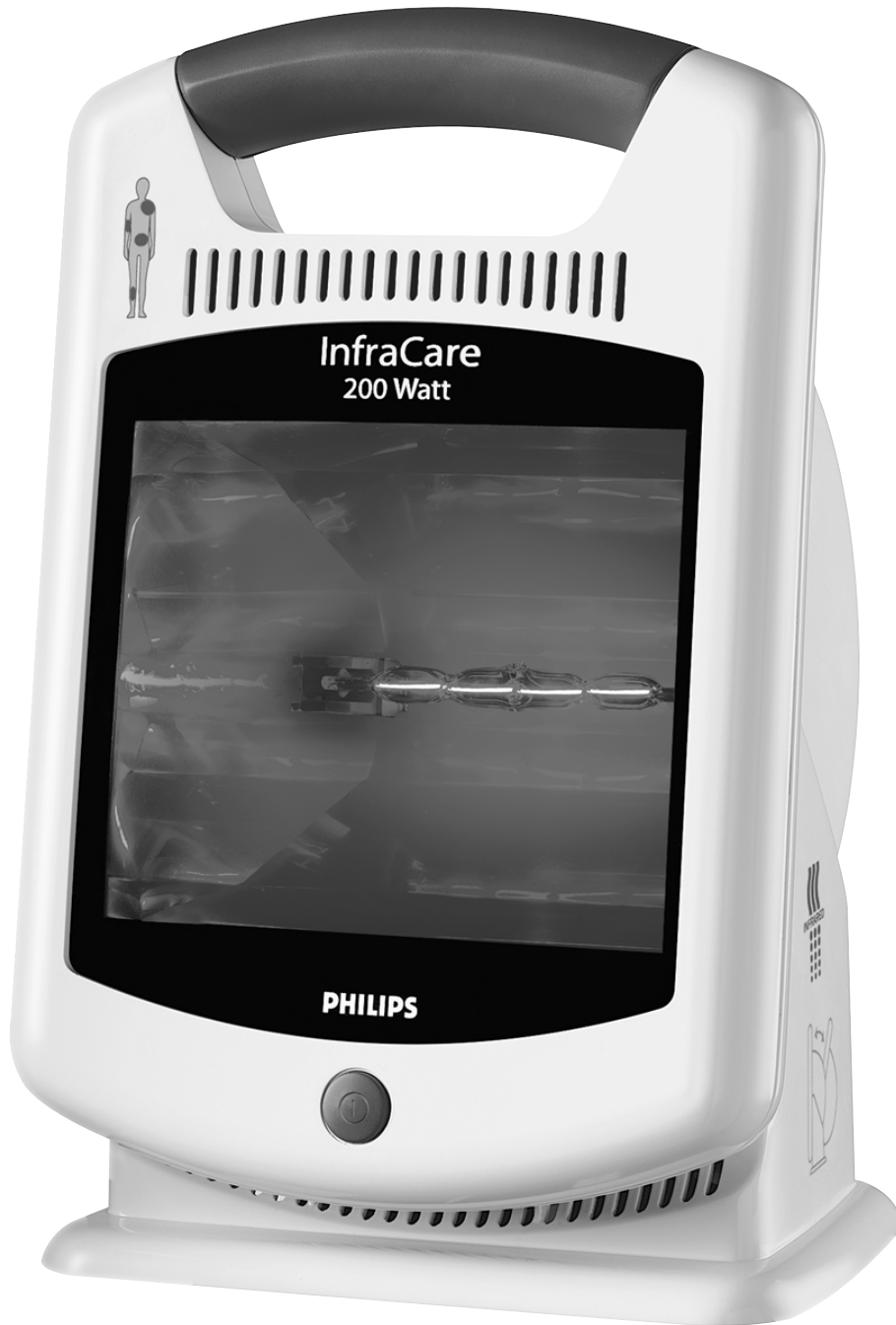
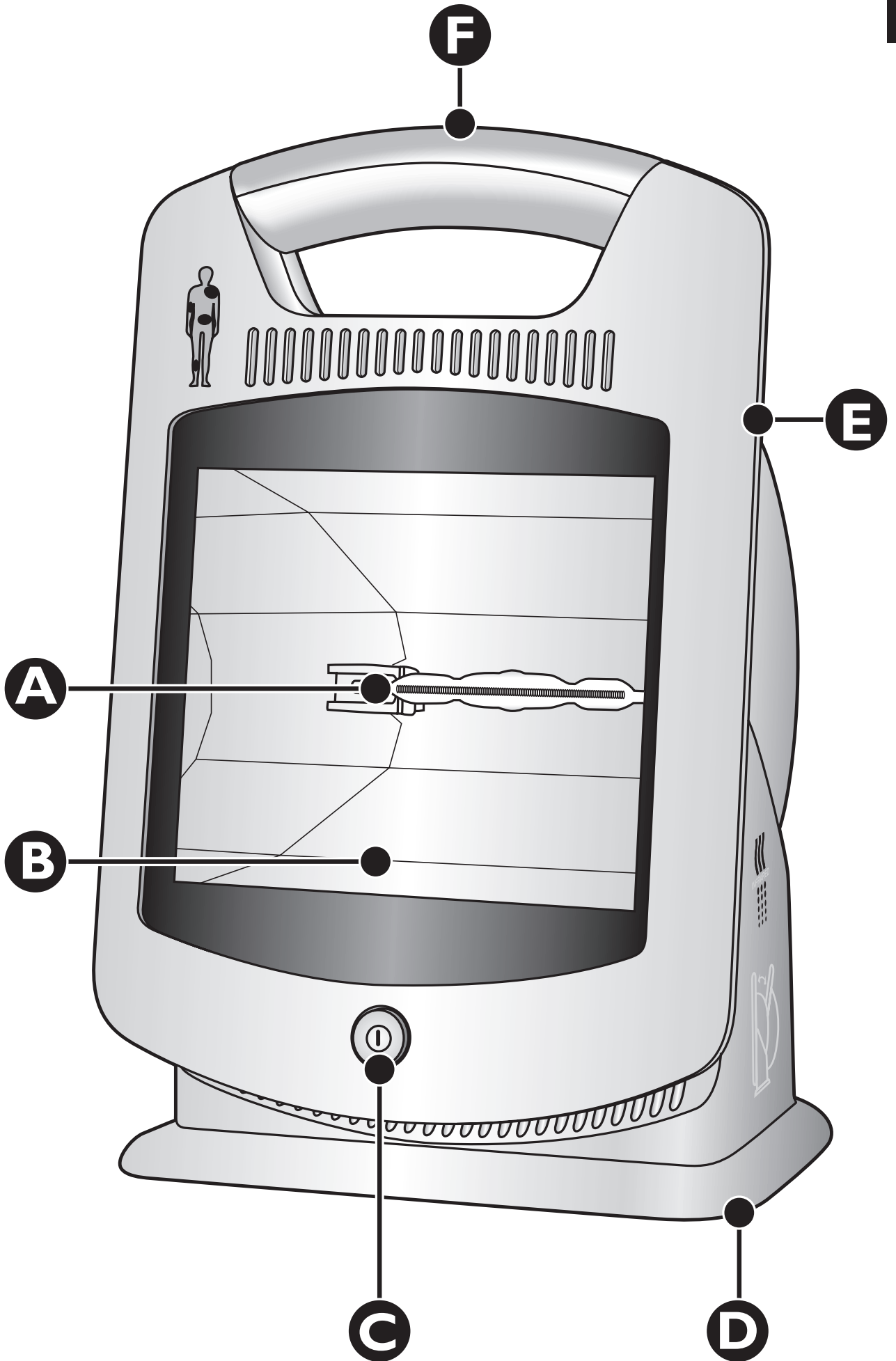


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HP3621



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## Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at [www.philips.com/welcome](http://www.philips.com/welcome).

With the InfraCare, you can comfortably treat muscular problems and relieve muscular pain at home. Just like the sun, the appliance emits infrared light. The special filter only passes the type of light required to achieve the intended therapeutic effect.

## General description (Fig. 1)

- A** Infrared halogen lamp
- B** Filter
- C** On/off button
- D** Base
- E** Lamp housing with adjustable angle
- F** Handgrip

## Important

### General

- The symbols on the InfraCare have the following meaning:
  - 1 This symbol warns you against hot surfaces (Fig. 2).
  - 2 This symbol indicates that you have to read the user manual carefully before you use the appliance. Save the user manual for future reference (Fig. 3).
  - 3 This symbol indicates that this appliance is double insulated (Class II) (Fig. 4).
- This appliance meets the requirements of Medical Device Directive MDD93/42/EEC.

### Danger

- Water and electricity are a dangerous combination! Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).
- Do not let water run into the appliance or spill water onto the appliance.

### Warning

- Check if the voltage indicated on the appliance corresponds to the local mains voltage before you connect the appliance.
- If the mains cord is damaged, you must have it replaced by Philips, a service centre authorised by Philips or similarly qualified persons in order to avoid a hazard.
- Do not leave the appliance unattended when it is switched on.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This appliance is not intended for use by children. Children should be supervised to ensure that they do not play with the appliance.

### Caution

- If the wall socket used to power the appliance has poor connections, the plug of the appliance becomes hot. Make sure you plug the appliance into a properly connected wall socket.
- Do not subject the appliance to heavy shocks.
- Always unplug the appliance after use and in case of a power failure.
- Place the appliance on a stable, level surface. Make sure there is at least 15cm free space around it to prevent overheating.
- Do not use the appliance at room temperatures lower than 10°C or higher than 35°C.
- Make sure the vents in the back of the appliance remain open during use.
- The appliance is equipped with an automatic protection against overheating. If the appliance is insufficiently cooled (e.g. because the cooling vents are covered), the appliance switches off automatically. Unplug the appliance and remove the cause of overheating. Once the appliance has cooled down, it can be switched on again. To do so, plug the appliance in again and press the on/off switch.
- Let the appliance cool down for approx. 15 minutes before you clean or store it.
- If you have just been swimming or have just taken a shower, make sure you dry your skin properly before you use this appliance.
- To prevent eye damage, do not look into the light of the lamp when it is on. Keep your eyes closed.
- The filter and the parts directly around it become very hot when the appliance is switched on. Do not touch them.
- Never use the appliance when the filter is damaged, broken or missing.
- Avoid too intense cooling of the body part immediately after treatment.
- Do not fall asleep during treatment.
- Painkillers reduce the sensitivity to heat. Do not use this appliance when you are on painkillers without having consulted your doctor first.
- If you suffer from a severe disease (e.g. diabetes, heart disease, acute inflammatory diseases, multiple sclerosis, thrombosis, blood coagulation disorders) consult your doctor before use.
- As a general rule, if you cannot stand a hot bath, do not use this appliance. If in doubt, consult your doctor.
- If you are oversensitive or insensitive to infrared light, be extra careful when you use this appliance. If in doubt, consult your doctor.
- Do not use the appliance if you have a swelling or an inflammation, as heat could aggravate the complaints. If in doubt, consult your doctor.
- If there is no improvement after 6-8 treatments, stop using the appliance and consult your doctor.
- To prevent overheating of the skin, avoid very short treatment distances.

### Electromagnetic fields (EMF)

This Philips appliance complies with all standards regarding electromagnetic fields (EMF). If handled properly and according to the instructions in this user manual, the appliance is safe to use based on scientific evidence available today.

## Using the appliance

### The effect of the InfraCare

The InfraCare produces infrared light, which penetrates deeply into the skin and warms the tissues.

Warmth modulates the neuronal signals to the brain and in this way reduces pain. Warming stimulates the blood circulation and dilates the blood vessels, which accelerates the transport of substances necessary to rebuild and nourish the body's tissues. Infrared light also speeds up the metabolic process and the removal of waste substances from the body. Because it makes tissues more pliable, warmth also reduces stiffness and makes joints more flexible.

Because of these effects, treatment with the InfraCare can relieve pain due to muscular and joint problems.

## Therapeutic applications

The InfraCare is a local heat therapy appliance.

Possible applications:

- Treatment for occasional or chronic muscle pains, stiff muscles and stiff joints
- Treatment of lower-back ache (lumbago)
- Treatment of chilblains
- Preparation for another treatment such as a massage
- Treatment of sprains and bruises
- Treatment of common colds
- To relieve pain, e.g. due to rheumatic disorders

► For more information about the health benefits, see [www.philips.com](http://www.philips.com), search word InfraCare (Fig. 5).

## Preparing for use

**1** Fully unwind the mains cord.

**2** Place the appliance on a stable, level surface and make sure there is at least 15cm free space around it to prevent overheating (Fig. 6).

The appliance can be used in many different ways. Below you find some examples.

- To treat a sore shoulder, a sore neck or part of your upper back area, place the appliance on a table, tilt the lamp housing backwards. Sit down on a chair or stool with your back towards the lamp (Fig. 7).
- To treat a lower-back ache, place the appliance on a table beside a chair: Sit down on a chair or stool with your back towards the lamp (Fig. 8).
- To treat a sore elbow, place the appliance on a table and sit down beside it (Fig. 9).
- To treat a sore calf, place the appliance on the floor and tilt the lamp housing backwards. Sit down on a chair or stool (Fig. 10).
- To treat a common cold, place the appliance on a table and sit down on a chair in front of the appliance. Tilt the lamp housing backwards so that the beam of light is directed towards your face (Fig. 11).

**3** To adjust the direction of the light beam, tilt the lamp housing forwards or backwards (Fig. 12).

**4** Sit or lie down at the right distance from the appliance.

- At a distance of 25-30cm to the body, the InfraCare treats an area of about 30cm by 20cm (w x h). At a larger distance, the area treated becomes larger and the infrared light and therefore the heat less intense. At a smaller distance, the area treated is smaller and the infrared light and therefore the heat more intense.
- Make sure the distance between your body and the appliance is large enough to prevent accidental contact with the hot filter.
- Choose a distance at which the heat is comfortable.

*Note: The heat of the appliance does not reach its full intensity until several minutes after you switch on the appliance. This does not mean, however, that the appliance is not effective during these first minutes.*

## Duration of treatment

The duration of the treatment depends on the person to be treated and the type of use. We recommend a few short treatments a day, e.g. 2 treatments of 15 minutes, on a number of consecutive days to get a result.

*Note: Practice has shown that a few short treatments a day produce a better result than one longer treatment.*

If in doubt, always consult your doctor!

## Using the InfraCare

**1** Put the mains plug in the wall socket.

**2** Press the on/off button to switch on the appliance.

## Cleaning

Unplug the appliance and let it cool down for about 15 minutes before you clean it.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

**1** Clean the lamp housing and the base with a moist cloth. Do not let any water run into the appliance.

**2** You can clean the outside of the filter with a soft cloth sprinkled with some methylated spirits.

## Storage

Do not let the cord come into contact with the filter when it is hot.

**1** Unplug the appliance and let it cool down for about 15 minutes before you store it.

- Always lift or carry the appliance by its handgrip (Fig. 13).

**2** Store the InfraCare in a dry place.

## Replacement

### Filter

The filter protects against exposure to undesired light.

If the filter is damaged or broken, do not use the appliance anymore. Contact the Philips Consumer Care Centre for information.

*Note: If the filter breaks or becomes damaged during the guarantee period, contact the Consumer Care Centre to have the appliance replaced.*

### Lamp

The effectiveness of the lamp does not diminish in the course of time.

Do not attempt to replace the lamp if the lamp stops working. Contact the Philips Consumer Care Centre for information.