

# DuoCare 904 Fibromyalgia, Pain and Inflammation Treatment



## Fibromyalgia Treatment

Pain levels vary significantly between individuals with Fibromyalgia and can also vary within the same individual day to day. Infrared laser therapy is painless, making it a popular choice during flare-ups. During an acute flare-up, we recommend you treat using a lower Depth Setting (for instance, if you are experiencing a flare-up of your deep hip muscle/s, which you would usually treat on the Deep Depth Setting, use the Intermediate Depth Setting instead, and move the device after 60 seconds, as opposed to 120 seconds).

Email SYMBYX Clinical Support with any questions at: [clinicalsupport@symbyxbiome.com](mailto:clinicalsupport@symbyxbiome.com).

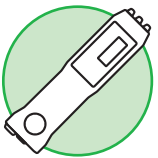
### First Treatment

We recommend the top 3 most painful areas any one session. For your first treatment, treat a maximum of 2–3 points, per region of the body. The total treatment time will last 45 seconds–up to 20 minutes, depending on the depth and body part chosen.

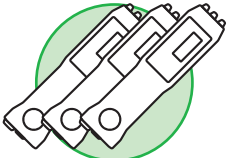
### Following Treatments

If the first treatment is tolerated well (ie, pain-free), increase the treatment points for the second session by 1–2 additional points. With each session, you may increase the treatment points up to a maximum of 4 points for a small region of the body (e.g. Achilles tendon, open wound, wrist), and up to 5–10 points for a larger region of the body (e.g. low back or hamstring muscle). If you are treating 3 body parts in any one session, treat up to a maximum treatment of 30 minutes.

## Frequency



1–3 treatments/week with one day of rest between treatments.



During acute flare-ups you can perform 3–5 treatments/week.

## Safety Precautions & Contraindications

Please review the Safety Precautions and Contraindications page on our website and the Instruction Manual before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt.

A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. Safety glasses (provided) are required while operating the DuoCare 904.

**Do not** use the device in contact with sensitive or broken skin (including open wounds). For treatment of these, hold the device a few centimetres above the area so the laser is not in contact with the skin.

**Do not** use the device in contact with eyelids.

**Do not** view the divergent beam with magnifiers. Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury.

If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at [clinicalsupport@symbyxbiome.com](mailto:clinicalsupport@symbyxbiome.com) for further instructions.



Scan the QR code to watch the video:  
How to use the DuoCare laser for pain & inflammation around your body

To learn more about SYMBYX, visit our website and follow us on social media



### Contact Information

SYMBYX Customer Care

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## How to Use

### Pain and Inflammation

### Turn on the DuoCare 904

- 1 Insert key provided into the slot and turn clockwise.
- 2 An orange light will illuminate directly below the key.
- 3 Press down on the round black POWER button until a small green light is illuminated within the button.
- 4 The DuoCare 904 will beep twice and the display screen will show that it is now ready to start treatment. All digital settings should be at zero.

### Start Treatment

- 5 Set the Depth Setting appropriate for the part of the body you are treating.
- 6 Press the laser end of the DuoCare 904 onto the part of the body you wish to treat.
- 7 Press the Start Button to commence treatment

You can find instructions for of which Depth Setting to use on page 17 of Instruction Manual. Email SYMBYX Clinical Support with any questions at [clinicalsupport@symbyxbiome.com](mailto:clinicalsupport@symbyxbiome.com).

### First Treatment

Treat for a maximum of 2–3 points, per region of the body. The total treatment time will last 45 seconds–3 minutes, depending on the depth chosen.

### Following Treatments

If the first treatment is tolerated well (ie, pain-free), for the second session increase the treatment by 1–2 additional points. With each session, you may increase the treatment points up to a maximum of 4 points for a small region of the body (e.g. Achilles tendon, open wound, wrist), and up to 5–10 points for a larger region of the body (e.g. low back or hamstring muscle). If you are treating 3 or more areas in one session, treatment time is limited to a maximum of 30 mins.

### Frequency

- Acute pain conditions (< 30 days duration):  
3–5 treatments per week.
- Chronic pain conditions (> 30 days duration):  
1–3 treatments per week, with one day of rest between treatments.
- We recommend that you treat for up to 3 weeks and then have a break for 2-3 weeks before recommencing.

### Turn off the DuoCare 904

1. Turn off the DuoCare 904 using the POWER button 3.
2. The green light within the POWER button will now turn off
3. Turn key 1 anti clockwise.
4. To double check the laser has been turned off, the light underneath the key slot will not be illuminated 2.

### Acute Swelling

- When applying the laser to a body area with acute swelling, keep moving the DuoCare 904 with light pressure, rather than holding it still, for a total treatment time of 2 minutes (using the Superficial setting).
- If applying the laser directly onto the skin is too painful, hold the laser slightly off the skin to ensure more comfortable application.
- Commence with daily application for the first 3 days (if tolerated) followed by every 2 days for 1 week.
- THEN use the device 1–2 times a week for as long as condition persists.
- » Acute conditions require approximately 2–4 treatments.
- » Chronic injuries generally require more, 5–10 treatments.

### Charging the Battery

1. Turn off the device with the key switch and remove the key 1.
2. Connect the cable of the battery charger to the DuoCare 8.
3. Connect the charger to the mains power via wall-socket.
4. Check that the light on the battery charger is lit. The red light indicates charging of battery. This light will turn green once the battery is fully charged.
5. If the light on the charger is not lit—neither green nor red—then the charger is not functioning as intended. Contact SYMBYX Customer Care for support via: [info@symbyxbiome.com](mailto:info@symbyxbiome.com)

NOTE: THE DEVICE CAN BE USED WHEN CONNECTED TO THE CHARGER, AS WELL AS DURING CHARGING.