WARNING: Please use with Caution, do not use over sensitive skin, open wounds or areas of poor circulation. Not intended for use with children or incapacitated individuals. The use of a heating pad may not be appropriate for all individuals, please consult your physician before use. Always unplug this device when not in use. Read this complete manual before using.
This manual is suitable for all Dr. Clark Far Infrared Heating Pad sizes

**HEATING PAD SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Model</th>
<th>Dimensions</th>
<th>Volts</th>
<th>Watts</th>
<th>Plug Type</th>
<th>Cord Length</th>
<th>Temp. Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>15L X 12W</td>
<td>90v-250v</td>
<td>50</td>
<td>3-Prong</td>
<td>14ft</td>
<td>104F-158F</td>
</tr>
<tr>
<td>Iso-Wrap</td>
<td>27L x 12W</td>
<td>90v-250v</td>
<td>60</td>
<td>3-Prong</td>
<td>14ft</td>
<td>104F-158F</td>
</tr>
<tr>
<td>Ultra, Back and Neck</td>
<td>37L X 21W</td>
<td>90v-250v</td>
<td>130</td>
<td>3-Prong</td>
<td>14ft</td>
<td>104F-158F</td>
</tr>
<tr>
<td>Full Body Sleeper</td>
<td>71L X 24W</td>
<td>90v-250v</td>
<td>170</td>
<td>3-Prong</td>
<td>14ft</td>
<td>104F-158F</td>
</tr>
</tbody>
</table>

**HEATING PAD BENEFITS**

- Helps give temporary relief from minor muscle and joint pain and stiffness
- Helps give temporary relief from joint pain associated with arthritis
- Helps give temporary relief from muscle spasms
- Helps give temporary relief from minor sprains and strains
- Helps give temporary relief from minor muscular back pain
- Helps give temporary increase of local circulation where applied
- Helps your muscles relax
HEATING PAD FEATURES

- Custom travel bag
- Digital controller with auto shut off
- Extra long power cord
- Premium jade stones
- The pad is flexible and can wrap around a body part
- This pad does not emit dangerous electromagnetic radiation
- The Small and Iso-Wrap can be put into a freezer to be used as a cold pad during acute stage of injury

HEATING PAD LAYERS

All 4 models incorporate all 11 layers...

1. Mesh to hold the stones in each box
2. Jade stones which emit far infrared. *The Ultra, Back and Neck also use 40mm Tourmaline and Germanium stones*
3. Non-toxic plush leather
4. Non-ferrous metal, reflector
5. Non-woven fabric layer
6. Woven carbon fiber heating element
7. Temperature sensor
8. Thermal protection switch
10. Three layers of soft, non-toxic cotton used to retain heat so the pad will stay hot once unplugged
11. Non-toxic plush leather
**ON/OFF:**
The digital controller allows you to turn the unit “on” or “off” by simply pressing the on/off button.
If you do not adjust the timer the unit will run for four hours and shut off automatically.

**HEAT:**
The digital controller allows you to adjust the heat to a temperature that you are comfortable with.
Simply press the (heat +) button to increase the temperature or press the (heat -) button to lower the temperature.

*Important Note:*
It will take a few minutes for the pad to heat up and the Far Infrared energy to build up in the stones. Increasing the temperature will not decrease the time needed for the pad to heat and stones to begin transferring energy.

**Getting the pad ready to use:**
Once the pad is plugged in and turned on, position the pad where you intend to use it. We highly suggest that you put a towel on top of the stones as a safeguard and keep the heating pad clean while in use. Please allow 5 to 10 minutes for the Jade stones to heat up. Once you are ready to use the pad adjust the temperature to your tolerance.

**TIMER:**
The digital controller allows you to set the timer to shut off automatically. Press the (timer +) or (timer -) buttons to adjust the time by 15 minute increments. The timer can be set for up to four hours. Once the timer counts down to zero the pad will shut off.

*Note:* Always unplug this device when not in use.
HEATING PAD USAGE INSTRUCTIONS

- Before each use, ensure all connections are properly secured.
- Before each use, plug the pad into the wall outlet; the use of a surge protector is recommended.
- Before each use, ensure all functions of the digital controller are working correctly.

How to prepare the Pad for use:

It is suggested that you get in a comfortable position, either sitting or lying down.

It is suggested that you place a small towel (folded in half) as a safeguard layer between you and the stones. There is no loss of effectiveness if the heat has to travel through the protective layer or even through your clothing.

The stones do not need to touch your skin to be effective. For safety reasons, the stones should not touch your skin during use.

How hot to set the Pad:

Depending on the thickness of the safeguard layers, you will need to adjust the temperature to your tolerance level. The temperature should never be set hotter than you can comfortably tolerate it.

Where to place the Pad:

The pad should be positioned directly over the affected area. You may either lie on the pad, wrap the pad around the affected body part or lay the pad on your body or body part. Remember to use the safeguard layer as padding and protection for both you and the pad to keep it clean.

Which side of the Pad should face your body?:

During use, place the pad with the jade stones facing your body.

How to use the Pad for your condition:

There is no specific protocol for any individual using a heating pad for a specific condition. That said, everyone responds differently to different modalities and it is suggested that you limit the use of the pad to 20 minutes per session of continuous use for the first several weeks to see how you tolerate the heat.

Once you have become comfortable with the use of the pad, you can begin to use it for longer durations of continuous use. Please note that the longer the duration, the lower the heat needs to be. Learning to adjust the heat to your tolerance will be key to achieving optimal results.
WARNING

HEATING PAD SAFETY INSTRUCTIONS

DANGER: TO REDUCE THE RISKS OF BURNS, ELECTRIC SHOCK, FIRE AND ACCIDENT, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS. READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING. SAVE THESE INSTRUCTIONS.

FDA Statement
This is a Class II medical device according to the US FDA guidelines. Please read the manual carefully before use and observe the safety precautions to reduce the risk of injury.

PLEASE READ & APPLY ALL PRECAUTIONS

- DO NOT USE WHILE SLEEPING OR UNCONSCIOUS. PLEASE SEE FAQ.
- DO NOT USE ON AN INFANT.
- DO NOT USE IF YOU ARE PREGNANT OR THINK YOU MAY BE PREGNANT.
- DO NOT USE DIRECTLY OVER AN IMPLANT OF ANY KIND.
- DO NOT USE OVER ANY MALIGNANCY.
- ANYONE WITH DIABETES, POOR BLOOD CIRCULATION OR WITH DISABILITIES SHOULD CONSULT THEIR PHYSICIAN BEFORE USE. PLEASE SEE FAQ (WHEN SHOULD THE HEATING PAD NOT BE USED?).
- PLACE PAD DIRECTLY WHERE HEAT IS DESIRED. NOTE THAT BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING. CHECK SKIN UNDER PAD FREQUENTLY TO AVOID BURNING AND BLISTERING.
- DO NOT USE IN ANY OXYGEN ENRICHED ENVIRONMENT OR NEAR EQUIPMENT WHICH STORES OR EMITS OXYGEN.
- DO NOT FOLD PAD AND APPLY WEIGHT (DO NOT FOLD SHARPLY).
- DO NOT USE PINS, NAILS, SCREWS, OR ANY OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.
- NEVER PULL THE PAD BY THE POWER SUPPLY CORD OR USE THE CORD AS A HANDLE.
- CAREFULLY EXAMINE INNER COVER BEFORE EACH USE. DISCARD THE PAD IF INNER COVERING SHOWS ANY SIGNS OF DETERIORATION SUCH AS BLISTERING OR CRACKING.
- DO NOT USE THIS PAD WITH LINIMENTS, SALVES OR OINTMENTS THAT CONTAIN HEAT-PRODUCING INGREDIENTS. SKIN BURNS COULD RESULT.
- USE WHEREVER HOT APPLICATIONS ARE DESIRABLE FOR PERSONAL COMFORT, AND WHENEVER RECOMMENDED BY YOUR PHYSICIAN FOR THE RELIEF OF PAIN.
- KEEP YOUR PAD IN ITS CARRYING CASE OR IN A DRY, COOL PLACE. DO NOT HANG PAD BY THE POWER CORD.
- DO NOT USE THIS PAD IN THE PRESENCE OF FLAMMABLE MIXTURES

WARNING
CAUTION:
- If you have any health concerns do not hesitate to consult your doctor before using this product.
- All servicing of this heating pad must be performed by authorized Dr. Clark personnel only.
- Never leave the appliance on and unattended under any circumstance.
- Never use this product directly on swollen or inflamed areas of skin.
- Do not use this product if you suffer from a physical ailment that would limit or impair your ability to operate the controls.
- This unit should not be used by children without adult supervision.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>CAUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Symbol" /></td>
<td>Risk of electrical shock do not open</td>
</tr>
<tr>
<td><img src="image" alt="Symbol" /></td>
<td>General warning - the user of the heating pad should carefully read the manual and understand all potential dangers involved in use of the pad.</td>
</tr>
<tr>
<td><img src="image" alt="Symbol" /></td>
<td>For indoor use only</td>
</tr>
</tbody>
</table>

FREQUENTLY ASKED QUESTIONS

**QUESTION:** When should I feel results? Many people experience immediate relief from tension and remedial pain, while others require several days of regular use to begin to feel the benefits. The results vary and will depend upon your underlying conditions and how often you use your Heating Pad. To get the quickest results and greatest benefits, only use your Heating Pad according to the directions and use it as often as possible.

**QUESTION:** How long does the relief last? Everyone responds differently. In general, for each hour of use the effective therapy should last up to an additional hour.

**QUESTION:** Can I use it through my clothes or a layer of padding? Yes, in fact it is advised that you use a protective layer between you and the pad. There is no decrease in effectiveness with the use of a protective layer.
**FREQUENTLY ASKED QUESTIONS**

**QUESTION:** When should the Heating Pad **NOT** be used? The list below contains known conditions when the heating pad should not be used or only be used under the supervision of a physician. This list is not exhaustive. If you suffer from any serious condition that might be affected by the use of the product, please consult with your physician before using the heating pad.

- Do not use directly over open wounds.
- Do not use directly over acute injuries.
- Do not use directly over face or genitals.
- Do not use if you are insensitive to heat, including paraplegic and quadriplegic or have poor blood circulation that affects your ability to feel heat or cold sensations.
- Do not use if you are immobile or incapacitated or not able to remove the heating pad from your body.
- Do not use this product with infants or children under the age of 6. Children under the age of 14 should always use the pad under adult supervision.
- In the case of pregnancy, diabetes, hemophilia, malignancy or other serious conditions, consult with your physician before applying the heating pad.
- If you carry implants, see the advice below.

**Warning:** even if you do get medical clearance from your physician to use the heating pad, these two guidelines must always be followed.

- Do not use directly over medical implants or metal implants;
- Do not use directly over implanted silicon or silicon prostheses.

**QUESTION:** Can I sleep on this heating pad? We do not recommend using the pad while sleeping. However, many do end up falling asleep during use. If there is a chance you may fall asleep, set the temperature to a low setting and use the adjustable timer to turn off the pad after 1 to 2 hours of use.

**QUESTION:** Can the Dr. Clark Far Infrared Heating Pad treat medical conditions? The Dr. Clark Far Infrared Heating Pad is an FDA class II medical device. It is indicated for the temporary relief of minor muscle and joint pain and stiffness; the temporary relief of joint pain associated with arthritis; the temporary relief of muscle spasms, minor sprains and strains, and minor muscular back pain; the relaxation of muscles; and the temporary increase of local circulation where applied.

If you have a medical condition of any kind and you think you can benefit from the Dr. Clark Far Infrared Heating Pad, please consult with your physician. If you are given medical clearance to use the Dr. Clark Far Infrared Heating Pad, you will be doing so under your physician’s suggestion and supervision.

**QUESTION:** Is the Heating Pad flexible? Can it be wrapped around a body part? Yes. The format of the pad is totally flexible and made to mold to an area of discomfort for ultimate heating benefit and pain relief. All pads except the Full Body Sleeper come with a Body Strap that you can use to attach the pad to your body.

**QUESTION:** Which side of the pad goes toward the skin? The Jade stones go toward the body.

**QUESTION:** How long can I use the pad? You can use the pad as often and for as long as you like. Many customers like to use it to help them relax and soothe aches and pains throughout the day, while others like to use the pad to help expedite
the healing process of an injury. The more you use it the more relaxed and revitalized you will feel. Please follow the usage instructions for the first several weeks of use.

**QUESTION: Is there a specific place or way to use the Healing Pad?** Not really, but it is suggested that you set the pad up in a comfortable place (like your couch or bed) where you can relax and benefit the most from using the product. The pad can be applied to any area of the body, the closer to the affected area the better.

**QUESTION: What is the best temperature for me and my condition?** Everyone is different and responds differently to heat therapy. Use common sense while in the first few weeks of use with this product. Start slow in terms of temperature and time of use.

A suggestion would be to start with one third of the available heat range for 20 minutes and observe the way your body responds to the therapy, and then adjust accordingly. Remember this form of therapy causes your body to detoxify, meaning that depending on the level of toxicity you might feel dizzy or nauseous. A remedy for this feeling is to drink water to help expel the toxins.

**QUESTION: What is EMF?** EMF stands for Electromagnetic Field. It is an energy field that is emitted from any wire that has current running through it. While this heating pad, when in operation, has current running through its wires, every effort has been made in the design, development and construction to reduce and minimize any EMF exposure.

**QUESTION: Can I use the Heating Pad in the car?** Yes, the Small, Iso-Wrap and Ultra, Back and Neck heating pads can all be used in the car as long as you are using this specific inverter with these specifications: Pure Sine Wave Car Inverter DC12 to AC110V with power 300 watts. The use of a “Modified Sine Wave Car Inverter,” will destroy the controller and void the warranty. Please make sure you are using a Pure Sine Wave Car Inverter. In order to ensure you get the correct car inverter, we suggest you call 1-800-216-4908 and ask for the “Pure Sine Wave Car Inverter for the Dr. Clark Heating Pads.”

**QUESTION: Can I use this Heating Pad anywhere in the world?** Yes, the controller can utilize power between 90 to 250 volts. You will need to use a receptacle adapter when using this pad outside the United States or Canada.

**QUESTION: Can you purchase additional 4” x 27” Body Straps?** Yes, simply call the HBI support desk at 1-800-216-4908 and place your order through them.

**QUESTION: Can I put my Jade stone pad in the freezer?** Yes, the Small pad and the Iso-Wrap Pad can be put into the freezer and used as a cold pack. Please understand this is separate and independent of how it would be used as a hot pack. The application of cold therapy should be used for the first 48 to 72 hours after an acute flare-up. It is suggested that you use the cold application for a minimum of 20 minutes, several times per day during this period. You may or may not need the protective layer when using the pads as cold packs.