coMrapalm

OPERATING INSTRUCTIONS

GEN 2 & GREEN

ENG, REV 1.2

coMra®

Thank you for your purchase of the coMra Palm. These operating instructions contain everything you need to get started.

To download your free coMra user guides, and for further detailed information about coMra therapy, please visit the Resources page on our website:

comra-therapy.com/resources/#user-guides

From all of us at Radiant Life Technologies, we wish you health and happiness on your coMra journey!

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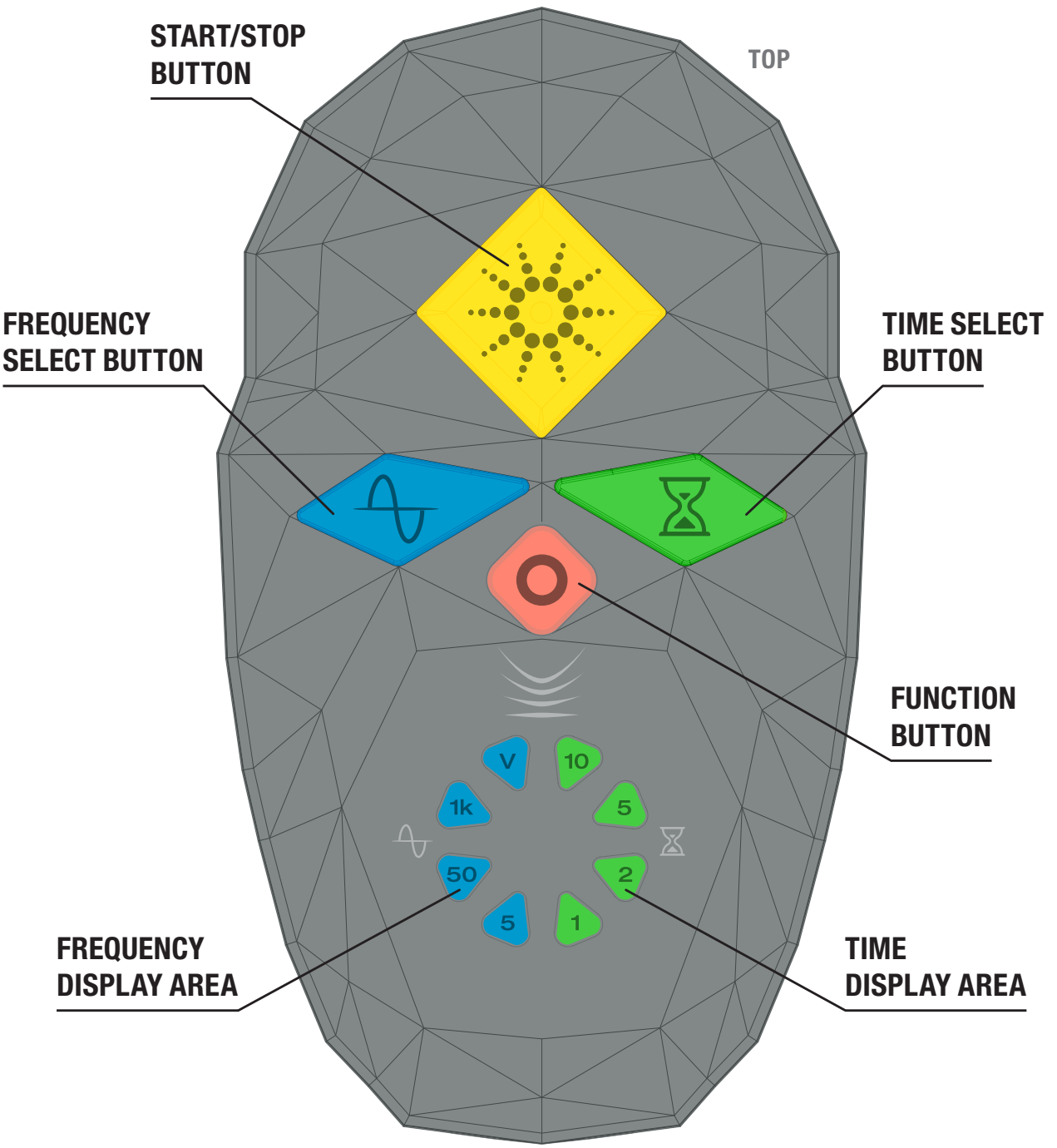
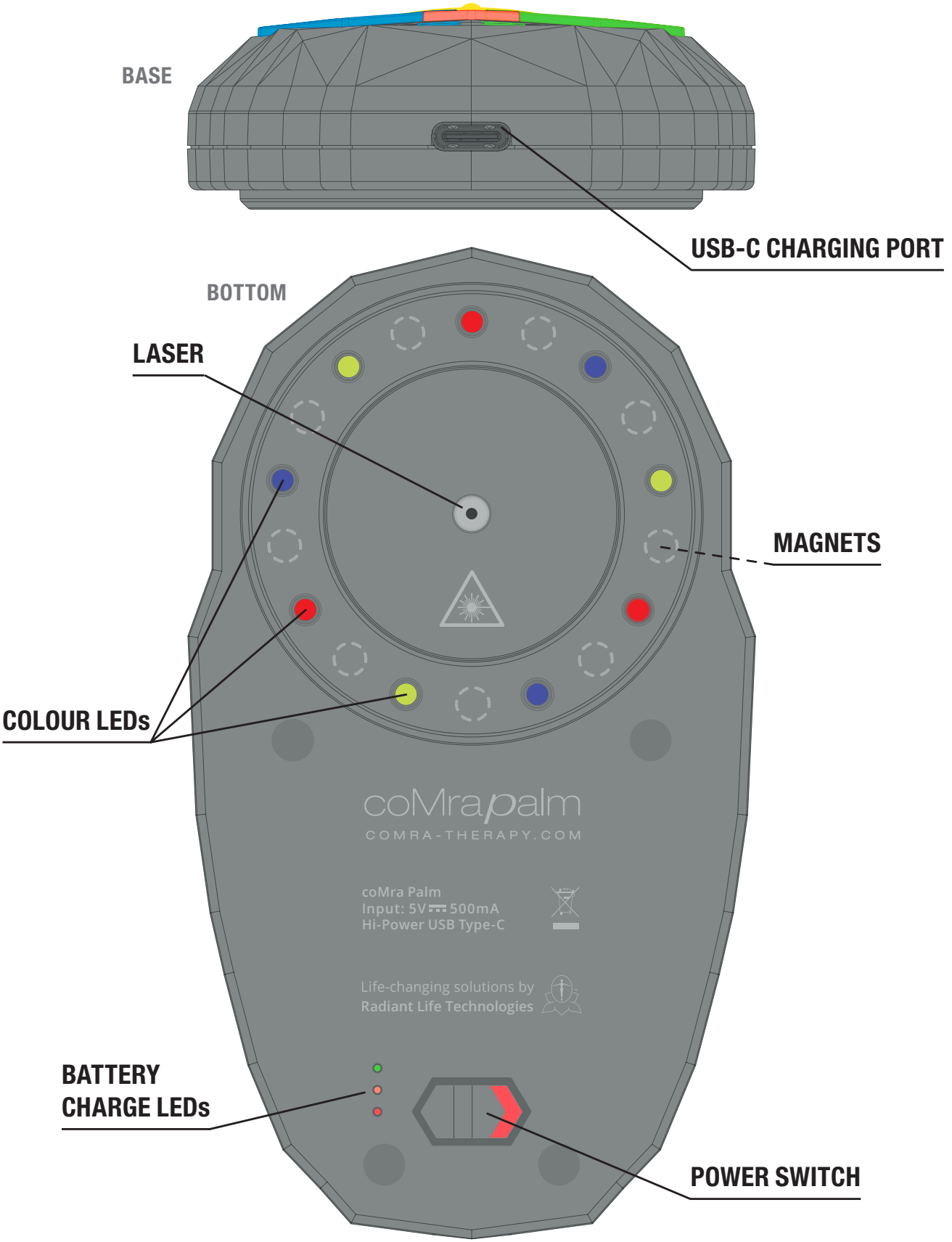
IMPORTANT

1	Under no circumstances should the laser light be allowed to come into contact with the open eyes. Bear in mind that the laser light is invisible to the human eye. Please note that prolonged exposure of the open eyes to laser light could cause permanent blindness, and even brief exposure could result in serious damage to the eyes.
2	If treatment is to be done directly to the eyes or anywhere close to the eyes, the eyelids must be closed, in which case no damage can be done to the eyes.
3	Rest for 5-10 minutes after a treatment session that includes head or heart area.
4	In treating the heart area NEVER use a frequency other than 5Hz.
5	A number of protocols in our user guides are complex protocols in which several stand-alone protocols have been combined to form one course of treatment. If in such cases more than one of the individual protocols calls for the heart area to be treated, ensure that this is done only once during a treatment session.
6	Do not place the coMra Palm within 30cm of the heart and cardiostimulator on patients who have cardiostimulators.
7	Do not place the coMra Palm within 30cm of neurostimulator on patients who have neurostimulators.
8	Do not place the coMra Palm within 30cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field from the terminal area may damage such items.

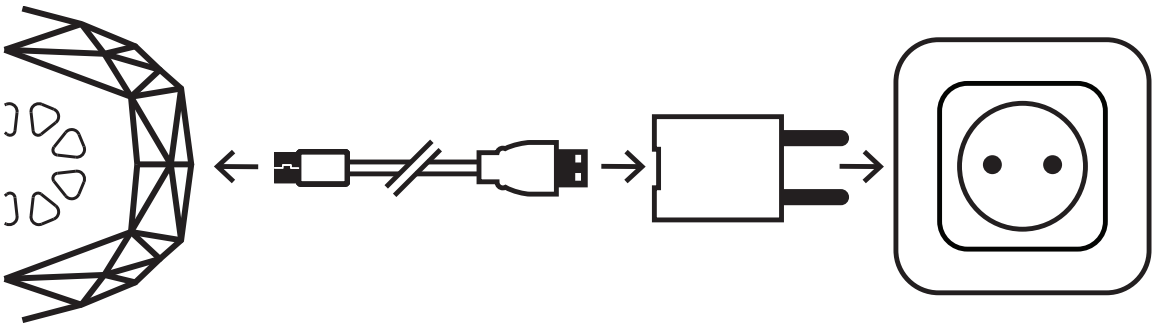
Layout of your coMra Palm



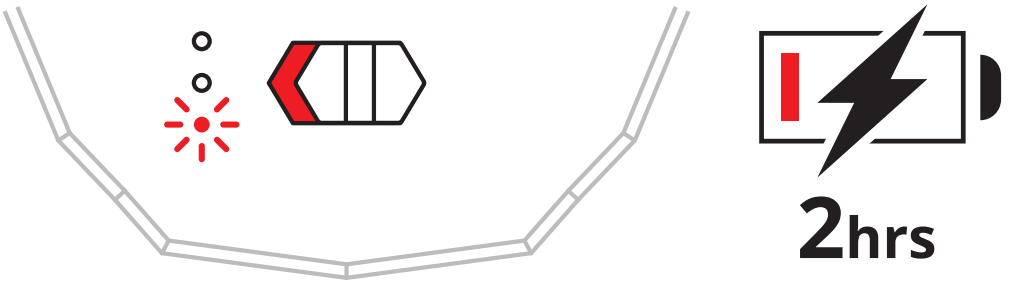

BASE
USB-C CHARGING PORT
BOTTOM
LASER
MAGNETS
COLOUR LEDs
coMrapalm
COMRA-THERAPY.COM
coMra Palm
Input: 5V 500mA
Hi-Power USB Type-C
Life-changing solutions by
Radiant Life Technologies
BATTERY
CHARGE LEDs
POWER SWITCH

Charge the battery

Your coMra Palm can be charged through any powered USB port (computer, laptop, etc.) with a minimum output of 5V-500mA, or via a mains electrical socket with a suitable USB adaptor.



Once plugged into a power source, a red LED next to the **Power switch** will light up and your coMra Palm will start charging. A full battery charge takes approximately 2 hours. When your coMra Palm is fully charged, the red LED light will switch off.

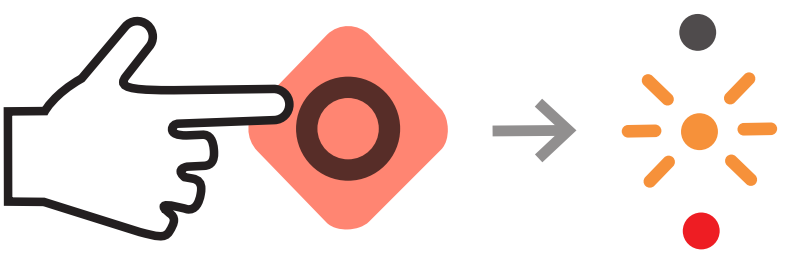


BATTERY CHARGE AND OPERATING TIMES

The **coMra Palm "Gen 2" provides between 3-5 hours** of continuous use on a full battery charge. The **coMra Palm "Green" provides between 4-5 hours** of continuous use on a full battery charge.

Times are dependant upon which frequency is used. For example, the infrared laser in the coMra Palm "Gen 2" using the 1000Hz frequency draws the most power, hence a shorter operating time.

(!) IMPORTANT To preserve the battery life of your coMra Palm, try to recharge it before the indication level reaches red. You can check the battery level with a single press of the **Function button**:



Each LED represents approximately 33% of the remaining battery charge.

Download coMra therapy user guides

Several coMra user guides – with detailed protocols for treating over 300 conditions – are available for free on our website as PDFs, as apps for iOS and Android, and as an online web app:

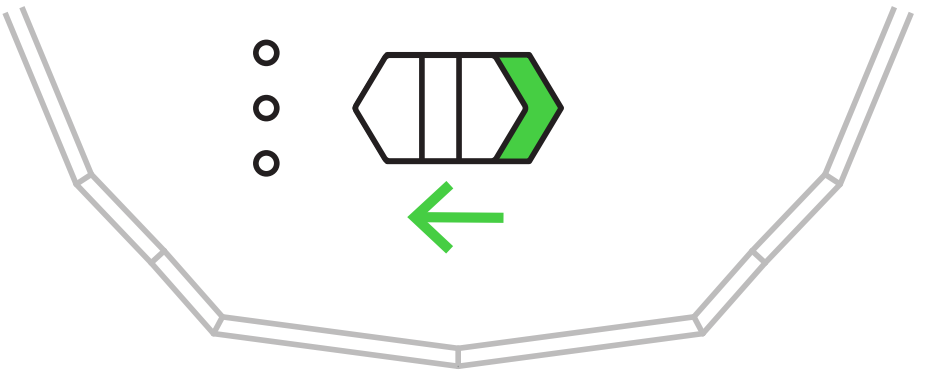
comra-therapy.com/resources/#user-guides

Once open, follow the instructions on the app (or search the index on the PDF version) to select a treatment protocol.

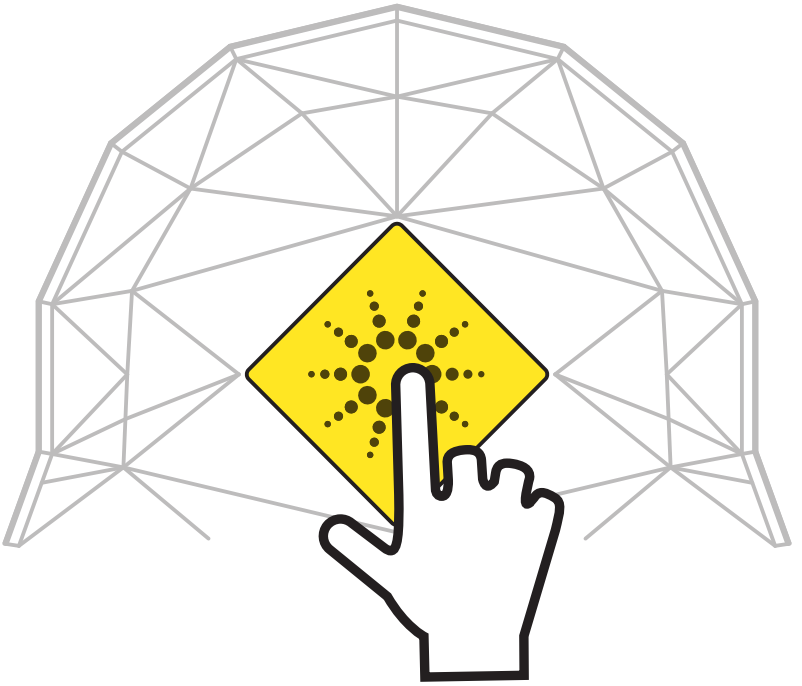
Please read the ⓘ **BEFORE YOU START** *information in the coMra user guides before using your coMra Palm for the first time.*

Power-up your coMra Palm

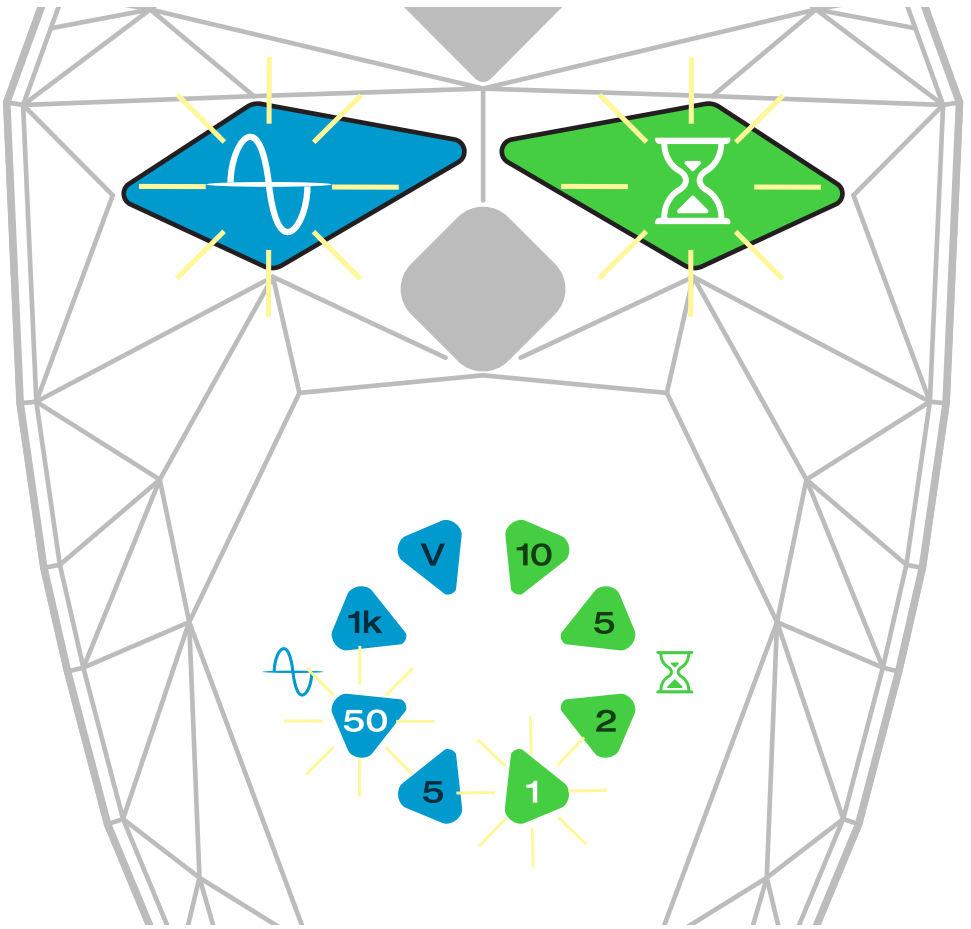
Slide the **Power switch** to green;



Then press the **Start/Stop** **button**:



The **Frequency** and **Time** **areas** will activate showing the last used program. Your coMra Palm is now in ***Normal Ready State***:



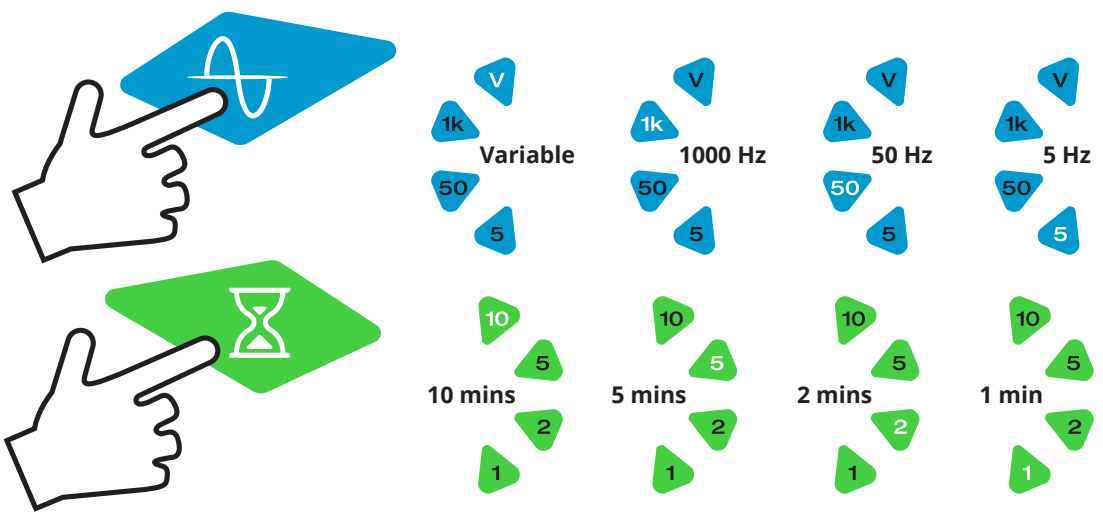
If no further buttons are pressed within two minutes, your coMra Palm will sound out a long beep then power-down into ***Standby Mode*** to conserve battery life. Press the **Start/Stop** **button** once again to power-up back into ***Normal Ready State***.

Choose the correct settings according to your treatment protocol

Refer to your **coMra user guide** for the correct frequency and time of the chosen protocol point:

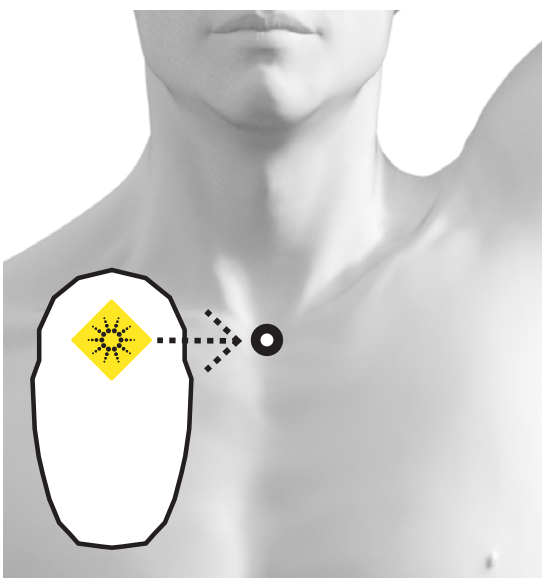
TREATMENT POINT	mins	Hz
1 Top of sternum	1	50

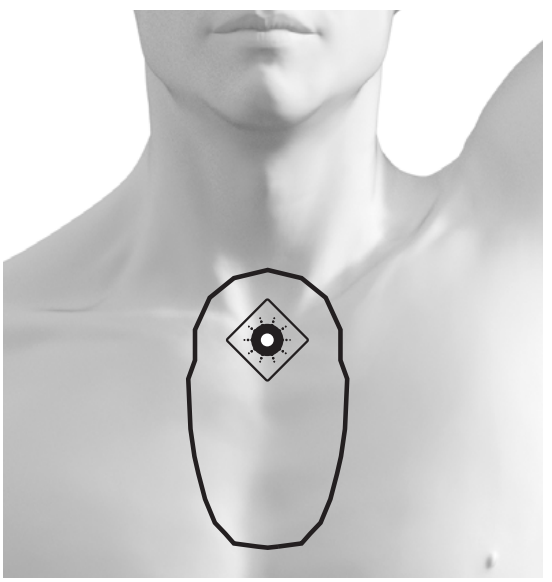
Cycle through using the **Frequency** and **Time** **buttons** on your coMra Palm to match the settings as shown in the treatment protocol:



Place the coMra Palm and start the treatment

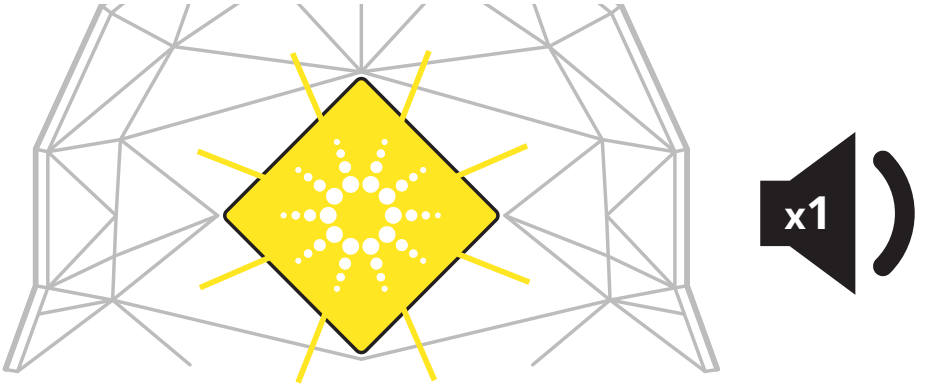
Place your coMra Palm over the protocol point, using the raised bump on the surface of the **Start/Stop** **button** as the centre point:



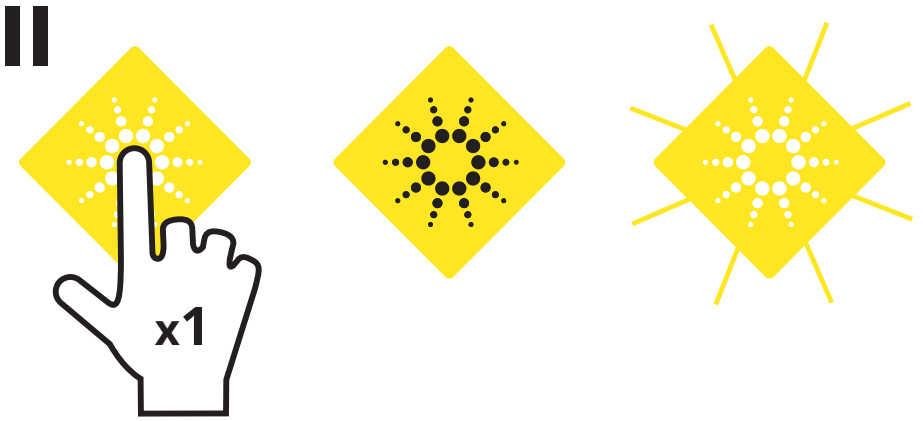


The device must be in direct contact with the skin.

Press the **Start/Stop** **button** to begin the program. The sounder will beep and the **Start/Stop** **button** will pulsate indicating that the program is running:



If for any reason you need to pause the program, press the **Start/Stop** **button** once. The **Start/Stop** **button** will flash to indicate the program has paused:



To resume, press the **Start/Stop** **button** once again to continue on with the current program.

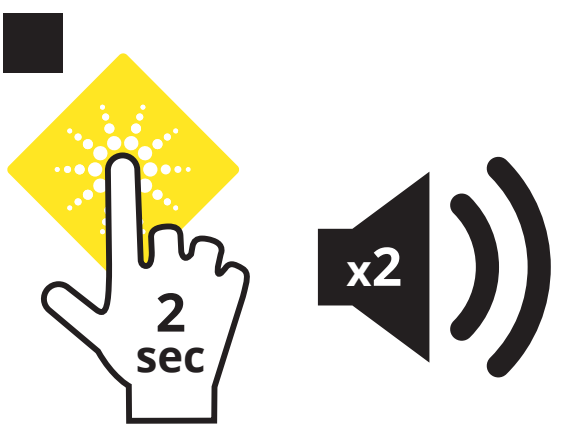
If no further buttons are pressed within two minutes of pausing the program, the sounder will play a long

beep then power-down into ***Standby Mode*** to conserve battery life. Press the **Start/Stop button** once again to power-up back into ***Normal Ready State***, then press the **Start/Stop button** once again to start the program from the beginning. Your coMra Palm stores in memory the last used **Frequency** and **Time** settings.

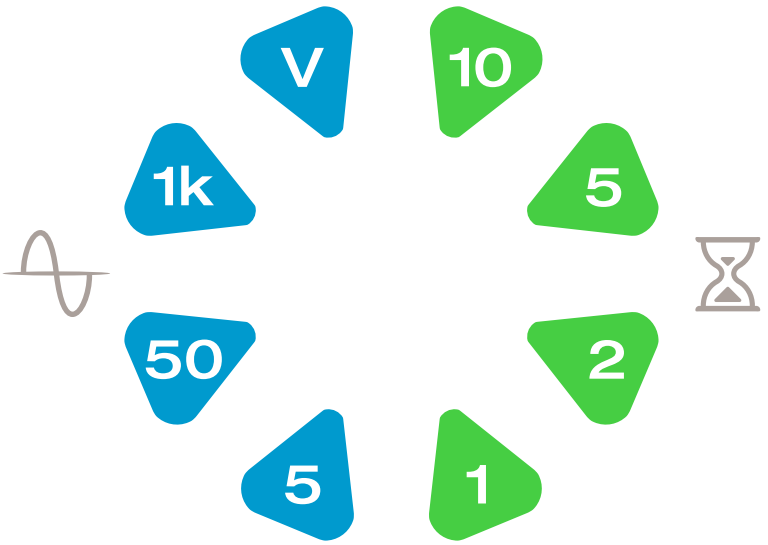
When the selected time has finished, two beeps will sound indicating the end of the program.

Repeat the process for all the points on the protocol.

To stop while the program is running, press and hold the **Start/Stop button** for two seconds. Two beeps will sound indicating the end of the program:



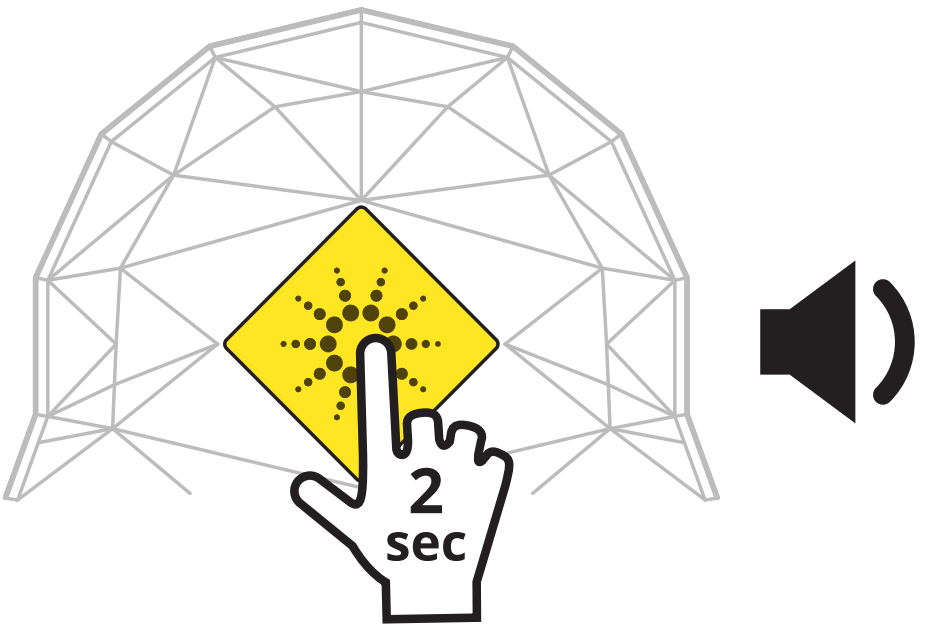
There are four options for the **Frequency** (in hertz) and four options for the **Time** (in minutes):

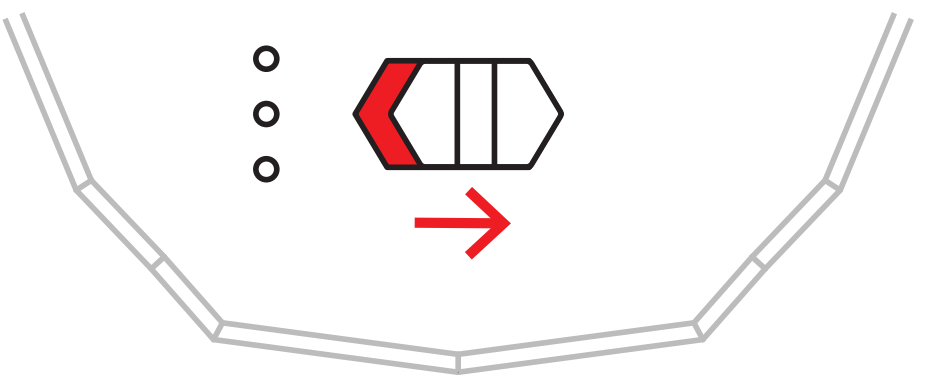


Once a program has started, the in-built timer will count-down and display the remaining minutes for the program shown on the green **Time display**.

When finished, two beeps will sound and the time indication will revert back to the original start time:

When finished using your coMra Palm, press and hold the **Start/Stop** **button** for two seconds. A long beep will sound out and the LEDs will power-down indicating that your coMra Palm is in ***Standby Mode***. You can now slide the **Power switch** to red and complete the shut down procedure:





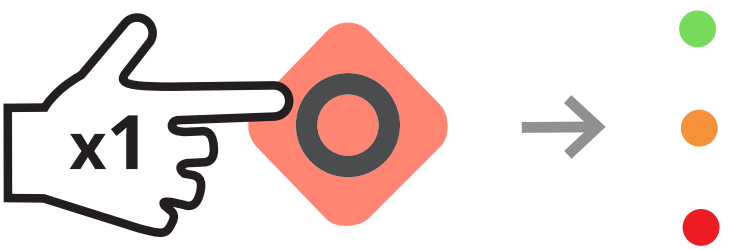
The Function Button

The **Function button** allows access to several key features and customisations, of which the following can be done with just a press, or two, of the button.

*These instructions assume that your coMra Palm is powered-up into **Normal Ready State**.*

BATTERY INDICATION LEVEL

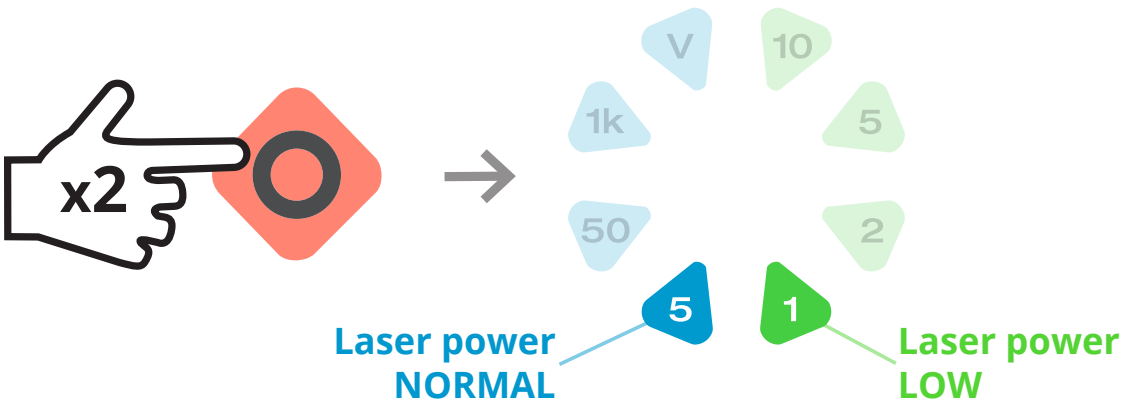
Single press for the level of remaining battery charge, as indicated by the LEDs next to the **Power switch**:



Each LED represents approximately 33% of the remaining battery charge.

LASER POWER LEVEL STATUS

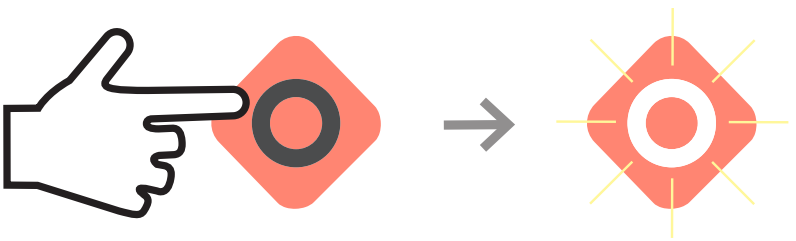
Double-click for a 3 second snap-shot of the laser power level:



Either 5 *for Normal power, or* 1 *for Low power.*

ENTER THE FUNCTION MENU

To change settings on your coMra Palm, press and hold the button to enter the **Function menu**:



The **Function button** *LED will stay on for as long as you are in the* **Function menu**.

The Function menu

Once you have entered into the **Function menu**, the **Function button** – in combination with the **Frequency** and **Time cycle buttons** and the **Start/Stop button** – act as the interface to your coMra Palm, allowing you to select and/or customise the following settings:

Laser power adjustment – Normal/Low

In the rare case you experience sensitivity to the laser in your coMra Palm, you have the option of switching to a lower power level. Please contact our support team if you need further information about this option.

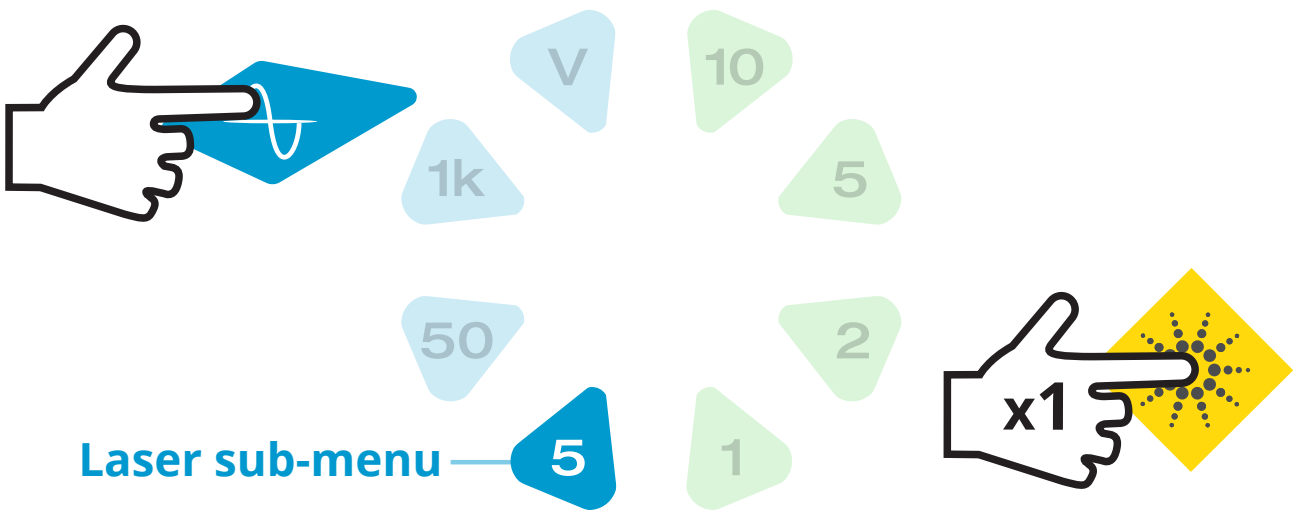
Beeper volume – Off/Low/Medium/High

Control the beeper volume level on your coMra Palm – especially useful when doing treatments while someone is sleeping in the same room.

The following instructions assume that your coMra Palm is powered-up into ***Normal Ready State****.*

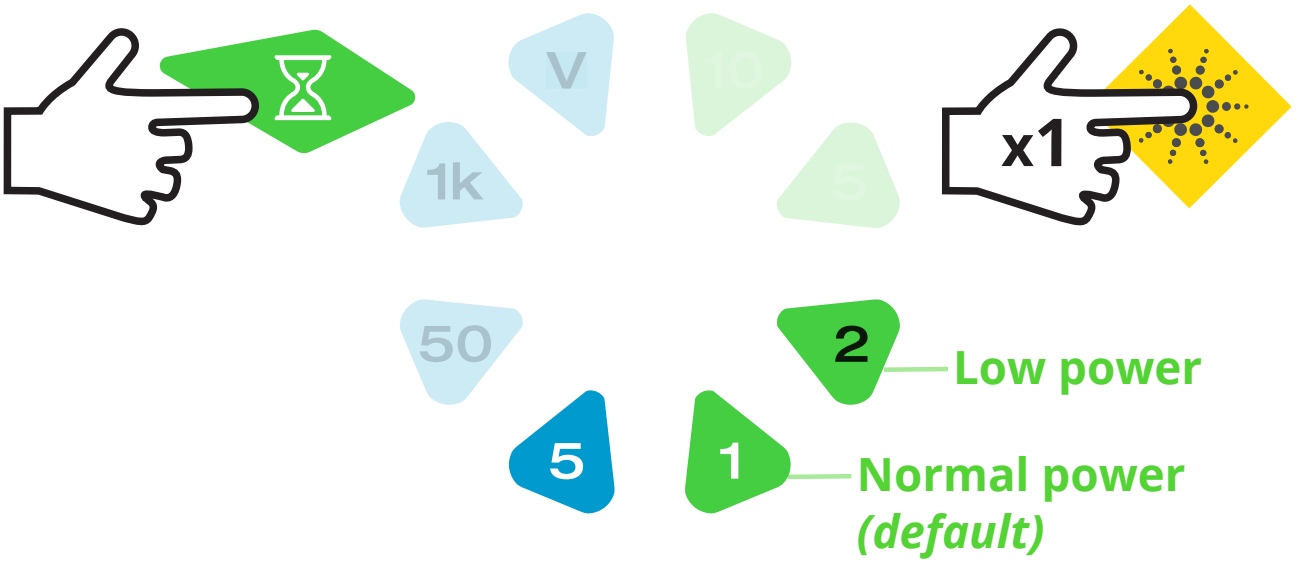
LASER POWER ADJUSTMENT

1. Press and hold the **Function button** until the LED turns on to enter the **Function menu**.
2. Cycle through the **Frequency Select** until 5 is selected for the **Laser sub-menu**, then press the **Start/Stop button** to enter:



3. Cycle through the **Time Select** and choose either, 1 for **Normal power** or 2

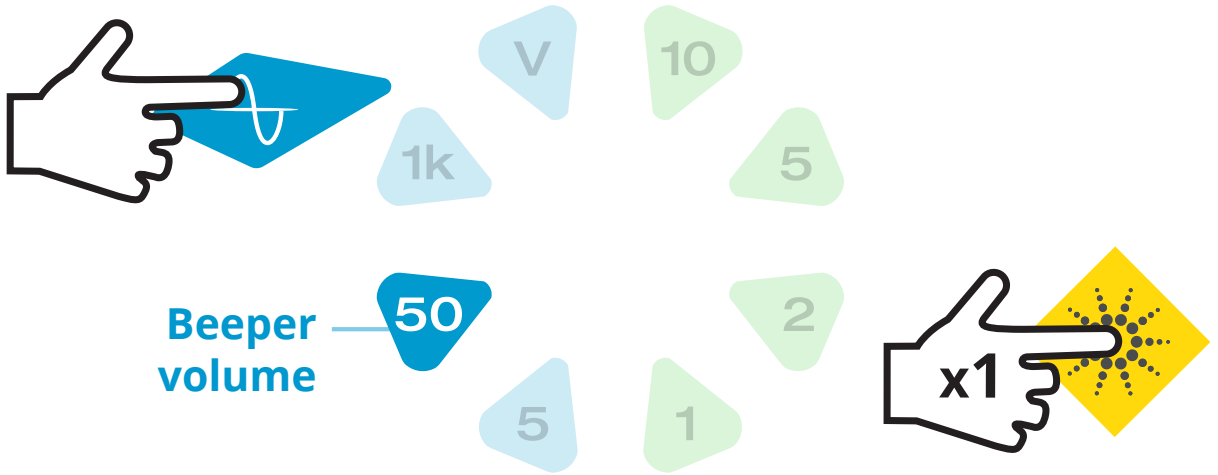
for **Low power**, then press the **Start/Stop button** to save your selection:



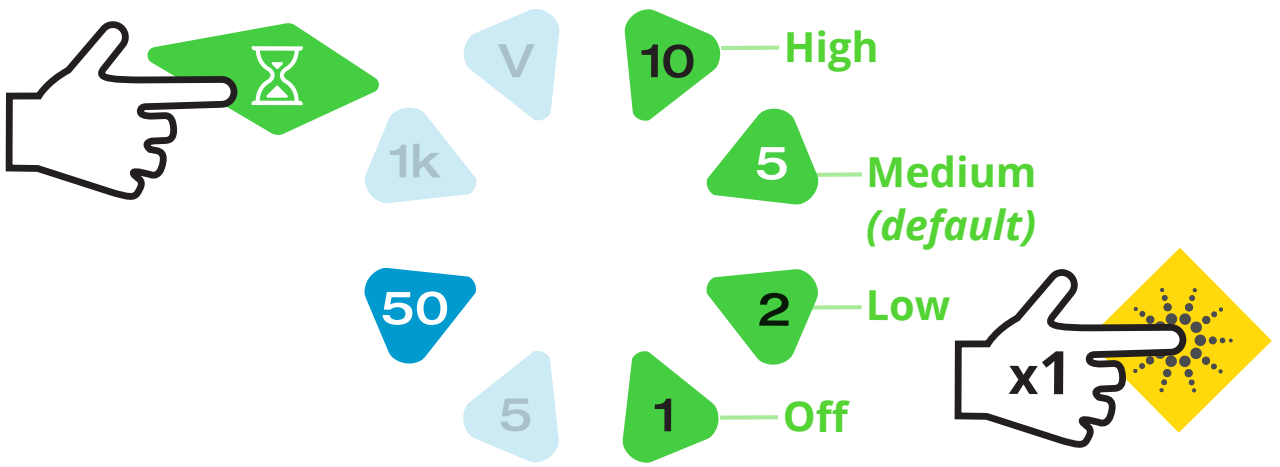
4. Lastly, press and hold the **Function button** until the LED turns off to exit the **Function menu**.

BEEPER VOLUME

1. Press and hold the **Function button** until the LED turns on to enter the **Function menu**.
2. Cycle through the **Frequency Select** until 50 is selected for the Beeper volume sub-menu, then press the **Start/Stop button** to enter:



3. Cycle through the **Time Select** and choose either, 1 for **Off**, 2 for **Low**, 5 for **Medium** or 10 for **High**, then press the **Start/ Stop** **button** to save your selection:



4. Lastly, press and hold the **Function** **button** until the LED turns off to exit the **Function menu**.

Caring for your coMra Palm

Cleaning your coMra Palm

Use a standard alcohol-based cleaning solution, a 3% solution of hydrogen peroxide or colloidal silver to disinfect and clean your coMra Palm.

Periodically check the laser

Follow this procedure to ensure the infrared laser in your coMra Palm “Gen 2” is working correctly.

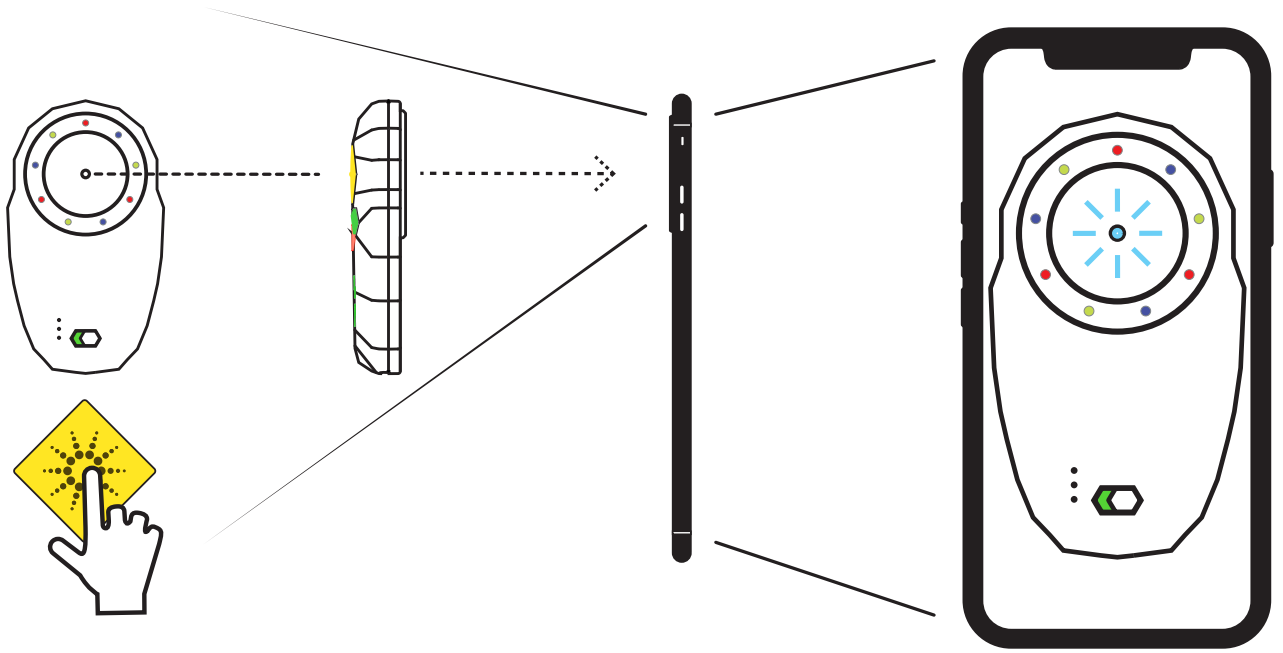
(!) *You will need a digital camera WITHOUT an in-built infrared filter, such as those found on older mobile phones and laptops.*

Follow the same procedure to ensure the green laser in your coMra Palm “Green” is working correctly, however no camera is required as the green laser light is clearly visible with the naked eye.

1. Cycle through the **Time Select** and choose 1 for a **1 minute program**.

2. Cycle through the **Frequency Select** and choose V for **Variable Frequency**.

3. Point the laser toward the camera lens and press the **Start/Stop** **button**:



NEVER look directly into the laser with your eyes!

4. Your camera view screen should show the infrared light as visible, thus confirming correct operation.

Depending on the quality of your camera, you should see the three different pulse speeds of the Variable frequencies; 5Hz, 50Hz & 1000Hz.

Technical specifications

POWER AND OPERATING REQUIREMENTS

Power **5V-500mA, Hi-Power USB Type-C port compatible**

Battery **650mAh Lithium Ion**

Operating temperature **-5° to 50° C**

LASER

coMra Palm "2nd Generation" low-level infrared laser

Laser class **IIa**

Wavelength (nm) **980**

coMra Palm "Green" green laser

Laser class **I**

Wavelength (nm) **520**

COLOUR LEDs

Wavelength (nm) **Red 650, Indigo Violet 420, Yellow/Green 570**

Intensity (mcd) **Red 300, Indigo Violet 240, Yellow/Green 240**

MAGNETIC FIELD

Strength (mT) **100**

CERTIFICATIONS

ISO **13485:2011, 9001:2008, 14001:2004, 14971:2007**

International limited warranty

By this warranty, Radiant Life Technologies LTD guarantees this product to be free from defects in design, material and workmanship at the time of its original purchase by a consumer and for a subsequent period of 18 months. This guarantee does not cover damage or defects caused by misuse or by failure to comply with the product's operating instructions or user guide.

Register your coMra Palm at our website to activate your 18 month warranty:

comra-therapy.com/support/#register

coMRA®

Support team:

info@comra-therapy.com

www.comra-therapy.com

Life-changing solutions by
Radiant Life Technologies

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