

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 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 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 s' by pressing on the Start/Stop button for 3 seconds

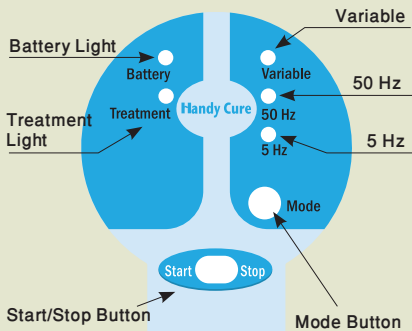


photo 1



photo 2

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

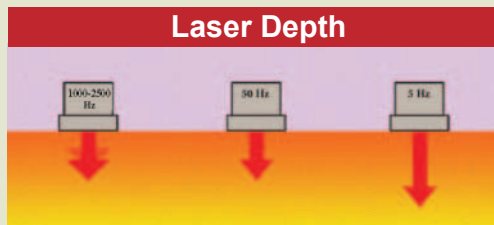
When you do not turn on the device over the palm of your hand, the device beeps and 4 lights begin to blink. Please turn off the device and power it again over the palm of your hand.

Guidance for treatment with Handy Cure 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/Sec	50 Hz/Sec	5 Hz/Sec
Program duration	5 minutes	5 minutes	5 minutes



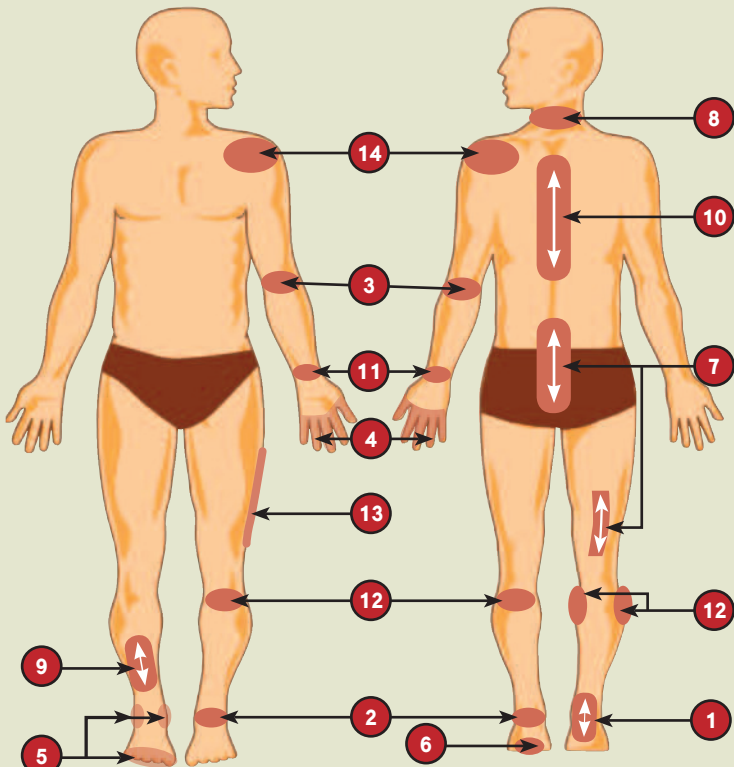
Method of treatment

- 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	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.

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.

- 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 s'** 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 The lens screwed onto the device is an integral part of the device. Do not remove the lens, but for cleaning purpose.
- o During treatment, the lens must be screwed in its place onto the device.
- o Keep the **Handy Cure s'** away from children
- o Children under the age of 18 years should be treated under the supervision of an adult.

Care and Cleaning

- o It is possible to clean the **Handy Cure s'** with a moistened cloth.
- o Lens that has been removed for cleaning purpose, must be screwed back to its place immediately after cleaning.
- o Do not expose **Handy Cure s'** to extreme temperatures, humidity or direct sunlight.
- o Storage Environment: -20°C to 50°C