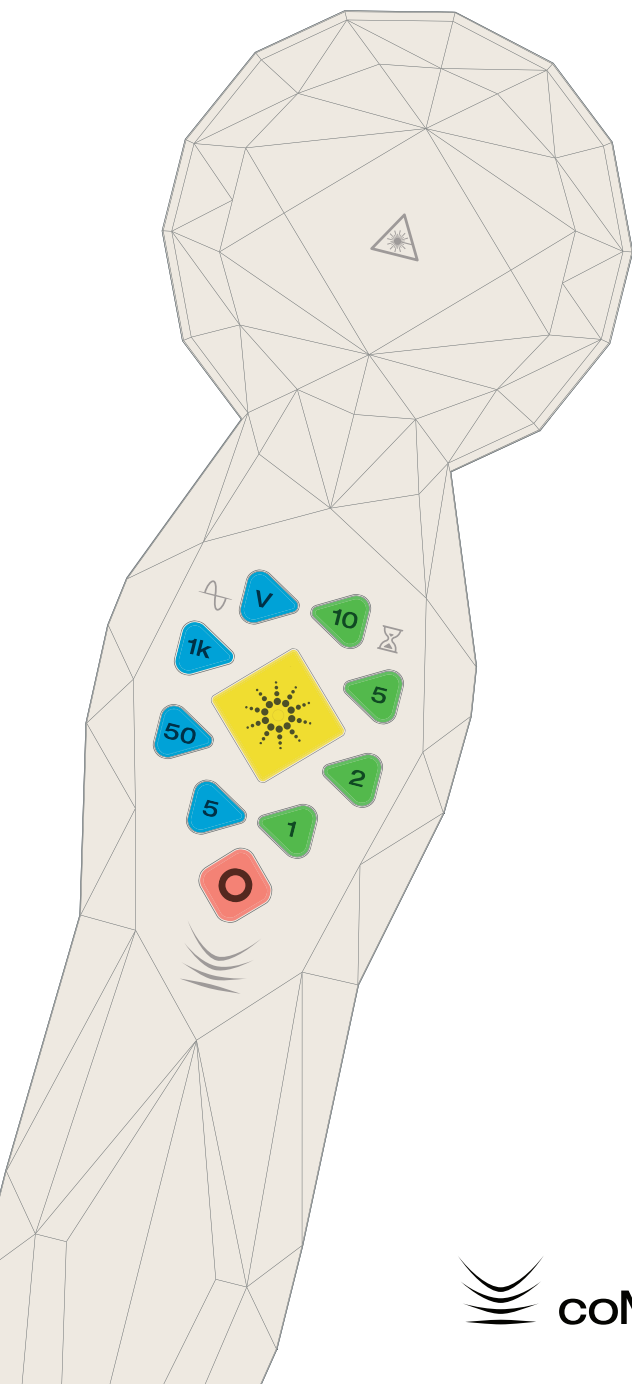


coMra *Pro*

OPERATING INSTRUCTIONS ENG, REV 1



Thank you for your purchase of the **coMra Pro** – A safe, non-toxic and non-invasive solution to serious pain, chronic illness and cellular regeneration and rejuvenation.


These **Operating Instructions** contain everything you need to get started using your **2-in-1 Combined Healing & Vitality** coMra Pro device.

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

resources.comra-therapy.com

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 infrared 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 this user guide 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 Terminal within 30cm of the heart and cardiostimulator on patients who have cardiostimulators.

7

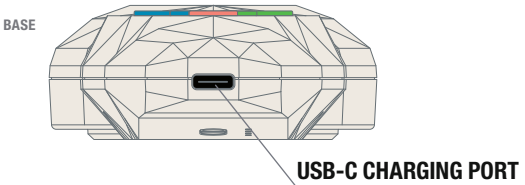
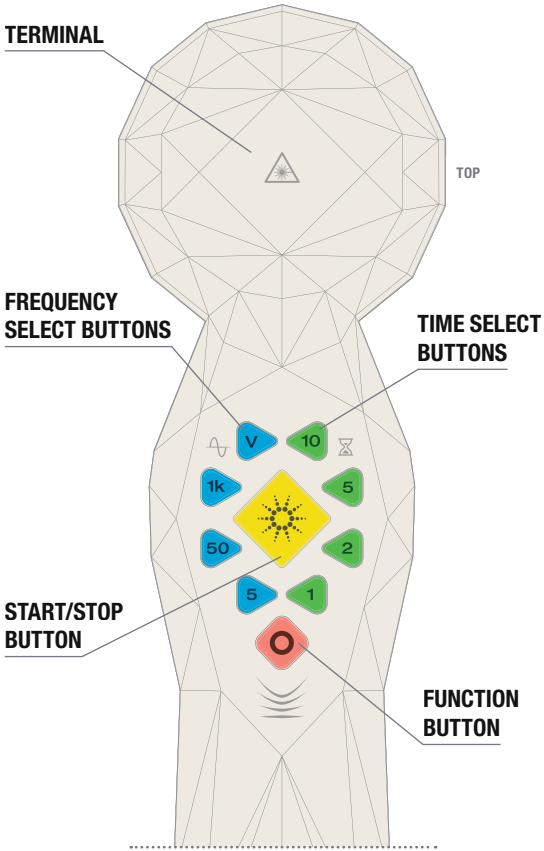
Do not place the Terminal within 30cm of neurostimulator on patients who have neurostimulators.

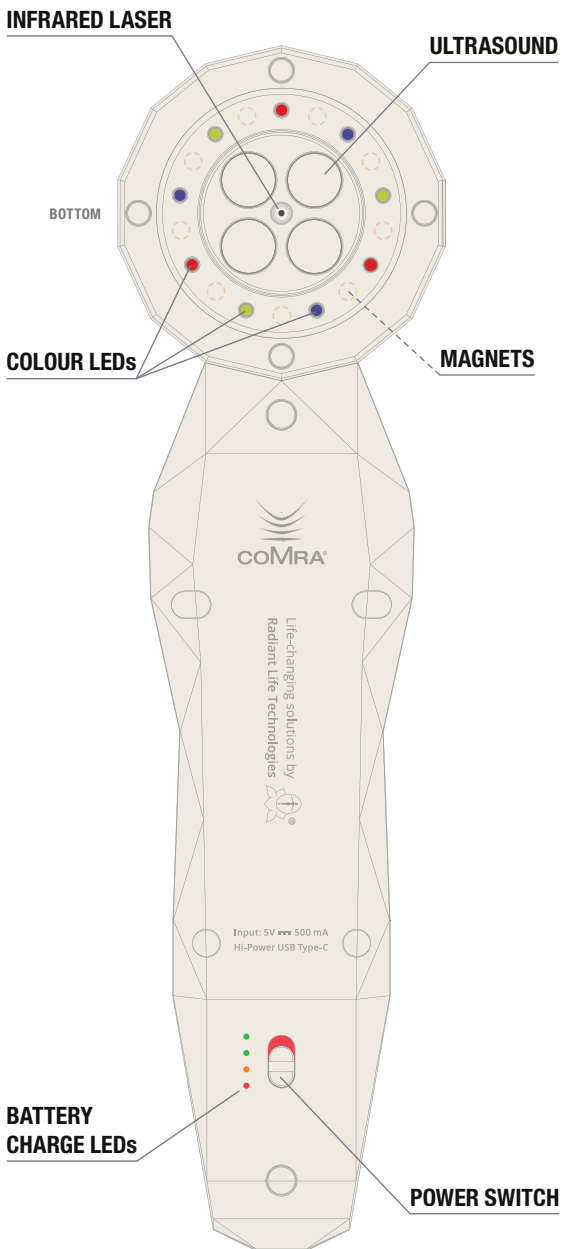
8

Do not place the Terminal within 30cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field from the Terminal may damage such items.

Layout of your coMra Pro

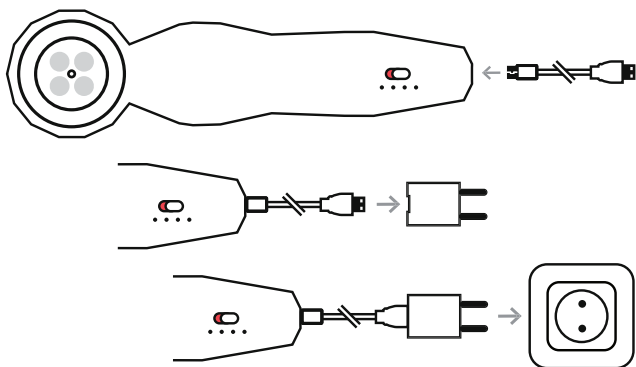
Get familiar with the buttons and layout of your coMra Pro 2-in-1 Healing & Vitality device:



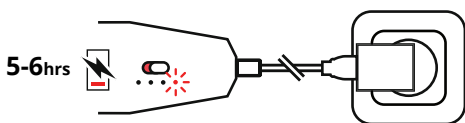


Charge the battery

Your coMra Pro 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 Pro will start charging. A full battery charge takes approximately 5-6 hours. When your coMra Pro is fully charged, the red LED light will switch off:



A full charge offers approx 20 hours of continuous use.

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



Download a coMra user guide

coMra user guides – with detailed protocols for treating over 200 medical and aesthetic conditions – are available for free on our website as PDFs and as a smart phone app for iOS or Android:

resources.comra-therapy.com/userguides

Alternatively, use our **coMra user guide web app**:

ug.comra-therapy.com

Once you have a **coMra user guide** follow the instructions on the app (or search the index on the PDF version) to select a treatment protocol:

What are we treating today?

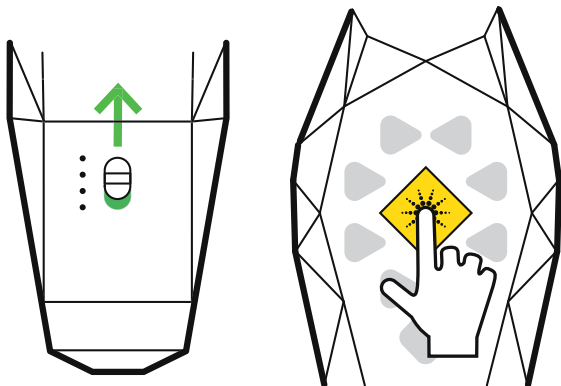
Alternatively, select from the options below:



- FOREWORD**
- ⓘ BEFORE YOU START**
- OPERATING INSTRUCTIONS**
- TREATMENTS**

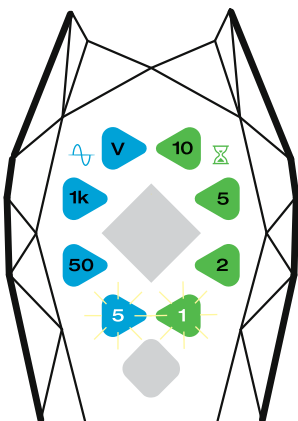
Please read the ⓘ **BEFORE YOU START** information in the **coMra user guide** before using your coMra Pro for the first time.

Power-up your coMra Pro

Slide the **Power switch** to green, then press the **Start/Stop** ☀️ **button**:



LEDs from the **Frequency**  and **Time**  buttons will activate showing the last used program. Your coMra Pro is now in **Normal Ready State**:





If no further buttons are pressed within two minutes, your coMra Pro will sound a long beep then power-down into **Standby Mode** to conserve battery life.

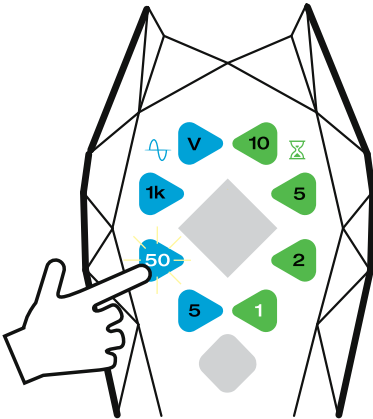
Press the **Start/Stop** ☀️ **button** once again to power-up back into **Normal Ready State**.


Choose the correct settings according to the treatment protocol

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

PROTOCOL POINT	mins	Hz
1 Top of sternum	1	50

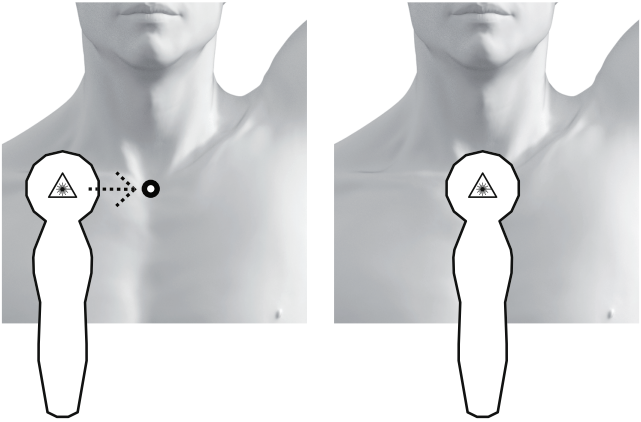
Select the corresponding **Frequency**  button on the left side, and the corresponding **Time**  button on the right side of your coMra Pro:




! **IMPORTANT** By default, your coMra Pro 2-in-1 combined Healing & Vitality device is set to **Healing Mode** with **ultrasound ON**, **Infrared laser power NORMAL** and **Beeper volume MEDIUM**. If a protocol within the **coMra user guide** requires you to switch to **Vitality Mode**, or to turn off the **ultrasound** – or if you want to customise other settings – please refer to the sections regarding the **Function**  button and the **Function menu** for further instructions.

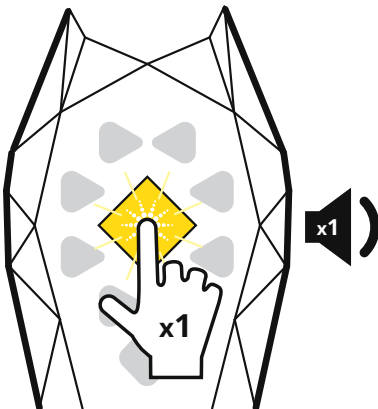
Place the Terminal and start the treatment



Place the Terminal of your coMra Pro over the protocol point, using the **laser**  **symbol** as the centre point:

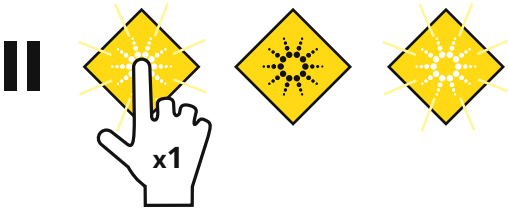



The Terminal must be in direct contact with the surface of the skin.





Press the **Start/Stop**  **button** to begin the program. Your coMra Pro will beep once 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:




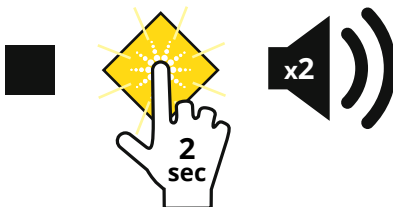
To resume, press the **Start/Stop**  **button** once again to continue on with the current program.



If no further buttons are pressed within two minutes of pausing the program, your coMra Pro will sound 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 Pro always stores in memory the last used **Frequency**  and **Time**  settings.

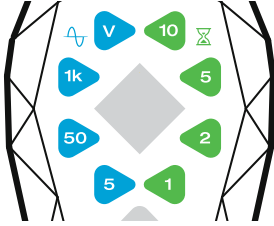
When the selected time has finished, two beeps will sound indicating the end of the program.


Repeat the process for all the points on the protocol.

To stop the program 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:

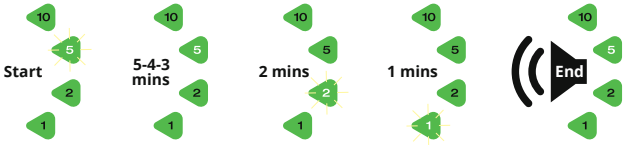



There are four options for the **Frequency**  selection (in hertz) and four options for the **Time**  selection (in minutes):

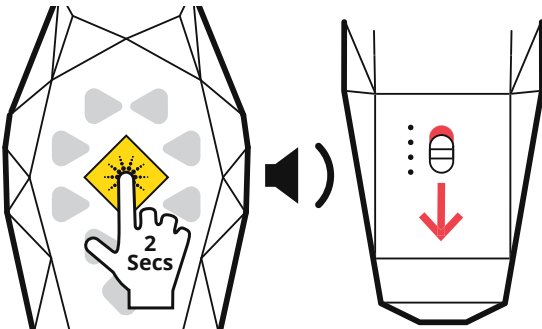


Once a program has started, the in-built timer will count-down and display the remaining minutes for the program shown on the green **Time**  buttons.


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



When finished using your coMra Pro, press and hold the **Start/Stop**  button for two seconds. A long beep will sound and the LEDs will power-down indicating that your coMra Pro 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 Pro is powered-up into **Normal Ready State**.*

BATTERY INDICATION LEVEL

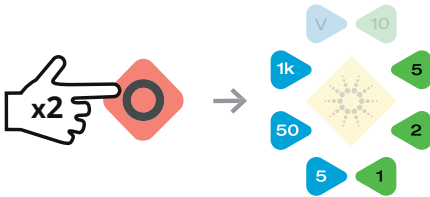
Single press for the level of remaining battery charge, as indicated by the LEDs next to the **Power switch**:



Each LED represents approx 25% of remaining charge.

SETTINGS STATUS

Double-click for a 3 second snap-shot of your settings:



*A **QuickReference Guide** for the selected settings is given at the end of the **Function menu** section.*





ENTER THE FUNCTION MENU

To change settings on your coMra Pro, 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** , **Time**  and **Start/Stop**  **button** – act as the interface to your coMra Pro, allowing you to select and/or customise the following settings:

Healing and Vitality Modes

Previously, the regenerative power of the Medical Terminal, or the rejuvenation sequence of the Aesthetic Terminal, were available only as separately purchased terminals for the Delta Series laser. Your new **2-in-1 Combined Healing & Vitality** coMra Pro device has both regeneration and rejuvenation sequences built-in, and you can easily switch between the two modes as your treatment regimen requires!

Ultrasound – On/Off

In previous coMra user guides ultrasound was not recommended for treatments over the brain. However, clinical experience has shown us that the low-level ultrasound in our devices are completely safe for use on the brain. Nevertheless, we have provided an option to turn ultrasound off should you want to. This option will be useful for veterinary practices where animals may be sensitive to ultrasound frequencies.

Infrared laser power – Normal/Low

In the rare case you experience sensitivity to the infrared laser in your coMra Pro, you have the option of switching to a lower power (5mW for the 980, 2.5mW for the 905) from the normal power levels (10mW for the 980, 5mW for the 905). Please contact our support team if you need further information about this option.

Beeper volume – Off/Low/Medium/High

Control the volume of the audio on your coMra Pro – especially useful if you do your treatments in bed while your partner is sleeping!


Firmware updates

When connected to a compatible PC or Mac with a USB-C cable, and with our coMra Pro Bootloader software installed and open on your computer, you have the ability to obtain your devices' unique serial number, or to install any updates we may send out – thus future-proofing your coMra Pro for years to come. Instructions for this operation are not included here, but instead will be made available to you as and when updates are published.

To change settings, follow the instructions as described:

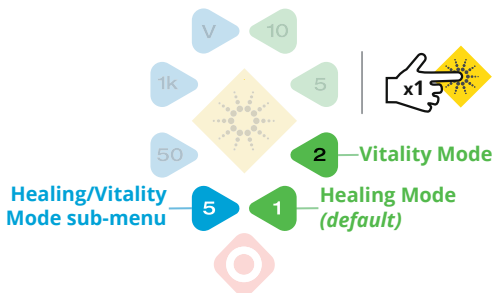
*The following instructions assume that your coMra Pro is powered-up into **Normal Ready State**.*


HEALING AND VITALITY MODES

1. Press and hold the **Function**  **button** until the LED turns on to enter the **Function menu**.
2. Press **blue button “5”** to select the **Healing/Vitality Mode sub-menu**, then press **Start/Stop** to enter:



3. Select either **Green button “1”** for **Healing Mode** or **Green button “2”** for **Vitality Mode**, then press **Start/Stop** to save your selection:



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


ULTRASOUND

1. Press and hold the **Function**  **button** until the LED turns on to enter the **Function menu**.
2. Press **blue button “50”** to select the **Ultrasound sub-menu**, then click **Start/Stop** to enter:



3. Select either **Green button “1”** for ultrasound **ON** or **Green button “2”** for ultrasound **OFF**, then press **Start/Stop** to save your selection:



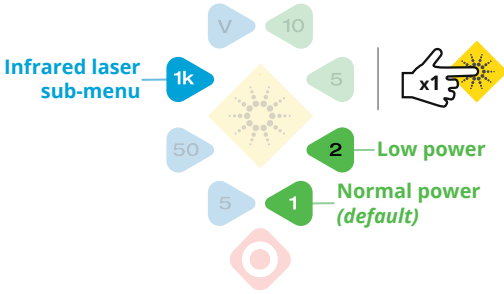
4. Lastly, press and hold the **Function**  **button** until the LED turns off to exit the **Function menu**.


INFRARED LASER ADJUSTMENT

1. Press and hold the **Function**  **button** until the LED turns on to enter the **Function menu**.
2. Press **blue button “1k”** to select the **Infrared laser sub-menu**, then press **Start/Stop** to enter:




3. Select either **Green button “1”** for **Normal power** or **Green button “2”** for **Low power**, then press **Start/Stop** to save your selection:



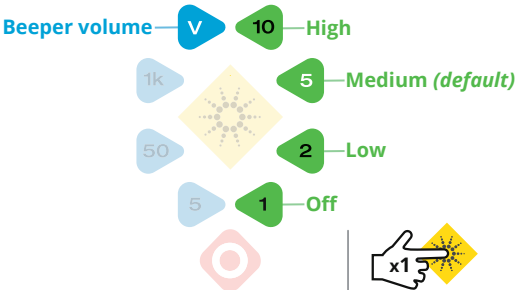
4. Lastly, press and hold the **Function**  **button** until the LED turns off to exit the **Function menu**.


BEEPER VOLUME

1. Press and hold the **Function**  **button** until the LED turns on to enter the **Function menu**.
2. Press **blue button “V”** to select the **Beeper volume sub-menu**, then press **Start/Stop** to enter:

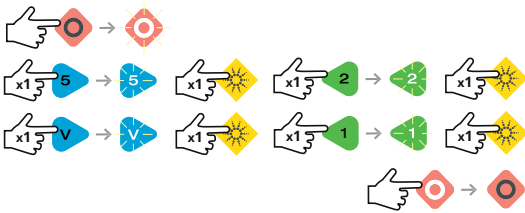


3. Select either **Green button “1”** for Off, **Green button “2”** for Low, **Green button “5”** for Medium or **Green button “10”** for High, then press **Start/Stop** to save your selection:




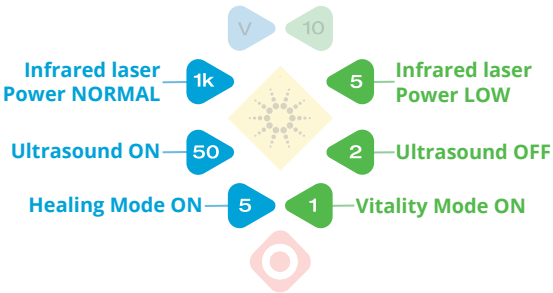
4. Lastly, press and hold the **Function**  **button** until the LED turns off to exit the **Function menu**.

Please note that multiple settings can be changed before you exit the **Function menu**. For example, the following sequence switches **Healing Mode** to **Vitality Mode** and then turns off the **Beeper volume**:

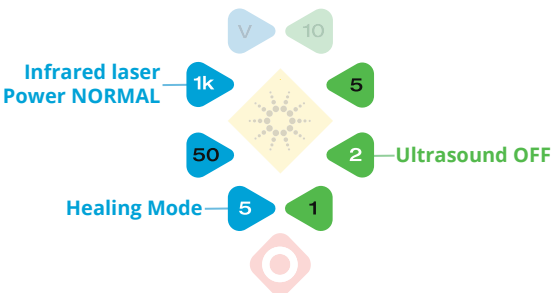


SETTINGS STATUS QUICK REFERENCE GUIDE

When out of the **Function menu**, a double-press of the **Function**  button gives a 3 second snap-shot of your current settings. The following LEDs, switched on, indicate the status as shown below:



For example, the following status indicates that the coMra Pro is in **Healing Mode**, the **ultrasound is OFF** and the **infrared laser is set to NORMAL power**:



Caring for your coMra Pro

Please refer to the **⚠ BEFORE YOU START** section of your **coMra user guide** for more detailed information on caring for, and getting the most out of, your coMra Pro.


Cleaning your coMra Pro

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

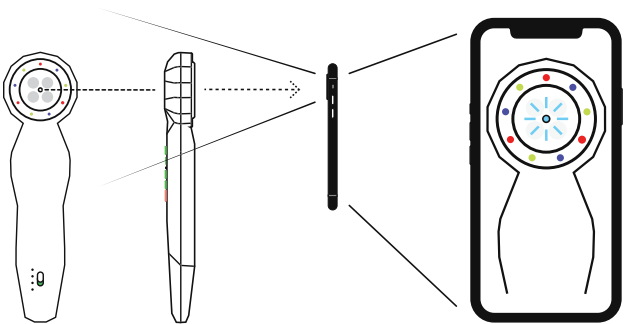
Periodically check the infrared laser

We recommend this easy procedure to ensure that the infrared laser in your coMra Pro 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.*

Select a **1 min** program on **Variable (V) Frequency**, point the infrared laser at the camera lens and press the **Start/Stop**  **button.**

⚠ *NEVER look directly into the laser with your eyes!*



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

Depending on the quality of your camera, it should be able to detect the three different pulse speeds of the Variable frequencies; 5Hz, 50Hz and 1000Hz.

Technical specifications

POWER AND OPERATING REQUIREMENTS

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

Battery **3000mAh Lithium Ion**

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

INFRARED LASER

Laser class **IIa**

Wavelength (nm) **980 or 905**

Optical power for 980 (mW) **10 (Normal), 5 (Low)**

Optical power for 905 (mW) **5 (Normal), 2.5 (Low)**

ULTRASOUND

Frequency (kHz) **40**

Pressure level at contact (dB) **0**

Pressure level at 30cm (dB) **-30 (max)**

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) **< 500**

SIZE AND WEIGHT

Device (mm) **257 x 70 x 28.6**

Case (mm) **290 x 128 x 43**

Device weight (g) **214**

Device weight with case (g) **679**

CERTIFICATIONS

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



COMRA[®]

Support team:

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www.comra-therapy.com



Life-changing solutions by
Radiant Life Technologies