



SHOULDER, NECK & UPPER-BACK THERAPY WRAP USER MANUAL

IMPORTANT SYSTEM INFORMATION

This publication contains the hardware specifications, operation protocols, and compliance directives. Please read completely before initializing treatment.

A Note from the Founder

The best results with red light therapy come from using it regularly and finding the rhythm that works for you. We usually recommend using your Shoulder, Neck & Upper-Back Recovery Wrap three to four times a week. If your aches or discomfort are mild, try using it on level 3 for up to 30 minutes. If you're dealing with more noticeable inflammation, pain or soreness, you may prefer level 5 for 15-20 minutes.

Everyone's body is different, so please take a little time to experiment with the setting and duration that feels right for you. For the best results, use it consistently over the areas that feel sore, tired or achy. Like most good things, red light therapy works best when it becomes part of your regular routine. We really hope you love using your Shoulder, Neck & Upper-Back Recovery Wrap as much as we do.

Corporate Brand Philosophy

In ancient Japan, Misogi was a structured ritual of spiritual and physical purification. In our modern high-stress environment, natural cellular energy is progressively depleted, giving rise to inflammatory markers. Misogi Health incorporates advanced photobiomodulation (PBM) emitting 660 nm (red) and 850 nm (near-infrared) light spectra. This targeted radiation penetrates deep into subcutaneous structures, activating cellular mitochondria, stimulating ATP production, and reducing local inflammation.

1 System 06: Shoulder, Neck & Upper-Back Therapy Wrap (MHSNM)

A premium targeted phototherapy brace engineered for deep articular joint restoration, dynamic thermal recovery, and shoulder muscle rehabilitation.

1.1 Technical Parameters

Specification Variable	Measurement / Rating
Product Name	Shoulder, Neck & Upper-Back Recovery Wrap
Product Model	MHSNM
LED Assembly	76 active deep-spectrum modules (660 nm × 76 pcs + 850 nm × 152 pcs)
Voltage / Input Rating	5V / 2A
Rechargeable Battery Capacity	5000 mAh heavy-duty cordless power bank
Temperature Intervals	45°C — 50°C — 55°C
Vibration / Light Levels	Vibration: M1-M3 Red Light: L1-L5 (L0 Standby)

1.2 Operation & Controller Protocols

1. System Initialization: Press and hold the primary power button for 3 seconds to initialize. If the controller screen does not activate normally, completely recharge the system using the provided Type-C cable prior to operation.
2. Vibration Wave Modulation: Tap the wave-shaped vibration level button (lower-left corner) to cycle sequentially through the 3 independent mechanical wave levels (M1, M2, M3).
3. Phototherapeutic Intensity: Click the centralized sun-shaped button to activate and adjust the deep-spectrum red light delivery across 5 programmatic output tiers (L1, L2, L3, L4, L5).
4. Thermal Management: Engage the temperature control key (lower-right corner) to cycle through the calibrated thermal recovery zones: 45°C, 50°C, and 55°C.
5. Safety Lock Protocol: Press the power button once to activate the accidental-touch lock mode. A lock icon will appear on the display matrix, and all controller keys will temporarily freeze to preserve selected thresholds.
6. System Shutdown: Press and hold the power button for 3 seconds to systematically power off the module. The system features integrated auto-shutoff logic that safely terminates active therapy cycles after 30 minutes of continuous use.

Note: The Shoulder Recovery Pad is built for fully cordless use. It must not be connected to a wall outlet or live power source during therapeutic treatment sessions.

2 Safety Precautions & Exclusion of Medical Liability

2.1 Strict Contraindications

Misogi Health systems are not suitable for patients with active cardiac pacemakers, implantable cardioverter-defibrillators (ICDs), artificial hearts, or other critical life-sustaining medical implants. Do not place phototherapy elements directly over known malignant lesions or active open wounds.

2.2 Disclaimer of Liability

The therapeutic devices described in this manual are wellness products designed solely for general cellular recovery and skin/muscle toning. They do not possess medical registration, credentials, or clinical clearance to diagnose, treat, prevent, or cure any disease or pathological condition. The parent manufacturer and its distribution entities offer no warranties, express or implied, regarding physical healing, dermatological diseases, cognitive therapies, or clinical efficacy. Any medical application is conducted entirely at the user's discretion and must be strictly monitored by licensed healthcare practitioners.