

Ltt

Light-thermo-therapy - Dr. Apul

Hand-appliance

Use Instructions

(Light-thermo-therapy method of Dr. Apul)

PHOTOS

Explanations to the pictures you can find on pages 8 and 9.

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Imprint

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Ltt - light-thermo-therapy - Dr. Apul

1. INTRODUCTION

We congratulate you on the purchase of your **Ltt - light-thermo-therapy - Dr. Apul - hand-appliance**.

The increase of troubles and pains as a result of increasing stress is a frequent symptom. The **Ltt - light-thermo-therapy - Dr. Apul - hand-appliance** helps you to soothe these symptoms.

The **Ltt - light-thermo-therapy - Dr. Apul -** is an accomplished medical product. This method of treatment was proved by the present-day technology.

Ltt - light-thermo-therapy - Dr. Apul - was developed in Germany after a long research period. The appliance was successfully tested at patients for several years and during this time was constantly developed.

The patent is registered by Dr. Apul under the number Patent DP 198 56 002.C1 and EP 100 58 80. A2 .

Ltt - light-thermo-therapy - Dr. Apul - is very easy to apply. Please read through this instruction and the brochure attentively in order to avoid an incorrect use.

IN CASE OF UNEXPECTED SIDE -EFFECTS PLEASE INFORM YOUR DOCTOR.

We wishing you much success with the **Ltt - light-thermo-therapy - Dr. Apul - hand-appliance**.

Sincerely yours

Ltt - light-thermo-therapy - Dr. Apul - team

2. IMPORTANT HINTS

2.1 CE - labeling

CE-labeling according to medical products guideline is class I product. The product carries the CE-label " CE in accordance with the guideline of the medical products council over 93/42/EWG and carries out the basic requests of the appendix I of this guideline.

2.2 general hints

The instruction is a component of the appliance. The exact consideration of this instruction is necessary for the due application and the right service of the appliance. The security for the application and the provided function of the appliance are guaranteed only by application of the original appliance-parts. Moreover, only the accessories that are mentioned in the technical documentation, or from the safety system of the company Holst Ltd. are allowed to use. If outside accessories or outside material are used, the security system of Holst Ltd. company takes on no guarantee for the right service of the appliance.

The company accepts no guarantee claims for the damages that were caused through application of outside accessories or outside material.

The duration of the guarantee amounts to 2 years, calculated from the day of the delivery. Through guarantee works it will be either extended or renewed.

The security systems of Holst Ltd. company considers itself responsible of the security, reliability and function of the appliance only in case, if alterations and repairs are executed by the company itself or by one of the security system Holst Ltd.' authorized companies; and only in case if the appliance is used in agreement with the instruction. The instruction corresponds to the implementation of the appliance and the technical norms of printing.

All protection rights for mentioned circuits, procedures, names and appliances are reserved.

2.3 further hints

For the complementary aroma-therapy (only after consultation with your doctor), use only the original aroma-stone with the removable odor basin. Pay attention that only the original ethereal oil and no other liquid odor-materials is used. The aroma - stone is allowed to be dabbed with maximum 3 drops of ethereal oil . This quantity is enough for approximately three sessions.

For security reasons the hand-appliance switches itself automatically off after the 20 sec. of application in order to avoid burning. Afterwards the hand-appliance can be used further by lifting and setting again by the treating surface .

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Ltt - light-thermo-therapy - Dr. Apul

2.4 electromagnetic compatibility

The Norm EN 60601-1-2 " for electromagnetic - medical electric appliances " is fully fulfilled.

2.5 warning hints and symbols

Following sign In the instruction is used for especially important statements:



Warning as well as attention, important hint

2.6 general security hints



Please read attentively this instruction and the brochure before the use of the appliance .

The appliance can be connected only to a properly installed socket. Before connecting the appliance it must be checked whether the network-tension stated on the plug-network-appliance and network-frequency matches the values of the care-network. Before each application of the appliance the user has to prove the security function and the proper condition of the appliance. Before the usage appliance and cord are to be checked on the subject of damage.

If damages are discovered, the appliance cannot be used.

The appliance is to be separated after each application from the network.

The appliance should be kept away from children.

In order to avoid electric shock don't allow water and other liquids contact the appliance.

By no means use the appliance under the shower or in the bathtub.



**The therapy light is not allowed to touch during the application.
DANGER of COMBUSTION!!!**

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Avoid coming of the cable in touch with sharp objects. Bending of the cable is also to be avoided.

Store the original package in case of possible return. Prove that the package is not damaged. Only the original package guarantees an optimal protection of the appliance during the transportation.

In case of a return during the guarantee period the security systems Holst Ltd. take on no guarantee for the transportation damages caused by defective package.

The product is not determined for the use in the explosion endangered medical cabinets. The explosion danger can occur through the application of combustible anesthesia-methods, skin-detergents, oxygen and skin-disinfectants. Besides the appliance is not suitable for the application in combustion promoting atmosphere.

3. TECHNICAL DATA / PRODUCT INFORMATION

3.1 due usage

The *Ltt - light-thermo-therapy - Dr. Apul* hand-appliance is exclusive for warm - and light-therapeutic treatment determined. Any other usage is considered as not due. The manufacturer is not responsible of from this resultant damages.

The risk carries the user alone.

3.2 not due application

Each application, that deviates from the due application, is followed by the loss of the guarantee of the company security system Holst Ltd. The user alone is liable for damages, that originate from the not due application.

Pictures, see page 2

3.3 turn on/off of the hand-appliance (picture E)

On: *Through easy pressure of the hand-appliance in direction the treating body part the appliance switches on automatically.
From this time on shines the therapy-light.*

Off: *The automatic switching-off takes place after approximately 20 seconds.*

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Ltt - light-thermo-therapy - Dr. Apul

3.4 explanations to the pictures on page 2

Picture A:

1 - energy dose regulators(further information in picture D)

- 2 - energy bundles - facets mirrors
- 3 - protection-glass - ultra violet(A and B) filters
- 4 - handholder
- 5 - network-part - 12 volts / 20 watts
- 6 - power cabel
- 10- Color glass mounting

Picture B:

- 1 - energy dose regulator 4 handler
- 7 odor chamber: the removable odor-basin and lid accommodates here.
- 9 - removable odor-basin: Into this odor-basin and lid comes the aroma stone, which with ethereal oil if desired with maximum 3 drops . Color-therapy is optional available.

Picture C:

- 1 - energy dose regulator
Through removing the fast ring the color-glass comes off, and can be again installed.(Optional)
- 8 - therapy -light(ES)
- 10 – color glass mounting

Picture D:

- By turning **the energy dose of regulator (1) in clockwise direction , more light - heat energy comes over the treatment-surface .**
- By turning the energy dose regulators (1) in opposite direction the light - heat energy on the treatment-surface will be reduced.**

3.5 functions of the remote part

The smaller remote part is for the wound-treatment. To avoid the sore touch should be managed up 10 mm distance from the light-source to sore-surface.

3.6 product-info

- Model type mark: **LTT** (*LIGHT-THERMO-THERAPY instrument Roland 2000*)
- Network-part: 230V ~ / 50 HZ / 35 W
- Source of energy: 20 W HALOGEN LIGHT MEANS
- Manufacturer: Security systems Holst Ltd.
Gutenbergstr. 51
D-28865 LILIENTHAL
- Distribution: Lichthansa med. Appliances development and distribution Dr. Apul
Vionville St. 7
D-28211 Bremen

4. APPLICATION AREAS / PRECAUTIONS

4.1 application areas

Ltt -light-thermotherapy - Dr. Apul hand appliance is applied in following cases :

- Neck -, shoulder -, hips (- back) joint - and muscle-pains, acute and chronic rheumatism-pains . Superficial and deep pain conditions are effectively treated.
- Easy till heavy-grad depressions of all type, seasonal Depressions (SD) with insomnia, panic-attacks.
- Menstruation-pains (Dysmenorrhoe)
- Local or regional Hyperthermie treatment.
- In some cases weight decrease is to observe.
- Exhaustion and tiredness (ex. fatigue syndrome) the appliance can also be used to reinforcing of the body energy .
- Hypertonia renal (kidneys) cause.
- The Ltt -light-thermotherapy - Dr. Apul Hand-appliance when desired is with an odor-basin equipped. These can be used for the aroma-therapy . The aroma-therapy can be used as supplement-therapy. please avoid all ethereal oils, against which you are **allergic**.

Color-therapy (optional).

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4.2 precautions

Ltt - light-thermo-therapy - Dr. Apul **Hand-appliance is not allowed to apply in below stated situations;**

- **light -sensitiveness and light-allergy (sun-allergy),**
- **By pregnant women and children under 16 years,**
- **All fever-illnesses and direct headaches,**
- **Local and general paralyses (Hemiplegie),**
- **Blind gut infection (for example appendicitis) and stomach aches,**
- **Psoriasis, Exanthem or similar skin-illnesses, on Burns and on Varizen (extremities).**



**IN NO CASE IS ALLOWED TO USE ON THE EYES .
BLINDNESS DANGER!**

**LIGHT. DON'T TOUCH THE PROTECTION-GLASS OF THE THERAPY-
COMBUSTION DANGER!**

5. Ltt - light-thermo-therapy - Dr. Apul **USER'S MANUAL**

**ATTENTION: DURING THE APPLICATION DON'T TOUCH the PROTECTION-
GLASS (page 2 picture A – 3)
AT THE FRONT SIDE OF THE THERAPY-LIGHT! DANGER OF BURNING.**

The Ltt - light-thermo-therapy - Dr. Apul Hand-appliance works on the

basis of the **Quantumed Areal** therapy .

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Quantumed Areal therapy is applied as follows:

Energy dose is stated with the help of the of energy regulator (page 2/D – 1) .

For the first application always use the lowest energy dose . For this

turn the energy dose regulator up to the point against the clock. The hand-appliance is now brought to the application-position with the fore side, where the ray of light leaves the therapy-light. **With one**

easy pressure on the hand-appliance in the direction of application it switches itself automatically on and remains for approximately 20 sec. switched on.

Light heat ray that emerges from the therapy-light (page 2/C-8)

is absorbed locally by the surface of the application area. By this appears quantity of the absorbed cells in bloodstream and in body.

A red reflection zone originates at the edge of the application area.

A triply consecutively following **Quantumed Areal** therapy is called **Quantumed - Trial** therapy.

To achieve the full effect of the Ltt - light-thermo-therapy - Dr. Apul hand –appliance two different therapy possibilities are applied.

I. Fast light-strength therapy (quick light power therapy)

This therapy type lasts approximately 3-5 min .It should be applied before the meals.

In this case with Ltt - light-thermo-therapy - Dr. Apul hand-appliance by **Quantumed -Trial** are effected the inner sides of the two elbow joints and additionally the pain areas. *The quick light-strength therapy* is applied

according to need 1- 4 times on the day . (See application scheme on page 15)

II. Full light power therapy

This therapy type lasts approximately 15 min. It is applied before the meals .

Application area for full light power therapy:

- Both hands insides and outsides,
- Both insides of the elbow joints,
- Shoulder and neck,
- Along the spinal column, between shoulder blade and the spinal column,
- Along the hips and the sacrum,

- Along the waistline and navel,
- Both hollows of knees of the knee-joints,
- And additionally the body areas, that your treating doctor recommends, are with **Quantumed -Trial effected**. This can be applied according to needs 1 -4 times on the day . *The application scheme to the full light power therapy you can find included in the package of application brochure!*

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Quantumed Areal therapy rules;

- Energy dose is stated with help of the energy dose regulator (page 2/D-1) . *Avoid the direct contact during the treatment with the protection glass (page 2/A-3). Danger of **combustion !***
- The *treatment sequence is as follows:*
Inner and external sides of the hands, inner sides of the elbows, the shoulder, the neck, along the spinal column, hips, the sacrum, the belt, navel, and finally hollows of knees from both sides .
- The fore side of the Ltt - light-thermo-therapy - Dr. Apul Hand - appliance is positioned at the treatment area of the body.
By light pressure on the hand-appliance in the direction of the body the hand-appliance switches on automatically and remains so for 20 sec.
A visible red reflection zone originates here.
- At this treatment area the hand-appliance is to be held for approximately 5- 20 seconds.



ATTENTION: The treatment time varies from person to person and should estimated by testing.

As soon as the body application zone starts to ache, the hand-appliance should be removed.

ATTENTION: IF THE HAND-APPLIANCE IS NOT REMOVED IN TIME , IT CAN LEAD TO COMBUSTION!

The hand-appliance switches off automatically.

- The steps named above are repeated 3 times for an application area with the intervals for 3-5 sec.

- , **Quantumed -Trial** - see scheme 1,
- The therapy is applied at another body part.

Quantumed Areal therapy is applied according to daily requirements. If you use this therapy regularly, you will notice, that your pains reduce or vanish. Within few days your body energy will be activated and stabilized.

At some application areas can appear pains through for example wounds, sunburn. In this case the energy dose can be regulated with energy dose regulators .

Some application examples find you on the side 17.

QUANTUMED AREA	QUANTUMED AREA	QUANTUMED AREA
<i>5 – 20 sec.</i>	<i>5 - 20 sec.</i>	<i>5 - 20 sec.</i>
Pause (in each case 3-5 sec.)		
Quantumed Trial - ca.20 sec. until min 1		

Scheme 1.: Application scheme per application area

6. Ltt - light-thermo-therapy - Dr. Apul **CLEANING AND CARE**



**BEFORE CLEANING THE HAND-APPLIANCE,
BE SURE TO REMOVE THE NETWORK-PART FROM THE SOCKET.**

Ltt - light-thermo-therapy - Dr. Apul hand-appliance requires no care.

It can be cleaned with a wet towel. Dilution-means or other sharp means cannot be used for cleaning the hand-appliance.

In any case the contact with liquids must be avoided. If a liquid reaches inside the appliance, it can lead to damages, as well as to fire. In addition, the guarantee ends. Never try to open the hand-appliance. The maintenance and repair of the inner parts can do only qualified and authorized specialists. Opening of the hand-appliance also leads to the guarantee loss.

The appliance should be always kept in the original package.

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Ltt - light-thermo-therapy - Dr. Apul

7 Ltt - light-thermo-therapy - Dr. Apul DETERMINATION OF THE GUARANTEE

- The guarantee-time begins with the purchase date and amounts to 2 years. It can be extended or renewed.
-
- Under the guarantee come original parts (with exception of the therapy-light) with manufacture mistakes, material damages or technical disorders.
-
- The damages coming under guarantee will be removed during the guarantee-time free of charge.
-
- In case if the Ltt - light-thermo-therapy - Dr. Apul hand-appliance within the guarantee-time has faults twice at the same position, as well as four times at different positions it will be replaced with a new one.

No guarantee is granted for following damages:

- Scratches or stains.
-
- Defective, defective or damaged therapy-lights (Energy sours = ES).
-
- Damages, that are caused by improper handling.
-
- Damages caused by the connection at an inappropriate electrical net.
-
- Damage of the guarantee seal.

In these cases for the *repair should be paid*.

Transports as well as please sends you the hand-appliance only in the original-package.

Guarantee-certificates are only valid if they are stamped by the dealer and are signed.

8. WASTE DISPOSAL

The built-in electronics-circuit board and components are to be detoxified as electronics-scrap metal. The remaining prefabricated parts can be detoxified normally in accordance with the local regulations.

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9. DELIVERY PACK AND ACCESSORIES

9.1 delivery pack

- 1 LTT hand-appliances incl. therapy-light
- 1 substitute therapy-light
- 2 energy dose regulators
- 2 remote part
- 1 odor-basin
- 1 carry - bag
- 1 application brochures
- 1 service handbook
- 1 guarantee-card

9.2 accessories

- Odor-stone
- Bottle with ethereal scented oil, 5 ml lavender-aroma,

You can get original accessories and information by this address:

Lichthansa med. Appliances development and distribution Dr. Apul

Vionville street 7

28211 Bremen

Telefon:+49(421)221 04 22 fax: +49(421)221 04 26

Internet address: <http://www.lichthansa.de>

E MAIL: info@lichthansa.de

For the delivery family name is necessary.

The place of jurisdiction is Bremen.

* * *

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10 APPLICATION EXAMPLES AND APPLICATION SCHEME

Application scheme to the quick *light-power therapy* on P.12

PHOTOS

(*) The treatment with the Ltt hand-appliance in the application area with a duration approximately 5 - 20 seconds is called **Quantumed - Areal**. Three consecutively following Quantumed-Areal applications are called **Quantumed - Trial**. Further information in the service-handbook on page 12.

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**Wish
You a healthy life.**

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