




BIOLUX_{PRO}

MAX WITH TENS



Ankle

1. Place BioluxPro below the knee and covering the ankle. You can do this lying down or use the elastic to adjust it.
2. You can place the electrodes on the muscle(s) you want to relax or stimulate. This is complementary and not mandatory to achieve the expected results from the red light.
3. Press  select ALL.
4. Press  select 20 mins.
5. Press  select L08.
6. If you placed the electrodes, press M for 3 seconds to turn them on, choose the program that suits you best and use +/- to increase or decrease the intensity.
7. If you feel too much heat during the process, press F at 40Hz. to pulse the light.
8. Repeat this process two or three times a day for five days.



Proper hydration enhances results

This does not suggest or replace any medical treatment

