

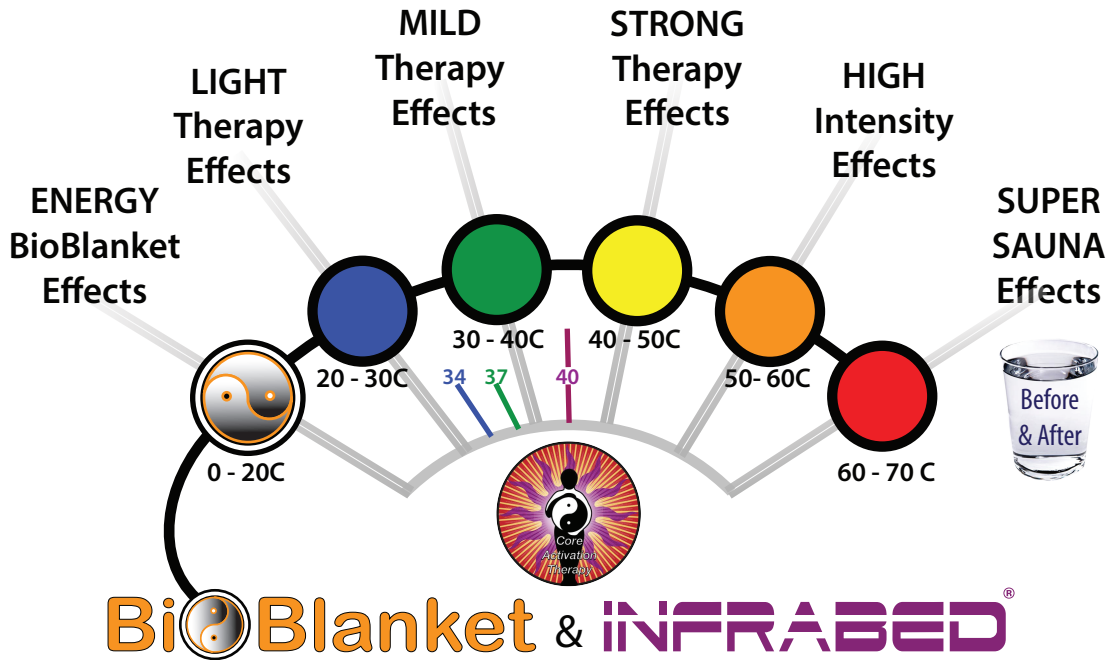
InfraBed ACHE Strategy



Start Low & Go Slow Stay Well Hydrated



Energetic Holistic Chronic Acute



Core Activation Therapy

- Acute** 1+ hours at 30 degree
- Chronic** 2+ hours at 40+ degree
- Holistic** 4+ hours at 30+ degree
- Energetic** 8+ hours at 30 degree

Set TIME - push Timer Button from 1 to 12 hours
 Set TEMP - roll Temp Wheel from 30 to 70 degrees



Highly Acute new tissue injuries - Do NOT use High Heat immediately.
 Chronic older Injuries that are flaring up and painful - Treat as Chronic.
 Use higher temperatures, over shorter periods, for smaller focus areas.
 Achieve whole body therapy at lower temperatures for longer periods.