- Do not use in water or immerse in water, or electric shock or internal circuitry malfunction could result
- If device gets too warm for comfort during repeated treatments, allow to cool for a minute before continuing treatment
- Do not use with salves that contain heat-producing ingredients
- If unit will not be used for an extended period, remove battery from unit
- Battery must be installed charged, and used as instructed, and at end of life must be properly disposed of. Do not insert battery backwards. When battery is removed from unit, do not short battery or store loose with metal objects, or disassemble or crush battery, or dispose of battery in fire, or battery may explode or cause fire or burns.



- For safety, use only 3.7V protected 18650 Lithium-ion (Li-ion) battery

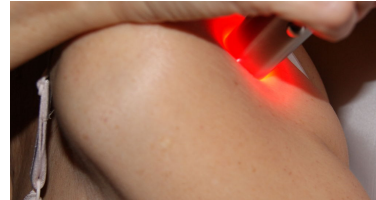
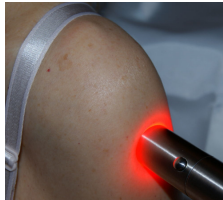
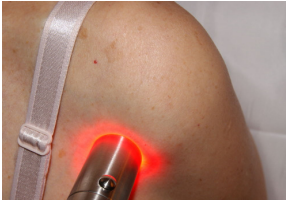
## **Directions for use**

Please read the Contraindications and Safety Precautions sections of this manual before use. After reading those sections and inserting a charged battery, use as follows:

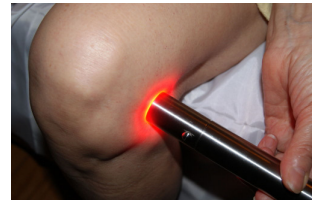
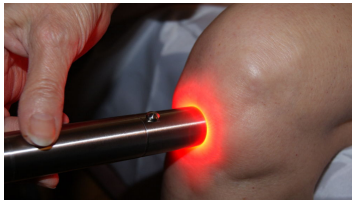
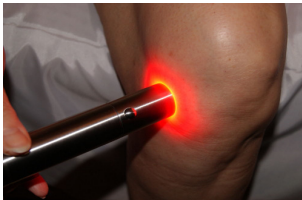
- 1) Select a joint to treat, place the Quantum Rejuvenation unit in contact with your skin, and switch the unit on by clicking the on/off button. Two clicks may be needed if the unit was left turned on and had turned itself off through the action of the self-timer.
- 2) For maximum effectiveness, hold the unit lightly in contact with your skin during treatment. If you feel any discomfort, you can back the unit away from your skin as far as one inch if that is more comfortable. Most people find it easiest to have the unit lightly in contact with the skin, which also provides maximum depth of treatment.
- 3) The automatic timer in the unit will turn the unit off after one minute of treatment. After the timer shuts the light off, you may repeat the one minute dose, by momentarily partly depressing the switch, or double-clicking the switch, to re-start the one-minute timing cycle. Increased benefit may be found with up to ten one-minute doses per day. Activity between sets of 1 to 5 doses may increase benefit.
- 4) For large joints, it is best to treat several parts of the joint separately, each for one to three minutes (one to three automatically timed treatments). Allow at least one day for results to begin to take effect. For chronic pain, repeat treatment 2 to 3 times per day for at least three weeks.

## Treatment points

Depending on how localized or spread out the pain you feel in a joint may be, you may need to treat larger joints such as knee, shoulder, wrist, ankle, or elbow joints at multiple points around the joint. A few example treatment points for shoulders are shown below. Treat by pointing the light straight into the painful area.

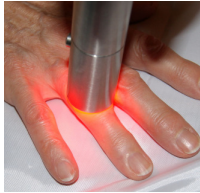


For knees and elbows, it is best to treat while the joint is flexed, as shown in the photos below.



The treatment points above are just examples. Let your pain show you where you need treatment.

Smaller joints such as finger or thumb joints may be treated extended or bent. The red light will penetrate through the entire finger joint from a single treatment point, as shown below.



When treating the wrist or ankle, which can flex in multiple directions, it may be helpful to treat several points around the joint (which on the wrist includes the carpal tunnel), as shown below.



## **Treatment frequency**

Treatment is cumulative within each day, up to about 10 minutes of treatment per day per spot treated. This means that you may gain additional benefit the more you treat each spot, up to about 10 total minutes of treatment per spot per day. Treating more than that will not hurt, but it probably won't add additional benefit.

For comfort, we recommend breaking treatment up into 2 or 3 sessions per day. Some doctors also believe that it is beneficial to break up treatments into several sessions per day because there may be added benefit by allowing cellular processes to take place between treatments. For maximum benefit, we recommend three sessions per day for each spot treated, where each session consists of up to 3 one-minute doses per spot treated.

Reminder: If the unit gets too warm for comfort during treatment, allow the unit to cool for a minute before continuing treatment.

## **Planning your treatment schedule**

For best results, we suggest you initially commit to a 3-week treatment plan, and pick a time of day when Quantum Rejuvenation red light therapy treatments can become a part of your daily routine. For instance, if you watch the news or some daily show on TV at the same time of day each day, you can do your red light treatments while watching TV.

Since it is recommended to treat each spot multiple times per day, for best results, choose two or three times of day when you will do your red light therapy each day. It is not necessary that the times of day be evenly spaced apart, but some doctors believe it is helpful if you have a meal and do some body movement between sessions. (This is not necessary between the multiple 1-minute doses that make up a single treatment session.)

Once you have achieved the pain reduction or increased feeling of wellness that you desire, you can adjust your treatment schedule in any way that suits you. Some people use red light therapy primarily for muscle recovery and relaxation after exercise, and some people make red light therapy a part of their daily routine long-term as part of managing wellness with a chronic condition.

## **Switch and dose timer**

Your Quantum Rejuvenation red light therapy unit contains an automatic one-minute dose timer, which interacts with the clickable on/off switch. When you click the switch to turn the light on, after one minute of the light being on, the dose timer will automatically turn the light off. However, the switch is still on, so, to start the next dose takes two clicks of the switch (once to turn it off and once to turn it on again, which re-starts the dose timer).

There is also a "shortcut" way to start the next dose, without clicking the switch. When a dose has timed out and the switch is still on, briefly partially pressing of the switch (without clicking) will briefly interrupt power to the dose timer, and the dose timer will once again power the light for one minute, providing another dose.

## **Troubleshooting**

If the light does not come on when you click the on/off button the first time, click the button one more time.

If the light still does not come on the second time you click the button, check to see that the battery is installed as shown in the Quick-Start section of this manual.

If the battery was installed properly and the light does not come on within two clicks of the on/off switch, charge the battery.

If the battery is freshly charged and has been installed correctly and the light does not come on within two clicks of the on/off switch, the battery may need to be replaced.

If the light goes dim or starts blinking after less than 20 doses have been delivered after the battery was recently charged, the battery should be replaced. A new battery will deliver over 50 doses on a single charge.

If a new, freshly charged battery is properly installed and the light is blinking or will not turn on within two clicks of the on/off switch, contact customer support at [Support@QuantumRedLightTherapy.com](mailto:Support@QuantumRedLightTherapy.com), and we will contact you with instructions.

## **Complementary practices**

Proper nutrition and proper daily movement make a big difference in pain levels for a wide variety of pain conditions. Proper sleep also makes a difference, but proper sleep is often the result of proper nutrition and proper daily movement.

Why are movement and diet so important? For proper functioning in all aspects, our cells need a wide variety of molecules that come from our diets. Our cells also need reliable removal of cellular waste products. It is our muscle movements during the day that move cells waste products through the lymph duct system and back to our circulatory system at the superior vena cava. Without proper movement during each day, toxins build up in ways they otherwise do not build up.

The best book we know of on the types of daily movement that reduce pain is Peter Egoscue's book "Pain Free: A Revolutionary Method for Stopping Chronic Pain", available on Amazon.

For amazing videos on how you can make simple changes to your diet that can reduce pain and increase wellness, we recommend the non-profit website [NutritionFacts.org](https://www.nutritionfacts.org). They are funded purely by consumer contributions, and they provide a huge variety of short educational videos on their website.

## **Maintenance**

Your Quantum Rejuvenation red light therapy unit may be cleaned with a dry cloth, or by a cloth or paper towel slightly moistened with rubbing alcohol.

Do not immerse any part of the unit in water or any other cleaning solution.

Do not allow any moisture to enter the unit in any way, including the battery compartment and around the switch. Any moisture entering the unit will void the warranty.

The light module contains no user-serviceable parts. Disassembling the light module voids the warranty.

Do not expose to heat any warmer than is comfortable to touch.

## **Storage**

Store in a cool dry place.

If the unit is to be stored for more than one month without use, the battery should be removed.

## **60-Day Money-Back Guarantee**

If you are not 100% satisfied, you can return your Quantum Rejuvenation red light therapy device for full refund of the purchase price. All we ask is that you take good care of the unit during the time you have it, so it comes back to us in very good condition, and with all the accessories it came with. We understand you need to use the device while you have it. We just ask that you be careful to avoid nicks and scratches.

If you are not happy with your purchase for any reason, just e-mail us at [Returns@QuantumRedLightTherapy.com](mailto>Returns@QuantumRedLightTherapy.com) with your order number, and we will authorize your return. We will respond within one business day to authorize your return. All returns must be post marked within 60 days of purchase.

## **One-Year Limited Warranty**

Your Quantum Rejuvenation red light therapy device is made from the highest quality components and materials. We warrant our products to be free from defects in materials and workmanship for a period of one year from the date of original purchase. This warranty excludes batteries and chargers, which have a 90-day warranty. Proof of purchase is required for all warranty claims. Contact [Support@QuantumRedLightTherapy.com](mailto:Support@QuantumRedLightTherapy.com) if you need warranty service, and we will provide you return instructions within one business day.

## **Five-Year LED Bulb Warranty**

We warranty the LED bulb itself to be free from defects for five years from the date of purchase. Contact [Support@QuantumRedLightTherapy.com](mailto:Support@QuantumRedLightTherapy.com) if you need warranty service, and we will provide you return instructions within one business day.



Replacement or repair are Quantum's sole warranty obligation. Incidental or consequential damages are excluded. Some states may not allow the exclusion of incidental or consequential damages, so this exclusion may not apply to you.

## **Warranty Restrictions**

Quantum Rejuvenation warranties do not cover any shipping, handling, postage, or insurance fees, and do not cover damage from misuse, accidental or intentional damage, alteration, modification, abuse, disassembly of the light module, damage from exposure to liquids, fire, or other heat source out of the intended operating temperature range, or damage during shipping. Shipping insurance is recommended. Prior authorization is required for all returns, and may be obtained by e-mailing [Support@QuantumRedLightTherapy.com](mailto:Support@QuantumRedLightTherapy.com).

## **Frequently Asked Questions (FAQ)**

*If I hold the unit slightly away from my skin, should I increase the number of doses?*

Yes. To get the same treatment strength holding the unit one half an inch away from your skin, you need to double the number of doses.

*Is it better to hold the unit in direct contact with the skin?*

Yes, as long as skin is unbroken (no open cuts, scrapes, or cracks), then it is best to do your treatments with direct skin contact. If skin is broken, you can treat holding the unit half an inch away and double the number of doses.

*Why do you caution against using this product with a pacemaker?*

Standard protocol for electronic medical device manufacturers is to caution against using any electronic device near a pacemaker unless approved by a doctor of the pacemaker manufacturer. If you have a pacemaker, just ask your doctor what distance, if any, is needed between your pacemaker and a battery-powered LED light.

*Will Red Light Therapy work through a thin layer of clothing?*

Our lab measurements show that the amount of red light delivered to the skin through a light weight white bed sheet is 33% less than the amount delivered directly, if the sheet is in contact with your skin and the light is in contact with the sheet. The amount of light lost will be significantly more if the thin cloth layer is red or black.

Even colored thin clothing will work OK if it is noticeably more sheer than a bed sheet, as long as the unit is directly in contact with the clothing, and the clothing is directly in contact with your skin. Thus if you want to treat yourself through a thin layer of clothing, we recommend increasing treatment by one dose per session.

*Is the red light a LASER light?*

No. The 660nm wavelength light produced by your Quantum Rejuvenation red light therapy device is produced by an FDA-approved light-emitting diode (LED). Laser light can be dangerous because it is parallel, coherent light that will focus to an exact point if it enters the eye, and can damage the retina. LED light is non-coherent, non-parallel light that is far safer. Even so, you should not look directly into your red light therapy light, and if using the unit without direct skin contact, it is best to wear the light-reducing protective glasses to avoid eye strain if you are watching the treatment area during treatment.

*Can this red light therapy device help with skin wrinkles or skin rejuvenation?*

Your Quantum Rejuvenation tendon and joint red light therapy device is specifically designed to facilitate deep light penetration, to rejuvenate tendons and joints. It is not designed to deliver controlled uniformity red light over a large area like the face.

*How long should it take me to notice a reduction in pain?*

Because there are a wide variety of forms of cellular degradation that can lead to pain, the time it can take people to notice results vary from about one day to about three weeks. That is why we recommend committing to a three-week treatment plan, and sticking to your treatment schedule.

*Why do you recommend against using red light therapy soon after applying skin cream?*

Topical skin treatments such as skin creams, moisturizers, and topical medications are each designed to chemically interact in a certain way with your skin after they are applied. In some cases, those designed interactions may happen differently in the presence of intense light. It is best to allow time for those products to interact with your skin as they were designed to, so we suggest waiting one hour after applying such products before doing a red light therapy session.

*What are the side effects of red light therapy?*

The FDA has cleared Red Light Therapy devices as safe and effective for a number of uses, including reducing muscle, tendon, and joint pain. One potential side-effect if this device is not used with direct skin contact and a person does not use darkening glasses is eye strain. That is why we recommend using the darkening glasses provided to reduce the chance of eye strain if you are watching the treatment area and you are not using the device with direct skin contact. There are no known drug interactions with Red Light Therapy.

*Will the battery last longer if I charge it more often?*

Yes. Li-ion (lithium ion) batteries do last longer if they are not allowed to fully discharge. The protection circuit inside the battery that came with your unit already limits the amount the battery discharges. You can extend the life of your battery even further if you wish if you recharge it after every 50 doses of light, but the battery has a pretty long life either way.

*Can I move the light around during a 1-minute dose?*

A one-minute dose with direct skin contact is the minimum recommended dose. If you move the light around during a dose, all the areas you treat during that dose will get less than the minimum recommended dose. That is why the easiest and most effective protocol for use is to apply each dose with direct skin contact.

*Will doses be more effective if I push the unit against my skin?*

We recommend light skin contact, with no significant pressure. Applying pressure can reduce blood circulation, and good blood circulation is critical to tissue health and rejuvenation.

*Does the brand of battery I use matter?*

The important things to make sure of is that the battery used is a model 18650 battery, and that the battery says on it that it is short-circuit and overload protected. Different brands of batteries are made to different quality standards, and different battery manufacturers measure battery capacity in different ways, so going with a brand that is highly rated on Amazon is a safe bet.

*Are there complementary non-pharmaceutical recommended therapies?*

Yes. Two other complementary non-pharmaceutical pain therapies are proper diet and movement. The best resource for non-based research-based advice on diet to reduce pain and illness is available through the non-profit website [NutritionFacts.org](https://www.nutritionfacts.org), which has hundreds of short, informative videos summarizing key results of

research studies. The best book we know of on reducing pain through movement and exercise and stretching is Peter Egoscue's book "Pain Free: A Revolutionary Method for Stopping Chronic Pain".

## **Technical specifications**

FDA Medical Device Class: Class II

Light Source: 3W Light-Emitting Diode (LED)

Red Light Wavelength: 660nm

Light Output Intensity: Greater than 110,000 Lux ( $100\text{mW}/\text{cm}^2$ ) with direct skin contact

Dose Timer: Internal 1-minute dose timer disables light 1 minute after power-on

Power Source: Type 18650 3.7V Li-ion battery (3000mAh or greater)

Battery Charge Time: 10 hours in charger provided

Product Weight (light with battery): 5.4oz

Water Resistance: Not water-resistant. Do not expose to liquids.

Control Switch: Built-in SPST clickable push-button switch (not suitable for use near flammable gasses)

Operating temperature range: 10 C to 40 C (50 F - 122 F)

Operating Humidity: 15% to 95% RH

Notes:

Notes:

Quantum Rejuvenation  
71 Forest St.  
Milton, MA 02186  
E-mail: [Support@QuantumRedLightTherapy.com](mailto:Support@QuantumRedLightTherapy.com)