

# *thera***therm**™

Digital Moist Heating Pad



## Instruction Manual

Model No.: 1031-B/1032-B/1033-B



Refer to instruction manual for use

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## INTRODUCTION

The application of moist heat is a routinely used 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 heating pad 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.

## INDICATIONS FOR USE

The Theratherm Digital Moist Heating Pad is intended for medical purposes that provides moist heat therapy for body surfaces. It is capable of maintaining an elevated temperature during use, and temporarily relieving minor muscular or joint pain.

### SAFETY WARNING

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

#### **CAUTION**

**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**

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

#### **DANGER**

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

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

### CONTRAINDICATIONS

Heat therapy is contraindicated in case of acute injury and bleeding disorders (because of vasodilation), tissues with a severe lack of sensitivity, scars and in tissues with inadequate vascular supply (because of increased metabolic rate and demand which a tissue with poor blood supply may fail to meet resulting in ischemia).

## **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.
- Never leave this product unattended, especially if children are present.
- Burns are possible regardless of control settings. Check skin under pad frequently to avoid burning and blistering.
- **DO NOT** use the heating pad without the flannel cover in place.
- **DO NOT** crush the heating pad. Avoid sharp folds in the heating pad.
- **DO NOT** immerse the heating pad or digital control in liquids as damage could occur to the heating pad or digital control.
- Treatment time should not exceed 30 minutes.
- Carefully examine heating pad cover before each use. Discard the pad if covering shows any signs of deterioration.
- **DO NOT** use pins or other connecting means to fasten the heating pad in place.
- **DO NOT** pull the heating pad by the supply cord and do not use the supply cord as a handle.
- Individuals with circulation problems should consult with a physician before using this product.
- **DO NOT** sit or lie on the heating pad.
- **DO NOT** use the heating pad directly over cuts, abrasions or open wounds.
- Exercise extreme caution and examine skin frequently when using the heating pad on non-communicative individuals.
- Handle control mechanism with care.
- **DO NOT** use pad as a bed warmer or foot warmer.
- **DO NOT** fold or crease the heating pad.
- **DO NOT** apply pressure to the heating pad.
- **DO NOT** use the heating pad for unintended use.
- **DO NOT** apply massage oil, lotion, ointment, or skin cream over the treatment area before using the heating pad.
- Terminate use if treatment becomes uncomfortable.
- Disregard the above conditions may cause the heating pad to overheat or burn. You should stop using this product and should consult with your physicians if you experience adverse reactions.

### **WARNING**

Burn or skin injury. Read all instructions.


















- **DO NOT** use or place the heating pad under a blanket, cover, or any kind of bedding material.
- Never use the Theratherm Moist Heating Pad without a clean flannel pad cover.
- Keep the heating 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 -25° C/-13° F or over 70° C/158° 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 anesthetic 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 on the digital control of the heating pad: IP22

The patient is the operator and he/she can operate all functions.

- Do not maintain or clean the device during use.
- Do not plug the device into hard-to-plug sockets.
- Avoid the cable tangled, and avoid any operation that may cause suffocation.
- Using any accessories that are not included in the packing may lead to potential risk.
- Avoid use or store the device in direct sunlight or environment full of dust or cotton.
- The loss of temperature sensor may affect the temperature accuracy displayed on the digital display.
- Do not modify the device.
- For environmental reasons, do not dispose of the heating pad in the household waste after the service life.
- Dispose of the device in accordance with local regulations.
- Do not hold the digital control and supply cord during use to prevent electric shock.

**SYMBOL AND TITLE**

Information essential for proper use shall be indicated by using the corresponding symbols. The following symbols may be seen on the device and labeling.

	Refer to instruction manual for use		Fragile, handle with care
	Caution		Keep Dry
	Warning		Product packaging is able to be recycled
	Danger		WEEE (Waste and electrical equipment)
	Class II equipment		
	Type BF applied part		
	Date of manufacture		
	Batch code		
	Catalogue number		
	Manufacturer		
	Temperature limitation		
	Humidity limitation		
	Non-sterile		

ELECTROMAGNETIC COMPATIBILITY

- 1) This product needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile radio frequency (RF) communications equipment.
- 2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- 3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
- 4) Caution: This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacture’s declaration – electromagnetic emission		
The device is intended for use in the electromagnetic environment specified below. The customer of the user of the device should assure that it is used in such an environment.		
Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The device 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.
RF emission CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	



### Guidance and manufacture's declaration – electromagnetic immunity


The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±15 kV air	±8 kV contact ±15 kV air	Floors should be wood, concrete or ceramic tile. If floor is 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	±2kV for power supply lines	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	±1 kV differential mode	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	<5% UT (>95% dip in UT) for 0.5 cycle  40% UT (60% dip in UT) for 5 cycles  70% UT (30% dip in UT) for 25 cycles  <5% UT (>95% dip in UT) for 5 sec	<5% UT (>95% dip in UT) for 0.5 cycle  40% UT (60% dip in UT) for 5 cycles  70% UT (30% dip in UT) for 25 cycles  <5% UT (>95% dip in UT) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz/60Hz) 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:**  $U_T$  is the A.C. mains voltage prior to application of the test level.

Guidance and manufacture’s declaration – electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance  $d = 1,2\sqrt{p}$ $d = 1,2\sqrt{p}$ 80 MHz to 800 MHz $d = 2,3\sqrt{p}$ 800 MHz to 2,5 GHz
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2.5 GHz	10 V/m	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,a should be less than the compliance level in each frequency range.b Interference may occur in the vicinity of equipment marked with the following symbol:  

**NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.**

**NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.**

**A:** Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

**B:** Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

**Recommended separation distances between portable and mobile RF communications equipment and the device.**

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

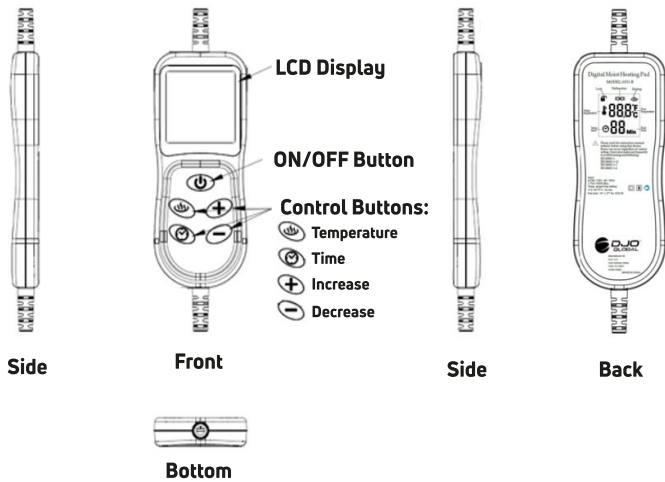
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

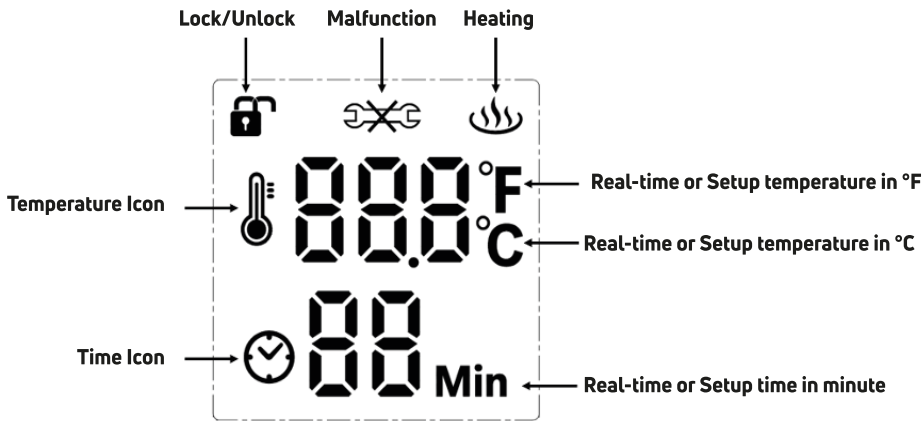
- NOTE 1** At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
- NOTE 2** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

OPERATING INSTRUCTION

CONTROLLER:



LCD DISPLAY:



## HOW TO USE THE THERATHERM DIGITAL MOIST HEATING PAD

In the box received, you will see one Theratherm Digital Moist Heating Pad with a flannel cover, one user manual, and one Quick Start Guide. If for any reason any item is not in the box received, do not use the heating pad and contact the authorized service center at address given. **NOTE:** Please read the instruction manual completely before using your heating pad

1. Be sure the Theratherm Digital Moist Heating Pad is complete and in good condition before each use. Be sure the heating pad is within the cover and lying flat in this cover to ensure uniform heating occurs. Always be sure the flannel cover is clean prior to use, and never use the heating pad without a flannel cover.
2. Insert the plug of the heating pad to any convenient 90-130-volt electric service outlet.

**NOTE:** Once plugged, the lit-up LCD display of the heating pad flashes once for about 1 second; the buzzer sounds a long beep; the product is in the standby state and ready for use.

3. Position the Theratherm Digital Moist Heating Pad within the flannel cover on top of, and not underneath, the body area to be treated. **NOTE:** 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. Hold the "ON/OFF" button to turn on the device: The buzzer beeps once, and the LCD display is on.

**NOTE:** The backlight under the LCD display will turn off automatically after 30 seconds if no operation is detected and will light up again by pressing any of the control buttons.

5. To adjust the temperature in °F (113-167°F), press the "Temperature" button ONCE, and the flashing temperature value in °F will be seen on the LCD display. Press the "+" or "-" button to increase or decrease the temperature value to your desired temperature. **NOTE:** Clicking the "+" or "-" button will increase or decrease the temperature value by 1°F, while holding the "+" or "-" button will increase or decrease the temperature value by 5°F.

6. To adjust the temperature in °C (45-75°C), press the "Temperature" button TWICE, and the flashing temperature value in °C will be seen on the LCD display. Press the "+" or "-" button to increase or decrease the temperature value to your desired temperature. Pressing "Temperature" button for the third time will exit the temperature setting. **NOTE:** Clicking the "+" or "-" button will increase or decrease the temperature value by 1°C, while holding the "+" or "-" button will increase or decrease the temperature value by 5°C.

7. To adjust the time in minutes (1-30 min), press the "Time" button, and you will see the flashing time value on the display. Press the "+" or "-" button to increase or decrease the time value to your desired time. Pressing "Time" button for the second time will exit the time setting.

**NOTE:** Clicking the "+" or "-" button will increase or decrease the time value by 1 minute, while holding the "+" or "-" button will increase or decrease the temperature value by 5 minutes.

8. After the temperature and time are set up, relax and enjoy the heating treatment provided by the Theratherm Digital Moist Heating Pad. To avoid the unintended operation, hold the "Time" button for 3 seconds to lock all the buttons except the ON/OFF button, and the UNLOCK icon on the display is changed to LOCK.

**NOTE:** Holding the "Time" button again for 3 seconds will unlock the buttons.

9. When the set time is reached, the heating pad will turn off automatically. Alternatively, you can turn off the heating pad by holding the "ON/OFF" button.

⚠
CAUTION

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

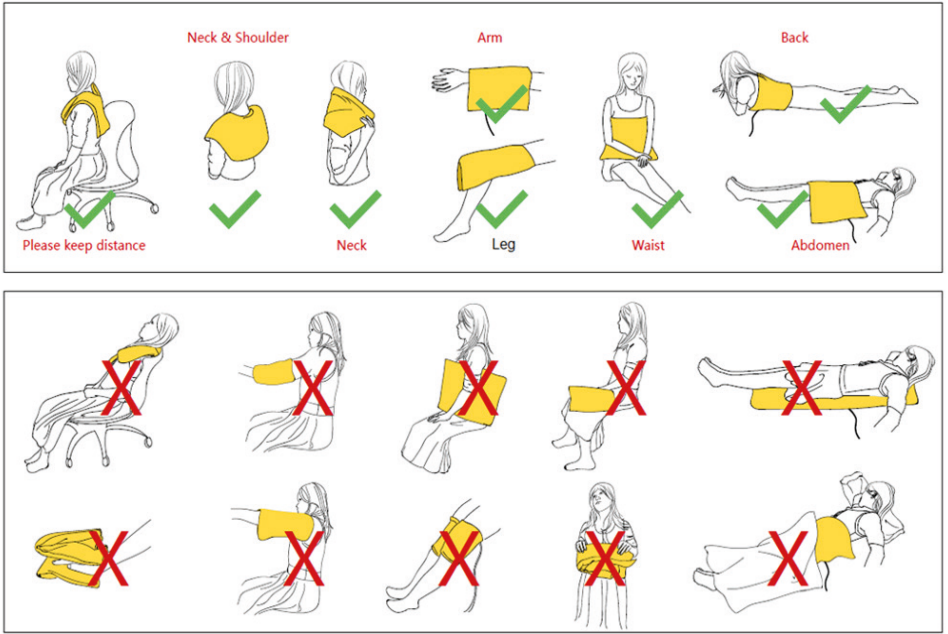
ALARM

When the temperature exceeds 179.6 °F (82 °C), the LCD display shows E3 and the malfunction icon, and the buzzer sounds 5 times for 30 seconds. At the same time, the product stops heating, and turns off after the alarm is done.

When the thermistor is open, the interface displays E1 and the malfunction icon, and the buzzer sounds 5 times for 30 seconds. At the same time, the product stops heating, and turns off after the alarm is done.

When the thermistor is short-circuited, the interface displays E2 and the malfunction icon, and the buzzer sounds 5 times for 30 seconds. At the same time, the product stops heating, and turns off after the alarm is done.

CORRECT TREATMENT AREAS



## PRODUCT SPECIFICATIONS

Temperature range: 113 - 167°F (45 - 75°C)

Time range: 1 - 30 minutes

Input: AC 90 - 130V (40 - 70Hz)

Power: 145W for #1031-B, 190W for #1032-B, and 190W for #1033-B

Nominal Pad Size:

- #1031-B: 13"×16"/ 330 x 406 (mm)
- #1032-B: 14"×27"/ 356 X 686 (mm)
- #1033-B: 22"×21"/ 559 X 533 (mm)

Nominal Controller Size: 6.5" x 2.6" x 0.79"/ 165 x 66 x 20 (mm)

- Normal working ambient temperature: 41~104 °F (5~40 °C)
- Normal working ambient humidity: 15~90%
- Store and transport ambient temperature: -13~158 °F (-25~70 °C)
- Store and transport ambient humidity: 0~90%
- Atmospheric pressure: 70~106kPa

Classification: Class II Equipment; Type BF Applied Part: Heating pad with flannel cover

This product is compliant to Medical standards: performed by SGS

IEC 60601-1

IEC 60601-1-2

IEC 60601-1-6

IEC 60601-1-11

Software version A0

Fuse Data: T3.15A, L250V (Time lag, 3.15A rated current; Low breaking capacity, 250V)

The time required for the device to warm from the minimum storage temperature between uses until it is ready for intended use is at least 30 min.

The time required for the device to cool from the maximum storage temperature between uses until it is ready for intended use is at least 30 min.

## Cleaning and Maintenance

### Cleaning of External Flannel Cover

Machine wash in mild detergent or hand wash in lukewarm or cold water with a mild detergent when required.

Do not bleach.

Rinse well short spin.

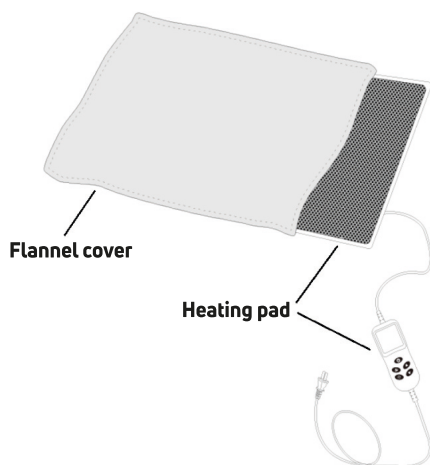
**NOTE: DO NOT use the wet flannel cover on the heating pad!**

### Cleaning of Heating Pad (Including the Digital Control and Power Supply Cord)

Unplug before cleaning. Please use a soft cloth slightly moistened with water, then lightly wipe the surface when required.

**DO NOT** use any type of solvent, such as thinner or benzene.

**DO NOT** immerse in water.





# TROUBLESHOOTING

There are no user serviceable parts. If your device is not operating properly, please check below for common problems and suggested solutions. If for any reason it does not function satisfactorily, call Chattanooga Product Support (Page 19) to arrange for return

PROBLEM DESCRIPTION	REASONS	SOLUTIONS
No Display on screen and heating pad does not heat up while plugged into the wall outlet	<p>Heating pad is not plugged in correctly or wall switch is "Off"</p> <p>30 min timer is finished.</p> <p>The heating pad may be damaged.</p>	<p>Make sure heating pad power cord is securely plugged into the socket and if wall current is controlled by a wall switch</p> <p>Turn the Power on to start an additional treatment</p> <p>Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>
The heating pad does not heat up while LCD display is actively being displayed	<p>The heating pad may be damaged.</p>	<p>Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>
The time and temperature cannot be set when the heating pad is powered on.	<p>User error, or the heating pad is damaged.</p>	<p>If the numbers for timer or temperature are flashing, you can set the timer and temperature by adjusting the "+/-" buttons.</p> <p>If the time and temperature cannot be set through above operation, the product may be damaged. Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>
The LCD screen displays E1 when the device is on.	<p>E1 indicates there is an open-circuit.</p>	<p>Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>
The LCD screen displays E2 when the device is on.	<p>E2 indicates there is a short-circuit</p>	<p>Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>
The LCD screen displays E3 when the device is on.	<p>E3 indicates there is an over-temperature</p>	<p>Make sure there aren't any blankets or other objects placed over the heating pad</p> <p>If over-temperature phenomenon continues, the heating pad may be damaged. Stop using it right away. Contact Chattanooga Product Support or "customer care" and arrange for return (Page 19)</p>

PROBLEM DESCRIPTION	REASONS	SOLUTIONS
The heating pad is too hot.	<p>Temperature setting could be too high.</p> <p>Blankets or other objects are covering the heating pad.</p>	<p>If it exceeds your acceptable temperature, stop using it immediately. If there is any discomfort, please consult your doctor.</p> <p>Change the temperature setting to a lower value. Always start at a lower temperature setting and then increase temperature to a desired level.</p>
Sharp drop in heating temperature during use.	Treatment timer has elapsed, and the heating pad has turned off	Power up the heating pad and continue an additional treatment as needed
Accidental liquid spills on the flannel cover during use		Shut down power immediately and ensure both the heating pad and the flannel cover are completely dry before reuse.
Accidental liquid spills on the controller during use		Immediately unplug power cord from the outlet before touching the wet controller to avoid electric shock

## WARRANTY

The expected service life of this device is 3 years. DJO, LLC ("Company") warrants that the Theratherm 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 replace this Product without charge within a period of thirty (30) days from the date on which the Product is purchased from the Company or the dealer. Any modifications or repairs performed by unauthorized centers or groups will void this warranty.

This warranty Does Not Cover:

1. Replacement parts or labor furnished by anyone other than the Company, the selling dealer or a certified Company service technician.
2. Defects or damage caused by labor furnished by someone other than Company, the selling dealer or a certified Company service technician.
3. Any malfunction or failure in the Product caused by product misuse, including, but not limited to, the failure to provide seasonable and required maintenance or any use that is inconsistent with the Product User 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. This warranty gives you specific legal rights and you may also have other rights which vary from location to location. 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 representative 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.**

## CONTACT INFORMATION

### **Manufactured for DJO, LLC**

1430 Decision Street  
Vista, California 92081  
1.800.336.6569

### **Chattanooga Product Support Contact Information**

1.800.494.3395  
cps@djoglobal.com



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