



Model TG4

# User Manual





# Model TG4 Specifications



- LED TYPES:** ▶ GaAIAs Light Emitting Diodes
- MODEL:** ▶ TG4 Light Panel
- WAVELENGTHS:** ▶ 633nm / 810nm / 850nm / 940nm CW
- OPERATION MODE:** ▶ Variable Pulse
- PULSE REPETITION RATE:** ▶ 10Hz - 500Hz
- IRRADIANCE:** ▶ 220 mW/cm<sup>2</sup>
- POWER SUPPLY:** ▶ 110 VAC
- LED CLASS:** ▶ Class 1
- SAFETY CLASSIFICATION:** ▶ EN62493:2015
- COOLING:** ▶ Air
- DIMENSIONS:** ▶ 43.75" x 10.25" X 2.5"
- WEIGHT:** ▶ 21 lbs
- NUMBER OF LEDS:** ▶ 314 LEDS

Disclaimer: The statements within this guide have not been evaluated by the FDA. The products manufactured by TheraGo™ are not intended to diagnose, treat, cure, or prevent any disease. The information provided herein is not a substitute for face-to-face consultation with your physician, and should not be construed as individual medical advice.

# What is Photobiomodulation Therapy?

Photobiomodulation (PBMT) has been studied extensively in over 500 published double-blind, randomly-controlled studies and over 5,000 laboratory studies. Experts have shown that PBMT is dose-dependent, meaning the dosage of light (wavelength + exposure time) determines the outcome.

PBMT has profound positive effects with proper dosage on a wide variety of conditions, such as:

- **Poor muscle performance and recovery**
- **Arthritis**
- **Nerve pain and nerve regeneration**
- **Tendinopathies**
- **Poor soft tissue healing**
- **Musculoskeletal pain**
- **Sleep disturbances**
- **Anxiety and depression**

Additional ancillary benefits include:

- **Improved mood and mental clarity**
- **Temporary euphoric feelings**
- **Improved skin clarity and tone**
- **Decreased swelling of extremities**
- **Increased energy and general sense of well-being**

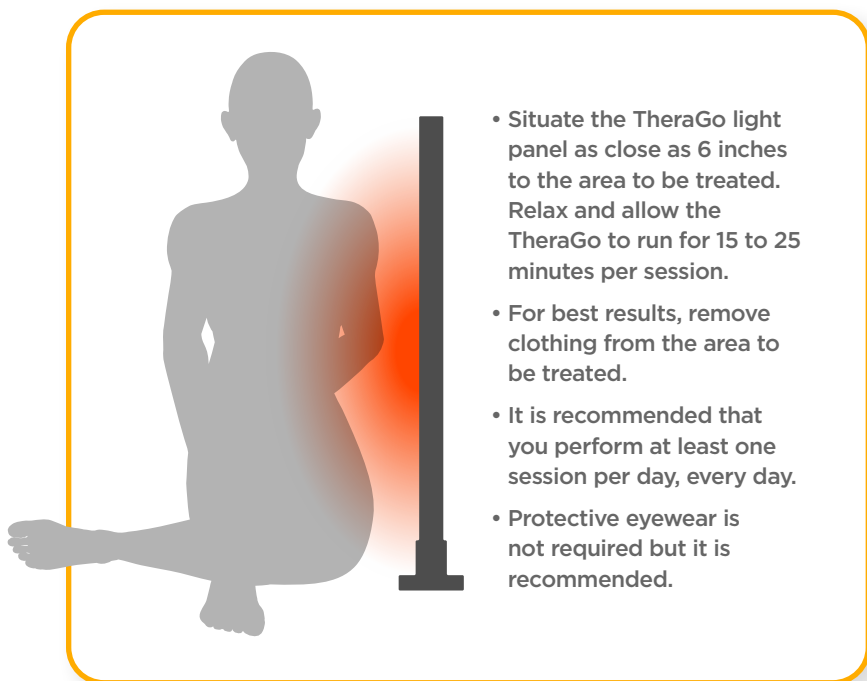
Recent studies show that PBMT is also effective in improving athletic performance. PBMT can increase exercise capacity, resulting in longer exercise times; additionally, PBMT can speed up recovery by reducing production of lactic acid, creatine kinase, and c-reactive protein.



# Time and Distance

Use the TheraGo light panel **approximately 6 inches** from the skin for **15 to 25 minutes** on desired treatment area.

Depending on the desired treatment outcome, you may choose to use the following options: continuous wave or pulse. Treatment outcomes are accomplished by emitting powerful light with four different wavelengths, from red to near infrared light.



- Situate the TheraGo light panel as close as 6 inches to the area to be treated. Relax and allow the TheraGo to run for 15 to 25 minutes per session.
- For best results, remove clothing from the area to be treated.
- It is recommended that you perform at least one session per day, every day.
- Protective eyewear is not required but it is recommended.

# How Does PBMT Work?

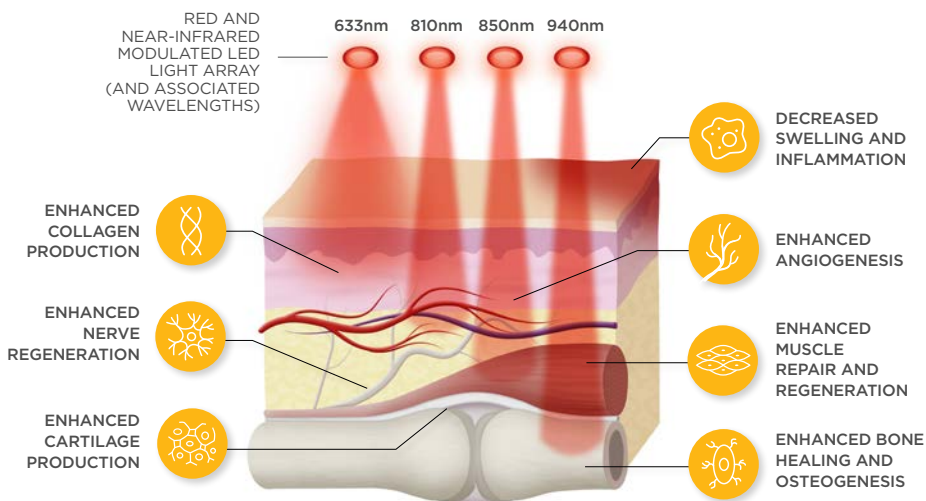
Extensive research during the last two decades has revealed oxidative stress can lead to chronic inflammation which contributes to the aging process, pain and is accepted as the underlying cause of most chronic diseases. Factors that cause oxidative stress include:

- Environmental chemicals
- Cleaners
- UV radiation
- Lifestyle choices
- Smoking
- Pesticides
- Pollution
- Infections
- Poor diet
- Alcohol

PBMT works at the cellular level, increasing energy production, increasing circulation, and reducing inflammation and oxidative stress.

## Therapeutic benefits of PBMT

### Photochemical Responses at the Cellular Level



# Setup and Installation:

## Materials Included



TheraGo TG4 Light Panel



Floor Stand (1)



Mounting Knob Screws (2)

Not pictured: 6-Foot Power Cord (1), Blackout Eyewear (1)

# Setup and Installation:

## Floor Stand Assembly



**1**  
Gently slide the light panel into the floor stand.



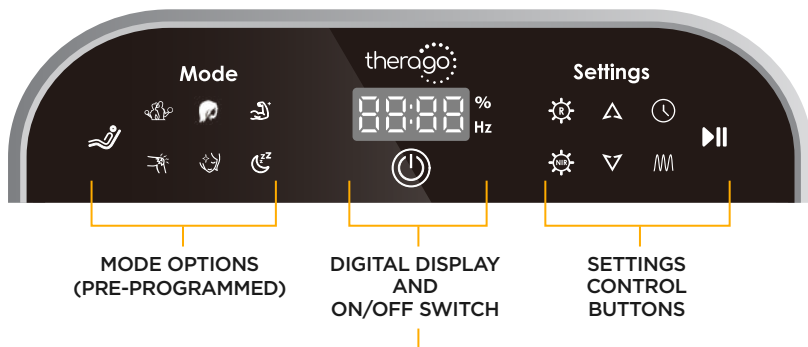
**2**  
Insert the two knob screws into the holes on the back of the stand and tighten by hand.



**3**  
Once the stand is secure, plug in the power cord on the back of the light panel.

# Getting Started:

## Operating the Light Panel



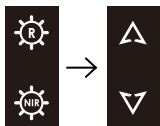
Powers the TheraGo unit on or off



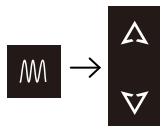
Displays power, frequency and timer

**NOTE:** Always power the unit OFF after each session.

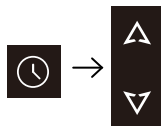
## Settings Control Buttons – Starting a Session



Choose either Red light (R) or Near Infrared light (NIR). Adjust the power level up or down by using the toggle buttons (▲▼).



Set the frequency anywhere between 10-500Hz by pressing the frequency button and using the toggle buttons.



Set the session duration by pressing the timer button and using the toggle buttons.



Press the start/stop button to begin your session.

## Mode Options – Starting a Pre-Programmed Session

For an easy quick-start session, choose any of the seven pre-programmed treatment modes, then press the start/stop button.



Relax Mode



Fitness Mode



Hair Care Mode



Muscle Recovery



Inflammation Mode



Skin Care Mode



Sleep Optimization



# Recommended Pulse Settings

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<b>2Hz</b>	Stimulated bone formation
<b>3Hz</b>	Wound healing
<b>5Hz</b>	Improves mitochondrial dysfunction Hair regrowth in noninflammatory alopecia
<b>10Hz</b>	Neuroprotection, stimulation of neurogenesis in TBI major depressive disorder Wound healing Reversal of cognitive decline Improved brain mitochondrial function Strength training Depression Dental hypersensitivity TBI treatment Knee osteoarthritis
<b>15Hz</b>	Promote osteoblast differentiation
<b>20Hz</b>	Improved anti-inflammatory effect Reduced diabetic neuropathy Periodontitis treatment Degranulation
<b>30Hz</b>	Stomatitis
<b>50Hz</b>	Post Endodontic pain
<b>80Hz</b>	Improved wound healing Improved bone health Improved neuromuscular health in elderly Accelerated wound healing Improved diabetic wound healing Osteoporosis Improved burn healing
<b>100Hz</b>	Reduces inflammation and enhances wound healing Improved wound healing compared to 200, 300, 400 and 500Hz
<b>250Hz</b>	Pre-exercise

# Warranty Terms and Conditions

### Time Period for Warranty Coverage

Each TheraGo product is warranted to be free from defects in workmanship and materials for the period of three (3) years from the date of delivery and under normal use and service.

### Authorization for Coverage

The Company's obligation under this warranty is limited to providing any and all necessary product repairs upon TheraGo examination and final determination as to cause or existence of defect and, at its option to repair or replace the products, which prove to be defective during the warranty period.

### Original Purchaser

This warranty extends only to the original end-user purchaser (including authorized distributors) of the TheraGo product.

### Transfer of Warranty to Other Parties

Any transfer of warranty must be approved in writing from TheraGo, LLC. Warranty transfers will require review and certification by the company. Please call TheraGo to obtain a quote for certification.

### Warranty on Replaced Products

Products replaced under warranty will be warranted only for the balance of the warranty time period from the original supplied TheraGo product.

### Actions That Void the Warranty

This Standard Warranty will not apply to those products which have been:

- a) Repaired or altered other than in accordance with the terms of this agreement.

- b) Abused, misused, improper handling in use, or storage, or used in an unauthorized or improper manner or without following written procedures supplied by the company.
- c) Original identification markings or labels have been removed, defaced or altered.
- d) Any other claims not arising directly from material defects in material or workmanship.

### Responsibility for Warranty

This Standard Warranty is the exclusive warranty made by TheraGo is in lieu of all other warranties, whether written, oral, or implied, including any warranty of merchantability or fitness for a particular purpose, and shall be purchaser's sole remedy and TheraGo sole liability on contract or warranty of otherwise for the products. This warranty shall not be modified or amended without the written approval of TheraGo, LLC.

### Extended Warranties

Please contact TheraGo for specific details regarding Extended Warranty Plans.

### NOTICE TO HOLD HARMLESS

In no event shall TheraGo, LLC be liable for any indirect, special, incidental or consequential damages resulting from the failure to perform or use or improper use of any goods or services sold pursuant hereto, whether due to breach of contract, breach of warranty, negligence or otherwise.





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