

LASER  
**RECOVERAY**  
SPORT



**INSTRUCTIONS FOR USE**



**RUMIDIMUR DMCC**  
THE PART OF RUBEIDIEN GROUP

## Content:

1. Component legend
2. Battery charging
3. Battery warnings
4. Safety precautions
5. Contra indications
6. Operating instructions
7. Treatment protocol
8. Control panel and troubleshooting
9. Technical specifications
10. Device maintenance
11. Warranty

### 1. Component legend



### 2. Battery charging

Insert the batteries (type AAA) into the battery compartment. Plug the charger into an electrical outlet and connect the charger to the socket. Battery charge time is approximately 7 hours, or until the word "FULL" appears on the screen. It is recommended to charge the device once every three days, overnight.



### 3. Battery warnings

- The AC/DC charger that comes with the device is the only charger allowed for use.
- Do not take apart the batteries, heat them over 100°C or burn them.
- Discard the batteries at an appropriate recycling center.
- Do not turn the device on while it is being charged.
- Do not, under any circumstances, charge ordinary, non-rechargeable batteries; it might cause a fire.

## 4. Safety precautions

- ⚠️ • Never aim the laser beam at the eyes.
- It is always recommended to consult your doctor or a professional.
- If you are pregnant do not use the device to treat the stomach.
- Do not treat an area with a malignant tumor.

## 5. Contraindications

None

## 6. Operating instructions

### 6.1 Switch the device ON

Press the main power switch (No. 1). After a short beep the display will switch on and a timer will be displayed (No. 3).

### 6.2 Set treatment time

Press the treatment time setting button (No. 2): on its right side to increase time (+) or its left side to decrease time (-). The timer is adjustable in increments of 30 seconds.

### 6.3 Operate the laser beam and begin treatment

Press the treatment start push-button (No. 4), using one hand, and verify that the green light is on. Keep it pressed and simultaneously press the main power switch (No. 1). Now release both buttons at the same time. The laser beam is operated and treatment can begin. Place the device gently upon your skin. Note - If you press the pressure-switch area (No. 5) too hard upon the skin, the action will pause. To stop the operation, briefly press the treatment start push-button (No. 4) or the pressure switch (No. 5).

Another method of use is by pressure. After having set treatment time, place the pressure-switch area (No. 5) on the treated area, and gently press the device on your skin. This will automatically activate an electronic micro-switch and start the laser device. To stop the device, lift it away from your skin.

During operation, you will notice a green light indicating that the device is on. Beeps sounding at 3-second intervals will denote timer's count down until reaching "00:00", then it will stop automatically and sound a beep.

Hold the device steadily and motionlessly on the skin for the whole duration of the treatment.

### 6.4 End of treatment, reset and turn OFF

To switch off the device, press the main power switch until a beep sounds. Release the button and the display will go blank. If the planned treatment time has not been fully utilized, the timer will display the remaining time at startup.

To reset the timer, switch off the device, then press the main power switch for longer than 2 seconds while switching on the device.

## 7. Treatment protocol

### 7.1 Intended use

RecoverRay Sport is intended for the management of pain including: Chronic back pain; Chronic neck pain; Knee pain; Carpal Tunnel Syndrome (CTS); Fibromyalgia; Myofascial Pain Syndrome (MPS); Temporomandibular Joint Disorder; May help as an adjunctive treatment for acute and chronic wounds.

### 7.2 Treatment course and dosage

Start treatment in 1.5 minute dosage for each treatment point and increase the dosage by 30 seconds every day, until reaching 6-8 minutes per treatment point, per treatment. Treat 2-4 times a day, consistently. If you experience increased pain following treatment, stop the treatment for 24 hours then start again with a reduced dosage. If there is no increase in pain level, increase the dosage gradually, until reaching 6-8 minutes per treatment point, 2-4 times a day.

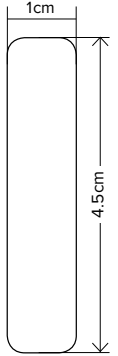
### 7.3 Coverage

The laser beam size is 4.5 cm long and 1 cm wide. If the area that requires treatment is larger than the 4.5/1 cm, repeat treatments on the adjacent area until you've covered the whole area.

### 7.4 Treatment recommendations for common conditions

The recommended time for each point of treatment is 6-8 minutes, 2-4 times a day.

- 1. Chronic back pain** - Treat lengthwise along the painful vertebrae of the lower back, to the left and the right of the spine. For Ischia - pain radiating to the lower limb - Identify the focal point of the pain by touch and treat it.
- 2. Chronic neck pain** - Treat **a)** Lengthwise, along the vertebra. **b)** Treat each side of the neck, lengthwise; under the ear lobe, and exactly at the indentation behind the jaw.
- 3. Knee pain** - Treat the sore knee **a)** On the back of the knee along the inner crease. **b)** On the outer side of the knee, lengthwise. **c)** On the inner side of the knee, lengthwise. You can also treat the front of the knee, under the kneecap.
- 4. Carpal tunnel syndrome (CTS)** - Treat the sore wrist **a)** On the inside, along the width of the joint - on the crease. **b)** On the inside, perpendicular to 'a', lengthwise. **c)** Treat the length of the thumb, along the pad. You can also treat the back of the hand, at the gap between the thumb and the bone of the index finger towards the joint, and from both sides of the joint, lengthwise.
- 5. Fibromyalgia** - Treat the aching area.



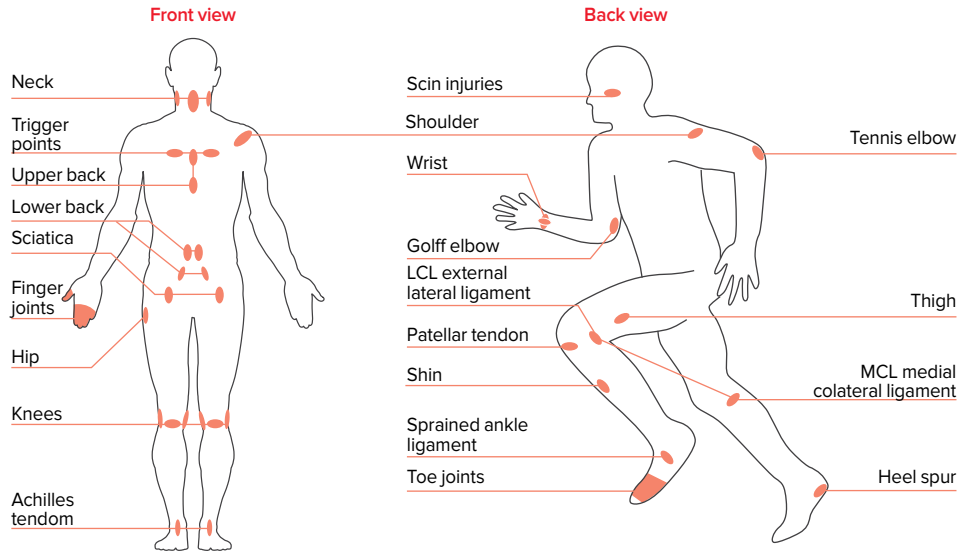
The size of the laser beam of the RecoverRay

- 6. **Myofascial pain syndrome (MPS)** - Treat the aching area.
- 7. **Temporomandibular Joint Disorder** - Treat along the length and width of the TemporoMandibular joint.
- 8. **Adjunctive treatment for acute and chronic wounds** - Treat over the entire wound area.

**Tip:** Always start from the most painful point and then move to other spots, so as to ensure you are treating the central problem first, to the best of your knowledge.

**Human body illustration with recommended treatment points:**

- Note the illustrated beam direction
- You may treat any point on the body except the eyes



**8. Control panel and troubleshooting**

Display	Status
	Batteries charging
	Batteries fully charged
	The icon-* is displayed to indicate the device is currently operating
	Full battery power
	Low battery power, two beeps will sound after startup as a reminder to recharge. Charge the batteries
	No battery power remains. Charge the batteries immediately
	The device will shut down automatically after 10 beeps due to lack of battery power. Charge the batteries
	Batteries are not charging. Switch the device off then on again to fix this error. If the problem persists, switch off the device, remove the batteries and then reinsert them. If the problem persists, ship or deliver personally the device to the service center.
	The indication "LOW" is displayed when laser power level is below the required level. Treatment should be stopped. Cause may be one of the following: <ol style="list-style-type: none"> <li>1. Battery power is too low.</li> <li>2. Diode lifespan has reached its end and should be changed at the service center.</li> <li>3. The device is operated in a different environment than for which it was designed, e.g. temperatures higher than 40°C. Charge the batteries, switch on the device and see if the writing "LOW" has disappeared. If not, verify that room temperature is not exceptionally high, and if necessary move away from the hot area. If not higher than 40°C and the writing "LOW" is still displayed - ship the device to the service center for diode change.</li> </ol>
	Additional signals for errors of this type: <div style="display: flex; justify-content: space-around; align-items: center;"> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> </div> Hardware/software error has occurred. Switch the device off, then on again, to fix this error. If the problem persists, switch off the device, remove the batteries and then reinsert them. If the problem persists, ship or deliver personally the device to the service center.

## 9. Technical specifications

Property	Units	Description, value	Notes
Laser type		GaAlAs	Solid state laser diode
Maximum power	mW	250	Max
Wave length (infrared)	nM	808	
Pulse frequency	kHz	14	
Laser pulse duration	µs	22	
Diode lifespan	hours	Over 3000	
Energy per minute	Joul	4.5	
Laser beam dimensions (LXH)	mm	Length 45 x width 10	at opening
Beam divergence	degrees	±3	
Green control light indicator	nM	520	Green light beam signaling device is operating
Timer setting	minutes	00:00 to 99:30	
Timer intervals	seconds	30	Increment or decrement
LCD display dimensions	mm	26 x 15	Visible area
Timer display		4 digits (88:88)	1-second intervals
Beep warning		yes	Display: Device on, off, operating, low laser power, errors
Power supply	W	3.2	maximum
Automatic shutdown		2 options	automatic shutdown when not in use for 10 minutes; 5 minutes when timer is set to 0 (00:00)
Battery			3 AAA rechargeable batteries (NiMH)
Batteries lifespan	hours	over 2	with fully charged batteries
Battery charging time	hours	5-7	with discharged batteries
Batteries charging current	mA	300	minimum
Power supply	VAC	100 to 240	AC/DC charging adapter 115/230 VAC, 65/50 Hz Supply 9V, 500mA












Property	Units	Description, value	Notes
Dimensions	mm	200 x 70 x 40	
Charger output voltage	VDC	9	
Weight	grams	175	
Operating conditions	C°, %	temp. 0° to 40°, humidity 15% to 90%	without condensation
Storage conditions	C°, %	temp. -20° to 55°, humidity 10% to 95%	without condensation

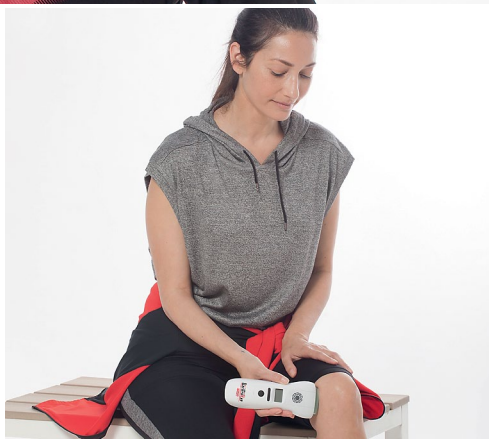
## 10. Device maintenance

1. Clean the pressure switch area, No.5, using a 70% alcohol solution. Clean between sessions if needed and before handing it to another person's usage.
2. Be sure to keep the pressure switch area down while cleaning, to prevent wetting the lens.
3. Keep the device in proper storage and work conditions as specified in the technical specification table, do not leave the device in the car in hot weather.

## 11. Warranty

The warranty is for 12 months according to company policy, as is detailed on warranty certificate. If batteries and/or a charger are supplied with the device, they are not included in the warranty. The manufacturer/distributor is responsible for performance, safety and reliability of the equipment only on condition that all repairs are carried out exclusively by Company - authorized personnel.

Consult accompanying documents 	Temperature limitation 	Humidity limitation 
Electrical and electronic equipment 	CE marking of conformity 	Caution, consult accompanying documents 
Type BF 	IP22 – International Protection	Manufacturer 
Recycling 	Authorized representative in the European community 	
3 x 1.2V AAA Rechargeable batteries   9V, 300 mA (For charging via AC/ DC adaptor)		



# RECOVERAY

LASER

## SPORT



CE 0197

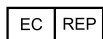
### Manufactured for Rumidimur DMCC

AG 28C, AG Tower, JLT, Dubai, United Arab Emirates  
Tel: +971 4 513 6460, support@rumidimur.com, www.rumidimur.com



### Manufacturer: Biocare Enterprise LTD

Rm 1301, 13/F, Chinachem Tsuen Wan Plaza,  
457 Castle Peak Road, Tsuen Wan, N.T. Hong Kong  
Made in China



### Authorized Representative: Obelis SA

Bd General Wahis 53 1030 Brussels, Belgium  
Tel: +(32) 2-732-60-03 Fax: +(32) 2-732-59-54,  
mail@obelis.net, www.obelis.net



**RUMIDIMUR DMCC**  
THE PART OF RUVEIDIEN GROUP