

The application of moist heat is a routinely prescribed therapy in today's medical field. The body's physiological response to moist heat is dilation of the blood vessels, causing an increase in the blood flow to the area under treatment. Increased local circulation enhances recovery by flushing away the waste products and bringing in fresh blood cells to the treatment area. Moist heat is exceptionally useful in treating back pain caused by muscle spasms from strain and tension. The pain of arthritic and musculoskeletal conditions can be temporarily alleviated with the use of moist heat therapy. The increased blood flow can help relax muscles in spasm and help maintain joint and muscle flexibility. Along with rest, the Theratherm Digital Moist Heating Pad will gradually relieve pain by relaxing a muscle in spasm. Theratherm treatment is also efficient in relieving pain caused by muscle spasm or inflammation after a day of recreation, gardening, jogging or household activities.

The Theratherm Digital Moist Heating Pad produces moist heat automatically. There is no water to add, no water to boil, no dripping packs and no towels to prepare. Moisture is drawn from the humidity in the air and retained in the outer flannel cover. When the hot pack is turned on, the rapid heat rise forces the moisture out of the flannel cover onto the patient's skin. The moisture acts only as a means to transmit heat more deeply into the tissue, so only a small amount is needed.

The Theratherm Digital Moist Heating Pad is more effective than other electric heating pads on the market because it delivers intense moist heat therapy. The moist heating pad expands the size of the blood vessels, increasing blood flow. The temperature of the heating pad is controlled by the patient with a digital controller that can be turned on and off. The digital controller is also used to set the treatment time and features a lock-out mode to guard against remiss touching of the controls during treatment.

# PRECAUTIONARY INSTRUCTIONS

Theratherm™ Digital Moist Heating Pad

## Precautionary Instructions

The precautionary instructions found in this section and throughout this manual are indicated by specific symbols. Understand these symbols and their definitions before operating this equipment. The definition of these symbols are as follows:



**=CAUTION-** Text with a “CAUTION” indicator will explain possible Safety infractions that could have the potential to cause minor to

moderate injury or damage to equipment.



**=WARNING-** Text with a “WARNING” indicator will explain possible Safety infractions that will potentially cause serious injury and equipment damage.



**=DANGER-** Text with a “DANGER” indicator will explain possible Safety infractions that are imminently hazardous situations that would result in death or serious injury.



**=EXPLOSION HAZARD-**

Text with an “Explosion Hazard” indicator will explain possible safety infractions if this equipment is used in the presence of flammable anesthetics.

**NOTE:** Throughout this manual “NOTE” may be found. These are helpful information to aid in the particular area or function being described.

Read, understand and practice the precautionary and operating instructions found in this manual. Know the limitations and hazards associated with using any electrical stimulation device. Observe the precautionary and operational decals placed on the unit.



## **CAUTION: Burn or skin injury**

- Unplug when not in use.
- DO NOT use while sleeping.
- DO NOT use on an infant or small child.
- DO NOT apply over insensitive skin or in the presence of poor circulation.
- Burns can occur regardless of control settings. Check skin under pad frequently to avoid burning and blistering.
- Never use pad without cover in place.
- DO NOT sit on or crush pad. Avoid sharpfolds in pad.
- DO NOT expose heating pad or digital control to liquids as damage could occur to the heating pad or digital control.
- Treatment time should not exceed 30 minutes.
- Carefully examine inner cover before each use. Discard the pad if inner covering shows any signs of deterioration.
- DO NOT use pins or other connecting means to fasten pad in place.
- Never pull pad by the supply cord and do not use cord as a handle.
- Individuals with circulation problems should consult with a physician before using this product.
- DO NOT sit or lie on the pad.
- DO NOT use pad directly over cuts, abrasions or open wounds.
- Exercise extreme caution when using pad on non-communicative individuals.
- Handle control mechanism with care.
- DO NOT use pad as a bed warmer or foot warmer.
- Physiological Effects.

# PRECAUTIONARY INSTRUCTIONS

Theratherm™ Digital Moist Heating Pad

## **WARNING**

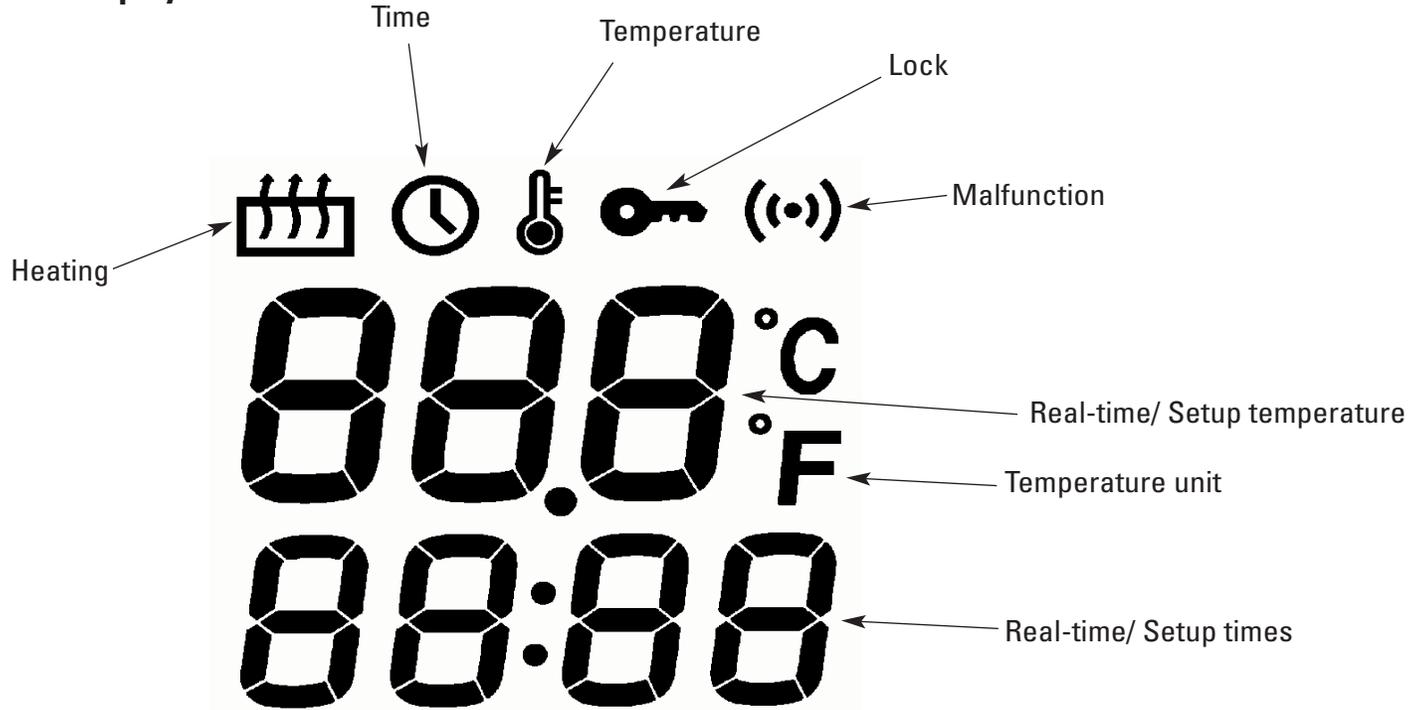
- Read all instructions.
- Never use the Theratherm Moist Heating Pad without a clean flannel pad cover.
- Keep Theratherm pad out of the reach of children.
- Use of this heating pad is not intended as a substitute for consultation with your physician.
- DO NOT expose the heating pad digital control to temperature extremes (below -10° C/14° F or over 50° C/122° F) or excessive humidity (>90% RH) as damage could occur to the digital control.
- Equipment not suitable for use in the presence of a flammable anaesthetic mixture with air or with oxygen or nitrous oxide.
- Special precautions should be taken with patients having desensitized skin.
- DO NOT allow the digital control to come in contact with the heating pad during use as damage could occur to the digital control.
- Degree of protection against harmful ingress of water: Ordinary Equipment.



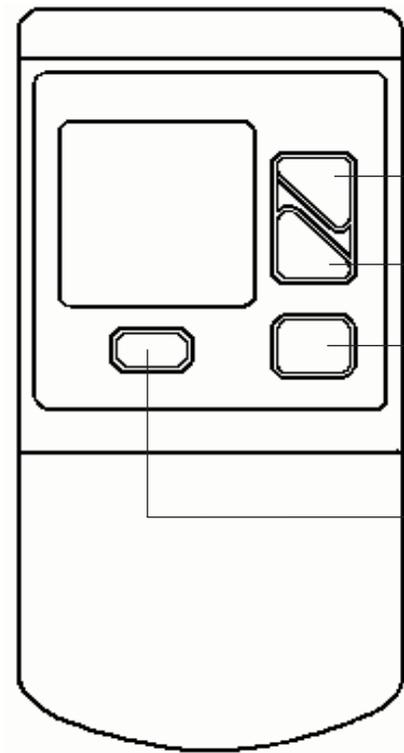
# NOMENCLATURE

Theratherm™ Digital Moist Heating Pad

## LCD Display



## Button Function



## Setup Time/ 1–60 Minute Setup Temperature/ 86–166° F

Increase Value (+)

Decrease Value (-)

Select Key

- Press and hold 2 seconds to enable lock-out mode
- Press to select setup "Time" or "Temperature"

On-Off/Status Key

- Press and hold 2 seconds to switch power on or off
- Press to review setting parameters or real-time status

# SPECIFICATIONS

Theratherm™ Digital Moist Heating Pad

## Product Specifications

Output: Moisture heating

Cover: 60% Cotton/ 40% Polyester

Display: Numerical LCD (Liquid Crystal Display)

Button: Rubber made in double colors

Sensor: High resolution Digital thermal sensor

Control: Plus control-trig solid switched

Circuit: Digital processor

Protection: Thermal switched

Mode of operation : Continuous operation

Heating: Selection 86–166° F (+/- 2° F/ unit) temperature outputs

Timer: 1–60 minutes (1 minute/ unit) Auto shut off

Power Supply: AC 90–130V 40–70Hz

Pad Size: Model 1030- 15" x 7" (38 cm x 18 cm)

Model 1031- 14" x 14" (36 cm x 36 cm)

Model 1032- 27" x 14" (68 cm x 36 cm)

Model 1033- 23" x 20" (58 cm x 50 cm)

Classification: Class II Equipment  Type BF Applied Part



***This product is compliant to Medical standards***



EMC: IEC60601-1-2  
Safety: IEC60601-1



Conforms to EN 60601-1  
MDD 93/42/EEC, EUROPEAN UNION

0413

MEDICAL EQUIPMENT  
WITH RESPECT TO ELECTRICAL SHOCK,  
FIRE AND MECHANICAL HAZARDS ONLY  
IN ACCORDANCE WITH UL 2601-1/CSA C22.2 NO.601.1  
71KJ

**Note:** Make sure the pad cover is included in the package. If it is missing or damaged, please contact your local dealer.

## How To Use Theratherm

1. Place the Theratherm Digital Moist Heating Pad into the provided flannel pad cover.  
Be sure the pad is lying flat within the cover to ensure uniform heating occurs.  
Always be sure cover is clean prior to use.
2. Insert the plug into any convenient 90-130 volt electric service outlet.
3. The skin in the treatment area should be intact with no cuts, abrasions or open wounds.  
The skin should also be clean, free of dirt, oils and perspiration.
4. Position the Theratherm Digital Moist Heating Pad on the area to be treated.  
**REMEMBER:** DO NOT lie or sit on the pack.
5. Press and hold the "ON-OFF /STATUS" button for 2-seconds at which time an audible tone is heard meaning power is ON.

The LCD display will momentarily appear as shown (A) and then the default or previous set parameters will be displayed (B).

The default factory parameter setting is 126° F temperature and 30 minutes treatment time.

6. Press the "SELECT" button to display the treatment temperature (C) or treatment time (D) you wish to select.
7. Press the "+" or "-" buttons to increase or decrease values.

**Temperature range: 86 - 166° F**

**Time range: 1-60 minutes**



**CAUTION: Burns can occur regardless of control settings.  
Check skin under pad frequently to avoid burning and blistering.**



- To lock the desired settings, press and hold the "SELECT" button for 2-seconds until an audible tone is heard. A "key" icon is displayed on the LCD to indicate the unit is locked (A). To change settings, unlock the unit by pressing and holding the "SELECT" button for 2-seconds until the audible tone is heard. The "key" icon on the LCD display will disappear.
- At anytime during therapy, a momentary press of the "ON-OFF/STATUS" button provides a real-time review of parameters and access to parameter changes (B).
- Average treatment time is 20 to 30 minutes. It is not recommended to exceed 30 minutes of use in one therapy session.
- At the end of set treatment time, unit will automatically power off.

**NOTE:** At anytime during therapy, pressing the "ON-OFF/STATUS" button for 2-seconds or more will switch power OFF. At the end of treatment it is recommended to unplug the unit from the wall outlet.

- If Malfunction icon is displayed on the LCD (C), an audible tone will continue for 5 seconds and heat output is automatically turned off. Unplug the unit and contact your distributor for appropriate action.

**NOTE:** Launder the flannel pad cover as needed. (*see Maintenance Section*)

Replace flannel pad cover when worn, scorched, discolored or holes develop in the fabric.

Contact you Theratherm distributor for replacement flannel pad covers.

A. Lock



B. Real-time



C. Malfunction



## CLEANING OF FLANNEL PAD COVER

- Machine wash or hand wash in lukewarm/cold water with a mild detergent. Rinse well. Tumble dry on low heat setting.
- Dry clean.

**NOTE: DO NOT bleach. DO NOT use any type of solvent, such as thinner or benzine.**

## CLEANING OF CONTROLLER

- Please use a soft cloth slightly moistened with water, then lightly wipe the surface.
- Do not use any type of solvent, such as thinner, or benzine.

## WARRANTY

Chattanooga Group ("Company") warrants that the Theratherm Digital Moist Heating Pad ("Product") is free of defects in material and workmanship. This warranty shall remain in effect for one year (12 months) from the date of original consumer purchase. If this Product fails to function during the one year warranty period due to a defect in material or workmanship, Company or the selling dealer will repair or replace this Product without charge within a period of thirty (30) days from the date on which the Product is returned to the Company or the dealer. All repairs to the Product must be performed by a service center authorized by the Company. Any modifications or repairs performed by unauthorized centers or groups will void this warranty.

This Warranty Does Not Cover:

Replacement parts or labor furnished by anyone other than the Company, the selling dealer or a certified Company service technician.

Defects or damage caused by labor furnished by someone other than Company, the selling dealer or a certified Company service technician.

Any malfunction or failure in the Product caused by product misuse, including, but not limited to, the failure to provide reasonable and required maintenance or any use that is inconsistent with the Product User's Manual.

### **COMPANY SHALL NOT BE LIABLE IN ANY EVENT FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

To obtain service from company or the selling dealer under this warranty:

**1. A written claim must be made within the warranty period to the Company or the selling dealer. Written claims made to the Company should be sent to:**

Chattanooga Group  
4717 Adams Road  
P.O. Box 489  
Hixson, TN 37343 USA  
Telephone: 423-870-2281  
Outside USA: +1-423-870-7200  
Facsimile: +1-423-875-5497

**2. The Product must be returned to the Company or the selling dealer by the owner along with a copy of the purchase receipt.**

This warranty gives you specific legal rights and you may also have other rights which vary from state to state. The Company does not authorize any person or representative to create for it any other obligation or liability in connection with the sale of the Product. Any representation or agreement not contained in the warranty shall be void and of no effect.

**THE FOREGOING WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED,  
INCLUDING ANY WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.**