

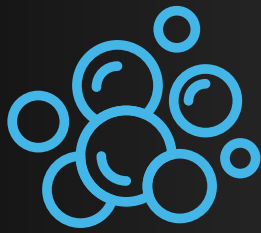
HOW TO USE THE RED LIGHT PELVIC WAND

4:8 PHYSIO

PHYSICAL THERAPY &
FITNESS SOLUTIONS



4:8 PHYSIO



CLEANSE PELVIC AREA

Before your session, make sure you have washed your pelvic area with soap and water.

PREPARE FOR COMFORT

Get comfy and use a water-based lubricant to assist with pelvic wand insertion if needed.



INSERT THE WAND

Insert the wand into your vagina to a comfortable level.

SAFETY CONSIDERATIONS

If you are sensitive to light or are using medications that increase light sensitivity you may need to reduce treatment time, interval, and/or frequency, as well as reduce light intensity.

Please don't exceed the recommended treatment times and frequency - your body needs time to respond to the light therapy.

Do not use on open wounds.

Don't use this wand with lotions or balms that contain heat producing ingredients.

Only use your red light therapy wand with a water based lubricant.

If you're pregnant, we recommend checking with your health care provider to see if they think it's appropriate for you to use the Fringe Light Therapy Pelvic Wand.

4:8 PHYSIO

THE WAND DELIVERS THREE WAVELENGTHS OF LIGHT VIA THREE DIFFERENT MODES

MODE 1: DEEP REJUVENATION

RED & NEAR-INFRARED LIGHT (630NM ≤ 830NM)

Mode 1 delivers both red (630nm) and near infrared (830nm) light to the pelvic tissues. This mode may help with pelvic pain and inflammation, bladder and muscle health, optimizing the vaginal microbiome, increasing the production of collagen and elastin, and improving blood flow and tissue health.

Use Mode 1 for deep pelvic rejuvenation if you are NOT sensitive to light or heat.



MODE 2: ANTIMICROBIAL

BLUE LIGHT (415 NM)

Mode 2 delivers blue light (415nm) to the pelvic tissues. This mode may support the destruction of microbes including fungus and bacteria and healing from yeast infections and bacterial vaginosis.



MODE 3: REJUVENATION

RED LIGHT (630 NM)

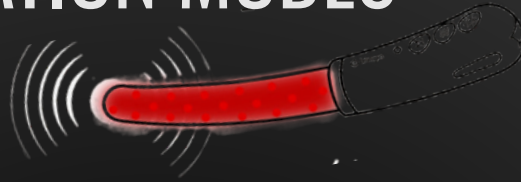
Mode 3 delivers only red (630 nm) light to the pelvic tissues. This mode may help with pelvic pain and inflammation, bladder and muscle health, optimizing the vaginal microbiome, increasing the production of collagen and elastin, and improving blood flow and tissue health.

Use Mode 3 for pelvic rejuvenation if you ARE sensitive to light or heat.



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YOU CAN ALSO CHOOSE FROM FOUR DIFFERENT VIBRATION MODES



MODE 1: 10 HZ

DEFAULT MODE

Mode 1 provides very low frequency vibration which may help to support muscle relaxation and pain reduction.

MODE 2: 50 HZ

PAIN REDUCTION MODE

Mode 2 provides low to moderate frequency vibration which may help to support muscle relaxation, reduce pain, and increase awareness of pelvic muscle function. Mode 2 can be combined with gentle pelvic floor exercises.

MODE 3: 90 HZ

GENTLE BIOFEEDBACK MODE

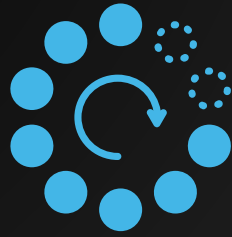
Mode 3 provides moderate to high frequency vibration that increases awareness of pelvic muscle function and may help to support pelvic muscle contraction. Mode 3 can be combined with moderately active pelvic floor exercises.

MODE 4: 120 HZ

INTENSE BIOFEEDBACK MODE

Mode 4 provides high frequency vibration that may help to support strengthening of pelvic muscles. Mode 4 can be combined with active pelvic floor exercises.

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GRADUALLY INCREASE SESSION DURATION

Gradually work your way up to the recommended time of 10-20 minutes per day.

CONSISTENCY

For best results we recommend using pelvic light therapy 3 to 5 times per week.



CONGRATULATIONS ON TAKING ACTIONABLE STEPS TOWARD BETTERING YOUR PELVIC HEALTH!

We're so excited you've chosen to prioritize your pelvic health with this powerful healing tool. Red light therapy increases blood flow, reduces inflammation, supports tissue healing, and helps calm overactive or painful pelvic floor muscles. When paired with pelvic floor physical therapy (PFPT), the results are even more effective - helping improve muscle coordination, reduce pain, support bladder and bowel function, and enhance intimacy.

At 4:8 Physio, our expert pelvic floor therapists offer both in-person and Telehealth sessions, so you can get the care you need, wherever you are.

Ready for more?

Visit pt48physio.com or call 850-312-8747 to schedule your PFPT appointment today.

**WE'RE HERE TO SUPPORT YOUR HEALING JOURNEY -
YOU ARE WORTH IT!**