



CareWear®

Wearable Therapeutics™



Anatomical Area

Treatment Guide

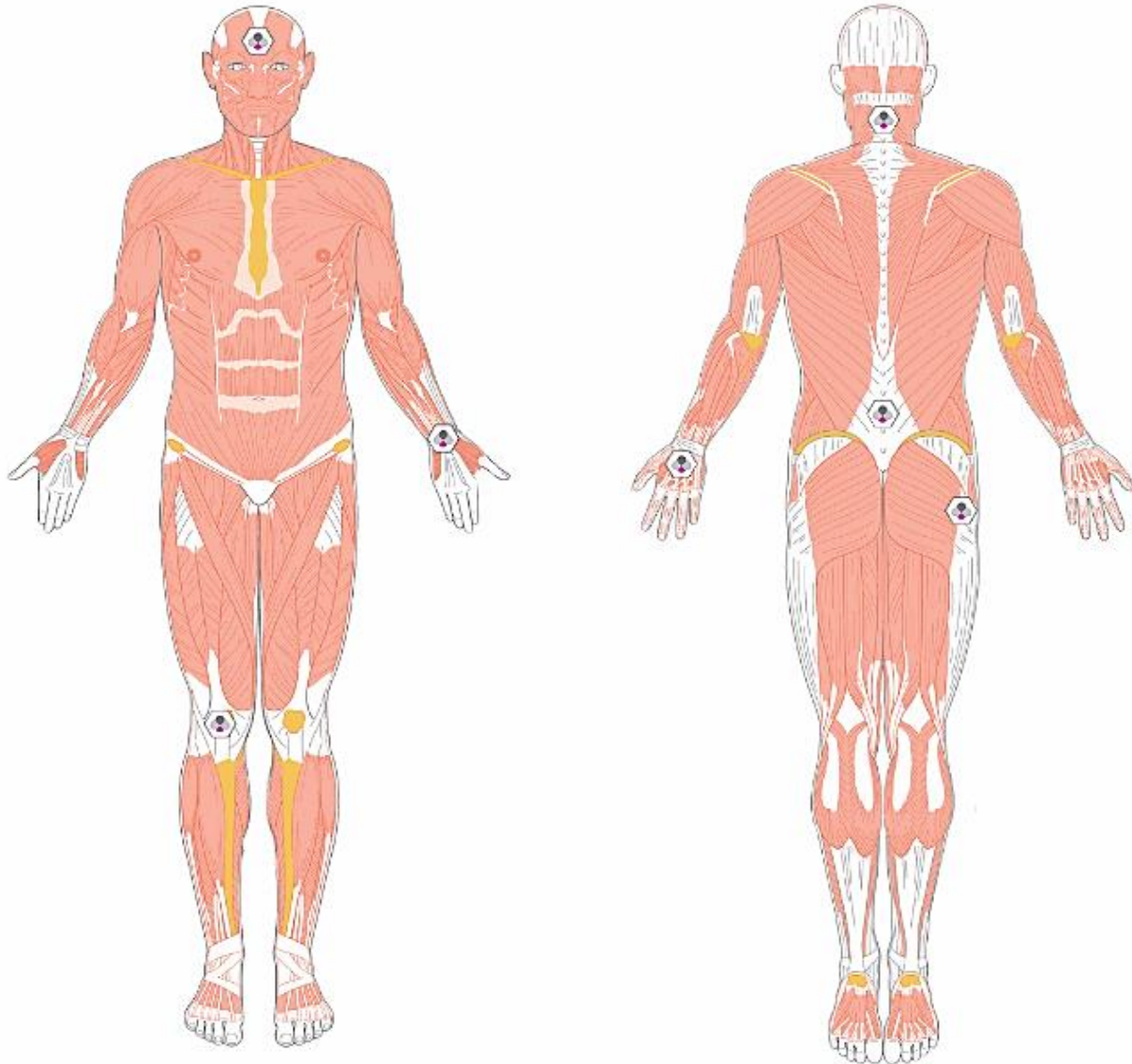
1. Back
2. Hand
3. Head/TMJ
4. Hip
5. Knee
6. Neck
7. Wrist

PhotoBioModulation Information

1. Contraindications & Precautions
2. Dosage Guidelines
3. Indications for Use

Research

Disclaimer



Buttock >

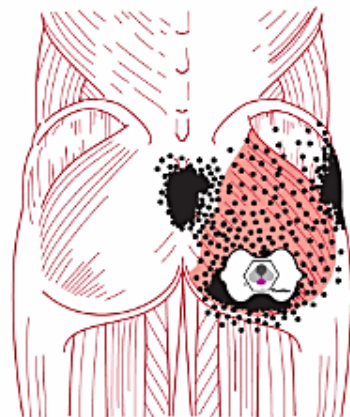
Buttock and Leg >

Low Back >

Low Back Radiculopathy >

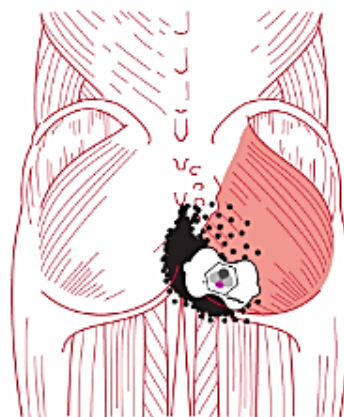
Sacral >

ISCHIAL TUBEROSITY



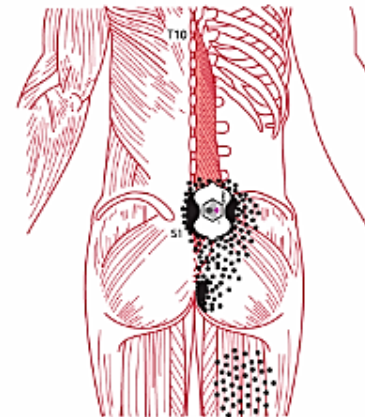
GLUTEUS MAXIMUS

COCCYX



GLUTEUS MAXIMUS

COCCYX & SI JOINT



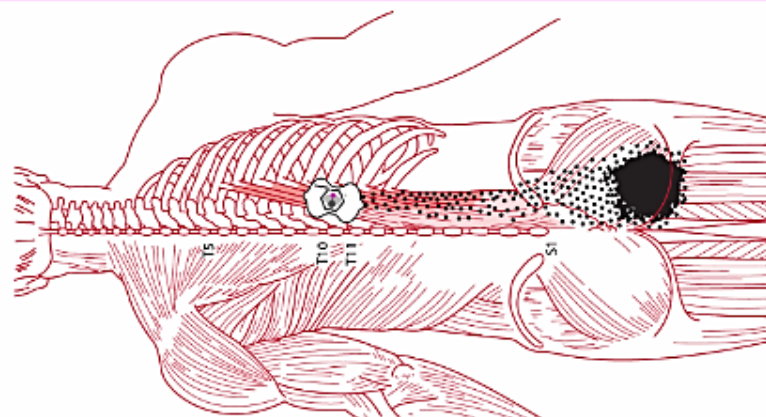
LUMBAR MULTIFIDUS

PAIN MANAGEMENT

Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.

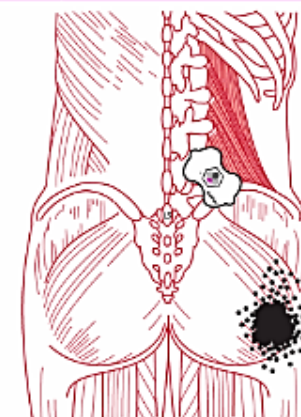
Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.

LOWER BUTTOCK



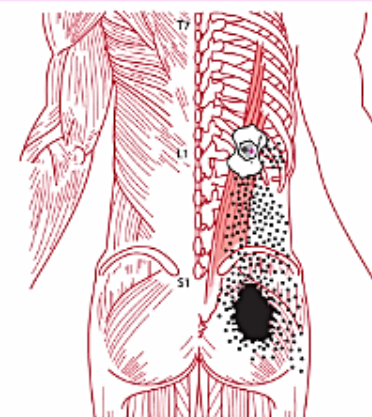
LONGISSIMUS THORACIS

LOWER BUTTOCK



QUADRATUS LUMBORUM

MID BUTTOCK



ILOCOSTALIS LUMBORUM

Buttock >

Buttock and Leg >

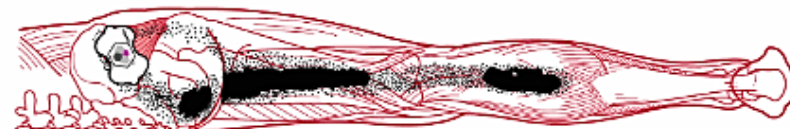
Low Back >

Low Back Radiculopathy >

Sacral >

BUTTOCK & POSTERIOR LEG

PAIN MANAGEMENT



GLUTEUS MINIMUS (POSTERIOR)

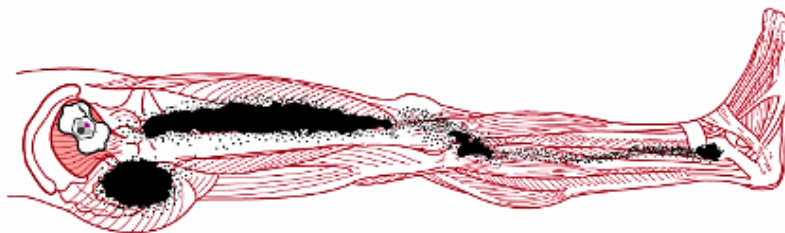


PIRIFORMIS

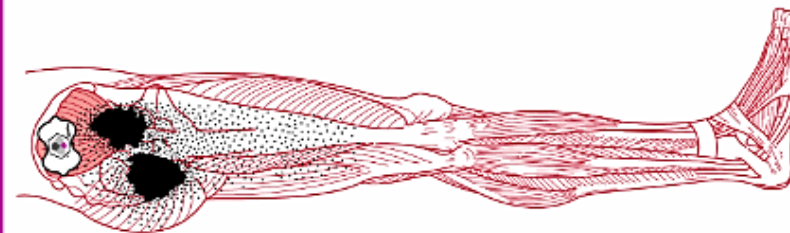
Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.

Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.

BUTTOCK & LATERAL LEG



GLUTEUS MINIMUS (ANTERIOR)



GLUTEUS MEDIUS

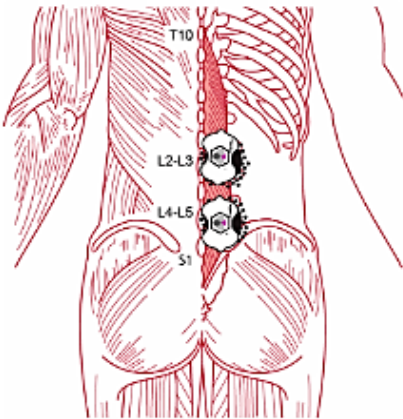
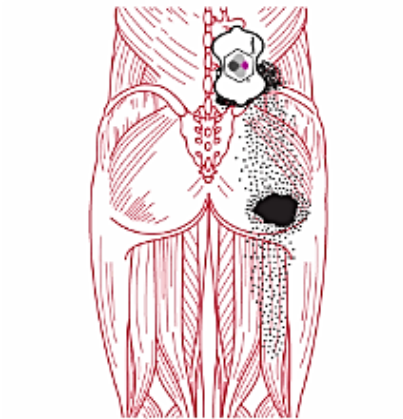
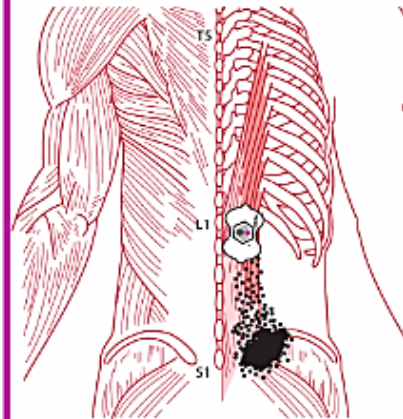
Buttock >

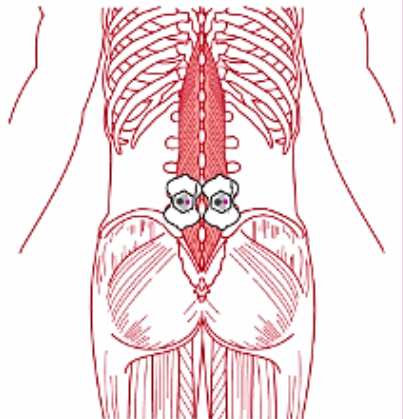
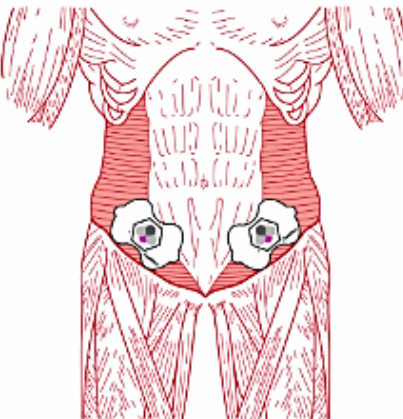
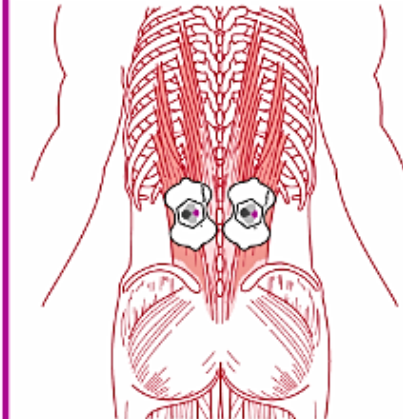
Buttock and Leg >

Low Back >

Low Back Radiculopathy >

Sacral >

LOW BACK	LOW BACK & BUTTOCK	LOW BACK	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
LUMBAR MULTIFIDUS	L4-L5 FACET OA	LONGISSIMUS THORACIS	

LOW BACK STABILIZATION	LOW BACK STABILIZATION	TRUNK EXTENSION	MUSCLE RECOVERY
			<p>Apply light patch to muscle belly 0 to 4 hours before exercise (preferred).</p> <p>If unable, apply immediately after exercise.</p>
LUMBAR MULTIFIDUS	TRANSVERSUS ABDOMINIS	ERECTOR SPINAE	

Buttock >

Buttock and Leg >

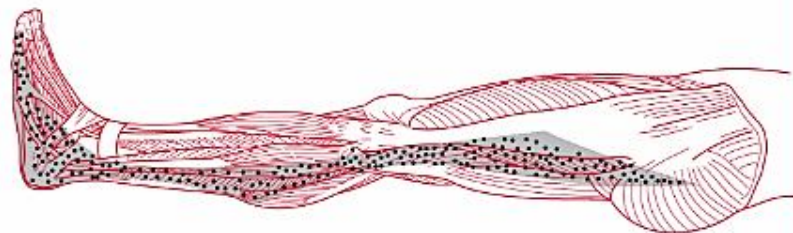
Low Back >

Low Back Radiculopathy >

Sacral >

S1 RADICULOPATHY

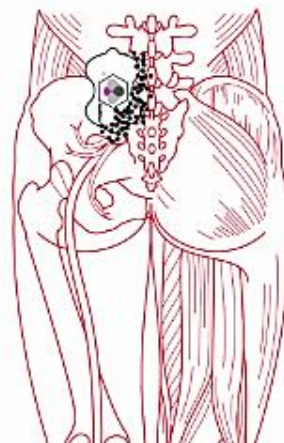
PAIN MANAGEMENT



Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.

Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.

L5 RADICULOPATHY



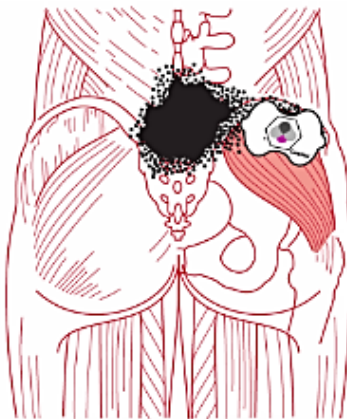

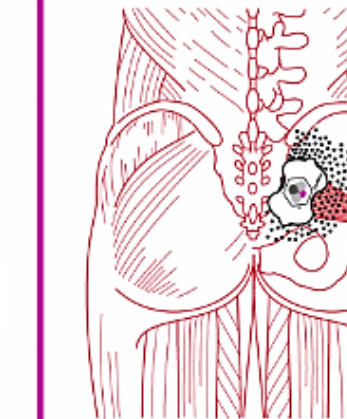

Buttock >

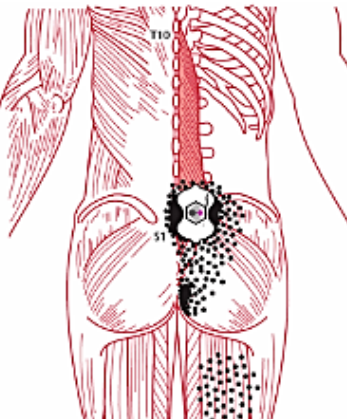

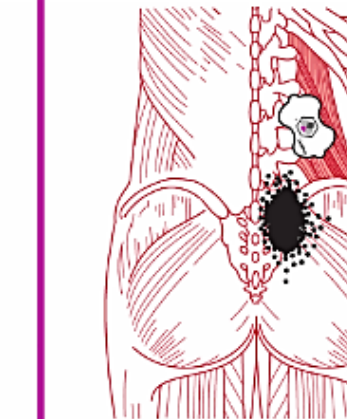
Buttock and Leg >

Low Back >



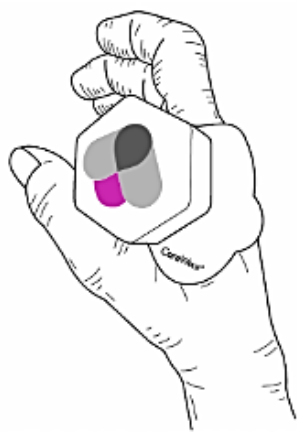
Low Back Radiculopathy >

Sacral >

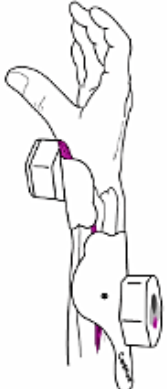
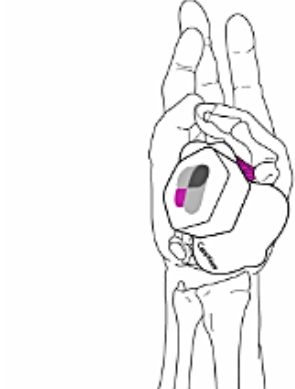
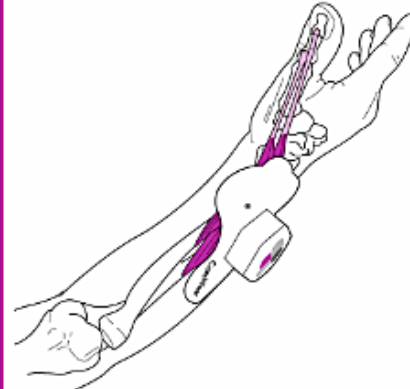
SACRUM	SACRUM & BUTTOCK	SACRUM	SI JOINT
			
GLUTEUS MEDIUS	GLUTEUS MAXIMUS	PIRIFORMIS	SOLEUS

SI JOINT & COCCYX	SI JOINT & SACRUM	SI JOINT	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
LUMBAR MULTIFIDUS	GLUTEUS MEDIUS	QUADRATUS LUMBORUM	

CareWear[®] Thumb Arthritis Pain & Recovery Guide

BASE OF THUMB PAIN	DISTAL THUMB PAIN	INDEX FINGER MCP FLEXION & ABDUCTION	PAIN & INJURY
 <p>CMC JOINT</p>	 <p>IP JOINT</p>	 <p>1ST DORSAL INTEROSSEI</p>	<p>INJURY Apply light patch to clean unbroken skin directly over the injured tissue as soon as possible following injury. Treat twice daily for the first 3-4 days then daily until resolved.</p> <p>PAIN Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
Wearable Therapeutics		carewear.net	
			TA-APP-EN-1A

CareWear[®] Thumb Arthritis Pain & Recovery Guide

THUMB ABDUCTION	THUMB OPPOSITION, FLEXION & ADDUCTION	THUMB EXTENSION	MUSCLE RECOVERY
 <p>ABDUCTOR POLLICIS BREVIS & LONGUS</p>	 <p>ADD & OPONENS POLLICIS FLEXOR POLLICIS BREVIS</p>	 <p>EXTENSOR POLLICIS LONGUS & BREVIS</p>	<p>Apply light patch to clean unbroken skin directly over the muscle belly 0 to 4 hours before exercise (preferred). If unable, apply immediately after exercise.</p> <p>During strenuous exercise, apply light patch before, as well as after exercise.</p>
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			TA-APP-EN-1B

Eye Ache >




Head Ache (Cervicogenic) >

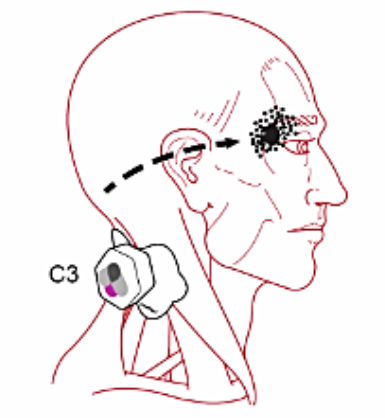
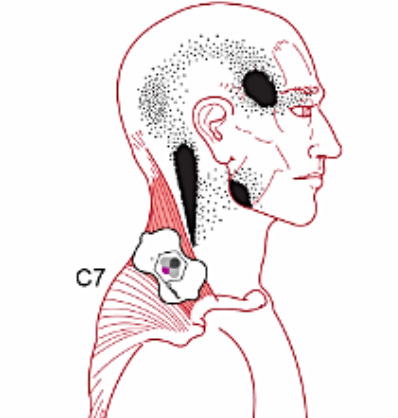
Head Ache (Migraine) >

Head Ache (Side) >

Head Ache (Tension) >

Temporomandibular Disorder >

PAIN IN EYE	PAIN IN EYE	HEAD WRAP	PAIN MANAGEMENT
 <p data-bbox="777 599 1159 628">STERNOCLEIDOMASTOID (STERNAL)</p>	 <p data-bbox="1184 599 1579 628">OCCIPITALIS</p>	 <p data-bbox="1605 599 2012 628">OCCIPITALIS</p>	<p data-bbox="2051 178 2395 342">Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p data-bbox="2051 378 2395 535">Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>

BACK OF EYE	BACK OF EYE		
 <p data-bbox="777 1292 1159 1320">C3 SPLENIUS CERVICIS (UPPER)</p>	 <p data-bbox="1184 1292 1579 1320">C7 TRAPEZIUS (UPPER 1)</p>		

Eye Ache >


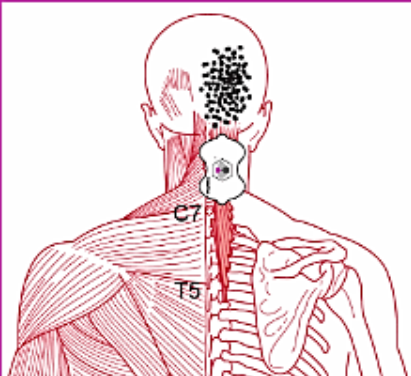

Head Ache (Cervicogenic) >


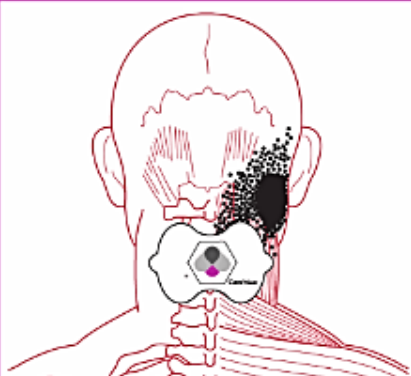
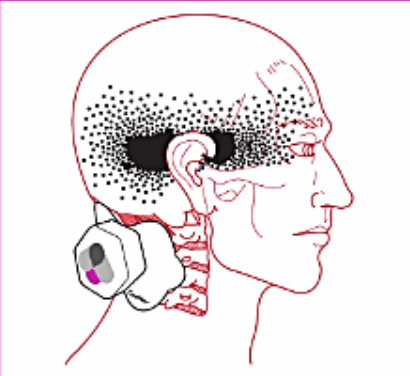
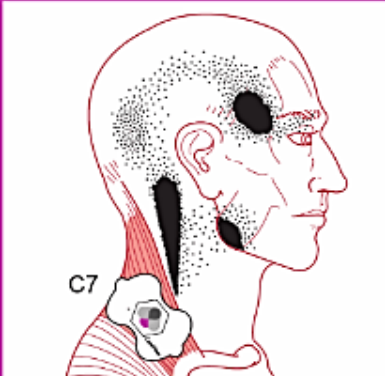
Head Ache (Migraine) >

Head Ache (Side) >

Head Ache (Tension) >

Temporomandibular Disorder >

TOP OF HEAD	BACK OF HEAD	FOREHEAD	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
SPLЕНИUS CAPITIS	SEMISPINALIS CERVICIS (UPPER) & CAPITIS (MIDDLE)	STERNOCLEIDOMASTOID (LOWER)	

BASE OF HEAD	BASE OF HEAD	SIDE OF HEAD	NECK & TEMPLE
			
STERNOCLEIDOMASTOID (UPPER)	C2-C3 FACET JOINT	SUBOCCIPITAL	TRAPEZIUS (UPPER 1)

Eye Ache >

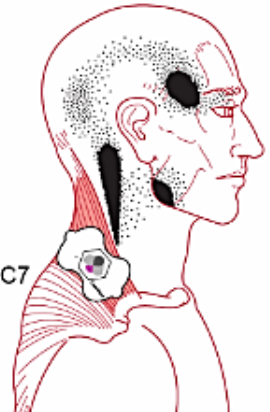
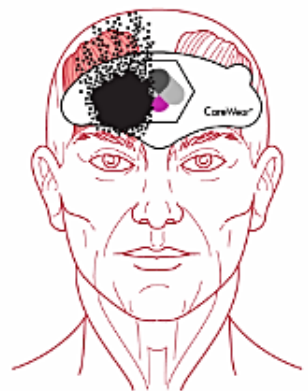
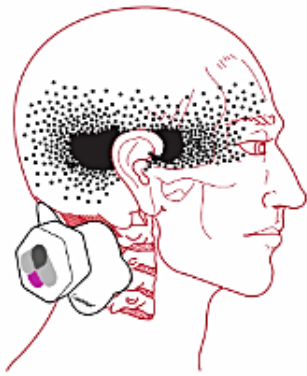
Head Ache (Cervicogenic) >

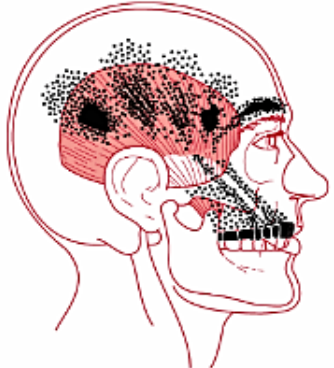
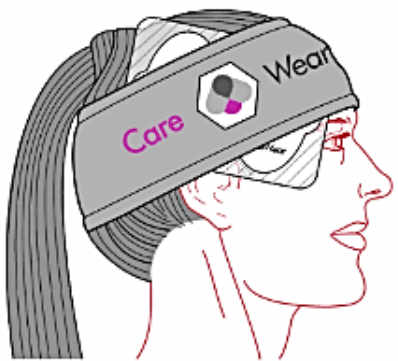


Head Ache (Migraine) >

Head Ache (Side) >

Head Ache (Tension) >

Temporomandibular Disorder >

TEMPLE & BACK OF EYE	FOREHEAD	SIDE OF HEAD	PAIN MANAGEMENT
 <p>C7</p> <p>TRAPEZIUS (UPPER 1)</p>	 <p>FRONTALIS</p>	 <p>SUBOCCIPITAL</p>	<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>

SIDE OF HEAD, ABOVE EYE & UPPER TEETH	SIDE OF HEAD AND PAIN IN EYE		
 <p>TEMPORALIS</p>	 <p>TEMPORALIS</p>	 <p>OCCIPITALIS</p>	 <p>OCCIPITALIS</p>

Eye Ache >

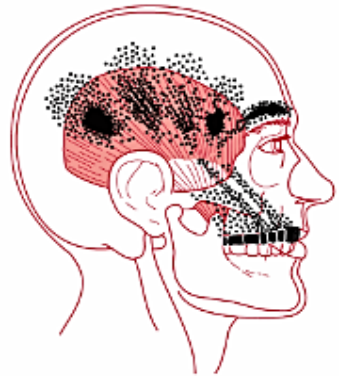
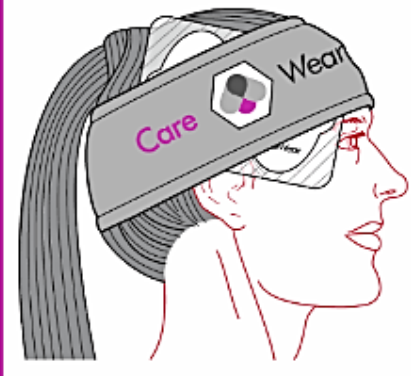
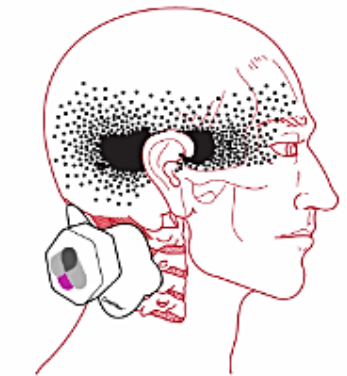
Head Ache (Cervicogenic) >



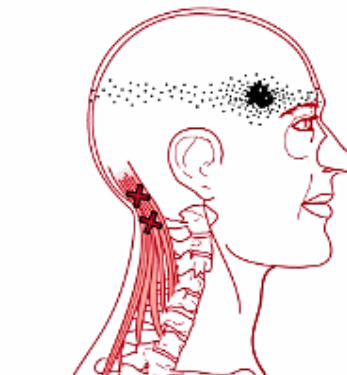
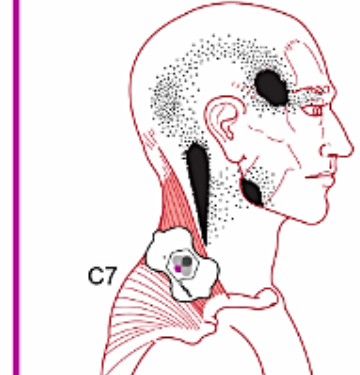
Head Ache (Migraine) >

Head Ache (Side) >

Head Ache (Tension) >

Temporomandibular Disorder >

SIDE OF HEAD	SIDE OF HEAD	SIDE OF HEAD	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
TEMPORALIS	HEAD WRAP	SUBOCCIPITAL	

SIDE OF HEAD, EYE	SIDE OF HEAD	SIDE OF HEAD, TEMPLE	SIDE OF HEAD, TEMPLE
			
OCCIPITALIS	HEAD WRAP	SEMI SPINALIS CAPITIS (UPPER)	TRAPEZIUS (UPPER 1)

Eye Ache >

Head Ache (Cervicogenic) >

Head Ache (Migraine) >

Head Ache (Side) >

Head Ache (Tension) >

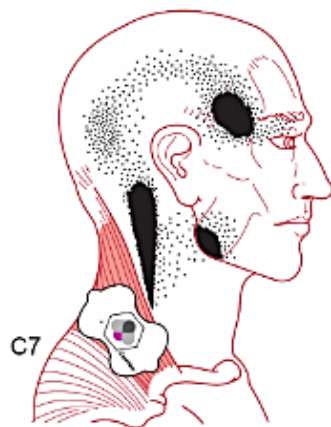
Temporomandibular Disorder >

NECK & TEMPLE

FOREHEAD

FOREHEAD

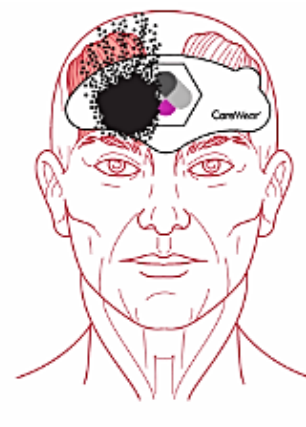
PAIN MANAGEMENT



TRAPEZIUS (UPPER 1)



STERNOCLEIDOMASTOID (LOWER)



FRONTALIS

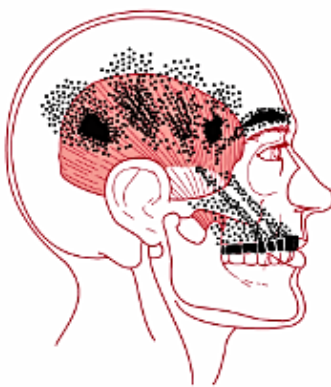
Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.

Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.

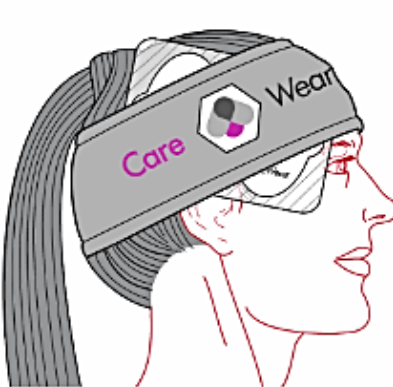
SIDE OF HEAD, ABOVE EYE, UPPER TEETH

TOP OF HEAD

SIDE OF HEAD



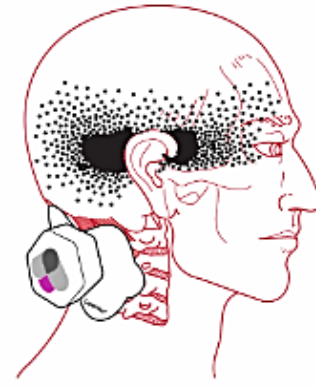
TEMPORALIS



TEMPORALIS



SPLЕНИUS CAPITIS



SUBOCCIPITAL

Eye Ache >



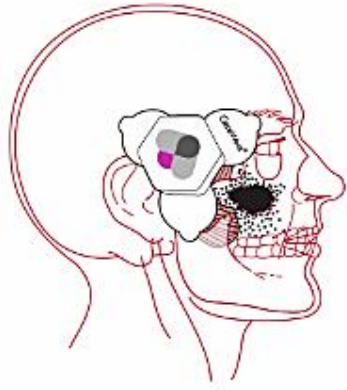
Head Ache (Cervicogenic) >

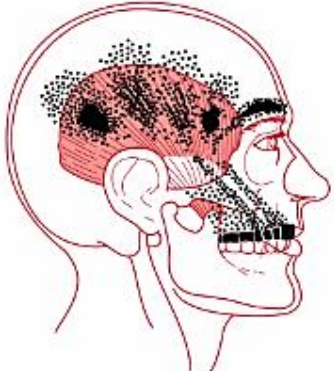

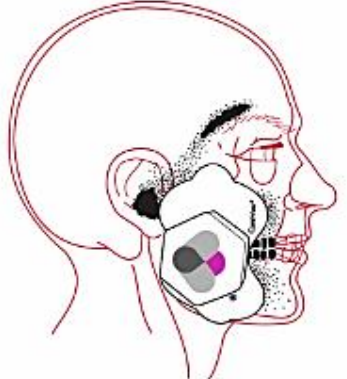
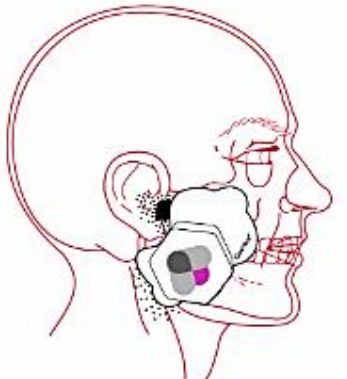
Head Ache (Migraine) >


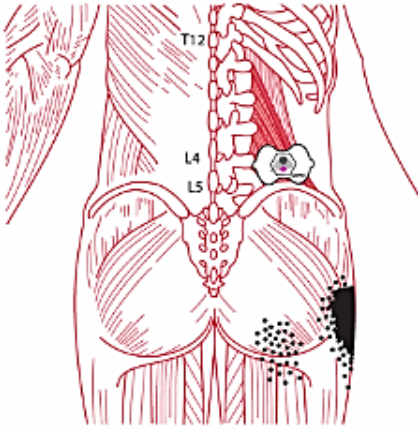
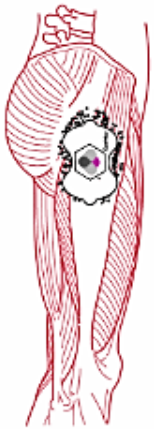
Head Ache (Side) >


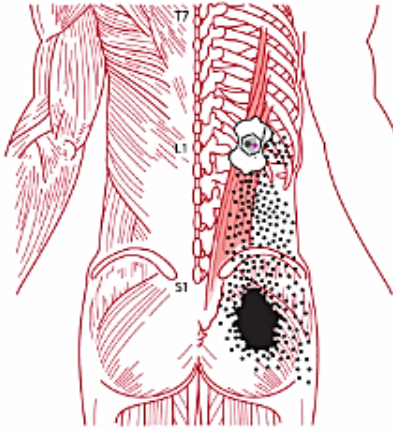
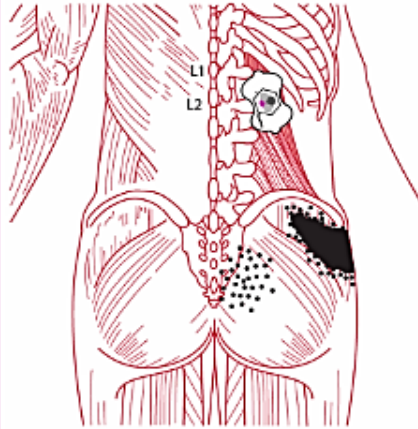

Head Ache (Tension) >

Temporomandibular Disorder >


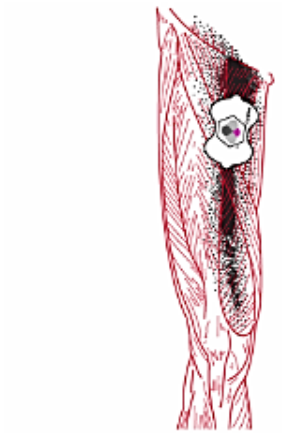
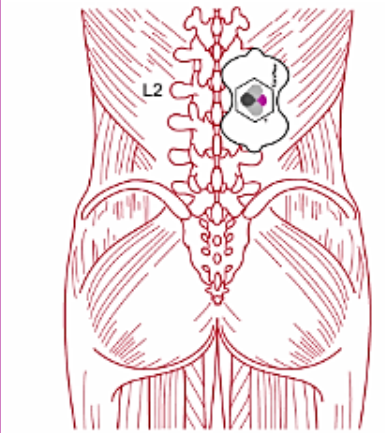
NECK, TEMPLE & JAW	TMJ & UPPER JAW ABOVE & WITHIN EYE	TMJ & CHEEK	PAIN MANAGEMENT
 <p>C7 TRAPEZIUS (UPPER 1)</p>	 <p>STERNOCLEIDOMASTOID (STERNAL)</p>	 <p>PTERYGOID (LATERAL)</p>	<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
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SIDE OF HEAD, ABOVE EYE, UPPER TEETH	TEETH, JAW, TMJ, EAR	TMJ	
 <p>TEMPORALIS</p>	 <p>TEMPORALIS</p>	 <p>MASSETER</p>	 <p>PTERYGOID (MEDIAL)</p>
Wearable Therapeutics	carewear.net		TMD-APP-EN-1B

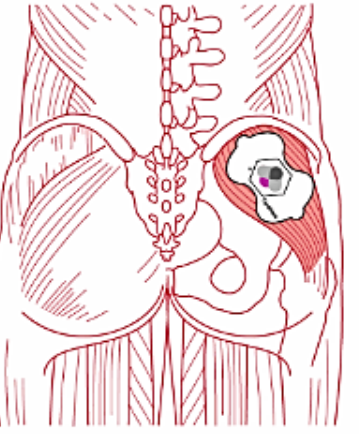
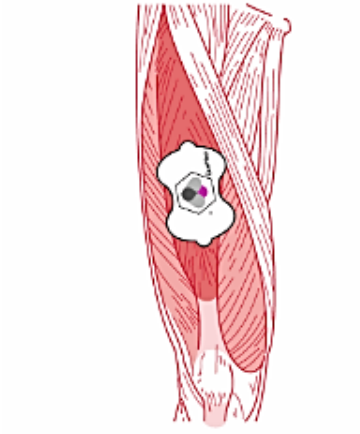
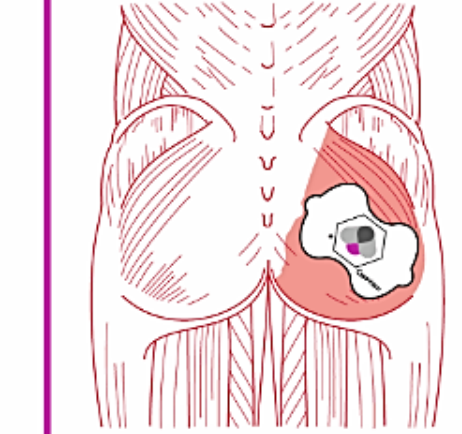
SIDE OF HIP	SIDE OF HIP	SIDE OF HIP	PAIN MANAGEMENT
 <p data-bbox="800 586 1072 611">TENSOR FASCIAE LATAE</p>	 <p data-bbox="1217 586 1505 611">QUADRATUS LUMBORUM</p>	 <p data-bbox="1653 586 1941 611">GLUTEAL TENDINOPATHY</p>	<p data-bbox="2048 154 2390 319">Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p data-bbox="2048 358 2364 524">Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>

POSTERIOR HIP	POSTERIOR HIP	UPPER HIP	ANTERIOR HIP
 <p data-bbox="868 1295 996 1319">PIRIFORMIS</p>	 <p data-bbox="1217 1295 1505 1319">ILICOSTALIS LUMBORUM</p>	 <p data-bbox="1653 1295 1941 1319">QUADRATUS LUMBORUM</p>	 <p data-bbox="2091 1295 2354 1319">ADDUCTOR LONGUS</p>

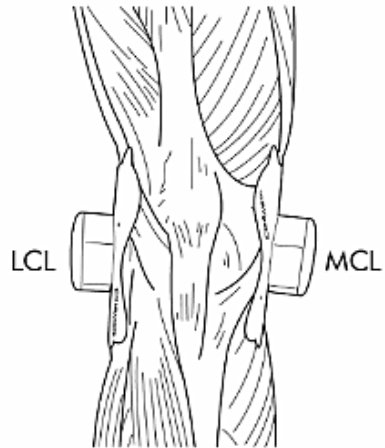
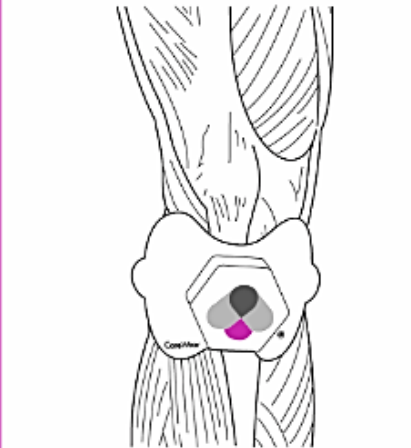
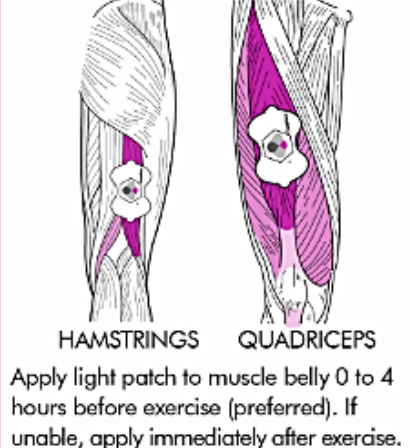
CareWear **Hip Osteoarthritis Treatment Guide**

POSTERIOR HIP	ANTERIOR HIP	ANTERIOR & POSTERIOR HIP	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
PIRIFORMIS	ADDUCTOR LONGUS	L2 DERMATOME	
©2021 CareWear Corp.		carewear.net	
			HOA-APP-EN-1A

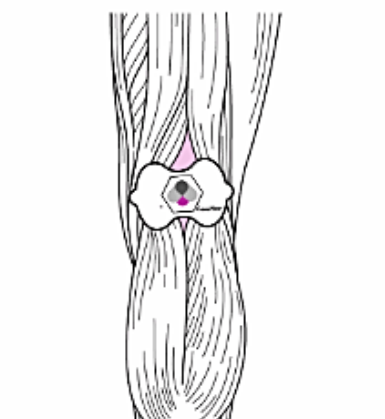
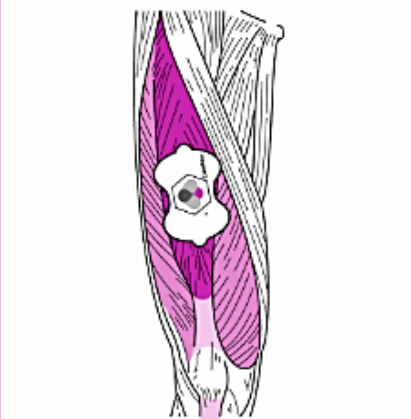

CareWear **Hip Osteoarthritis Treatment Guide**

HIP ABDUCTION	HIP FLEXION KNEE EXTENSION	HIP EXTENSION	MUSCLE RECOVERY
			<p>Apply light patch to muscle belly 0 to 4 hours before exercise (preferred).</p> <p>If unable, apply immediately after exercise.</p>
GLUTEUS MEDIUS	RECTUS FEMORIS	GLUTEUS MAXIMUS	
Wearable Therapeutics		carewear.net	
			HOA-APP-EN-1B

CareWear External Knee Treatment Guide

KNEE SPRAIN	PATELLAR TENDINOPATHY	MUSCLE RECOVERY	PAIN & INJURY
 <p>LCL MCL</p>		 <p>HAMSTRINGS QUADRICEPS</p> <p>Apply light patch to muscle belly 0 to 4 hours before exercise (preferred). If unable, apply immediately after exercise.</p>	<p>INJURY Apply light patch to clean unbroken skin directly over the injured tissue as soon as possible following injury. Treat twice daily for the first 3-4 days then daily until resolved.</p> <p>PAIN Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
©2021 CareWear Corp.		carewear.net	KN-APP-EN-1A

CareWear ACL, Meniscus, PCL, KOA Internal Knee Treatment Guide

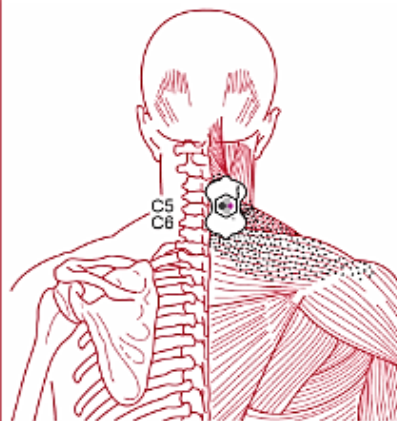
1 BACK OF KNEE	2 FRONT OF THIGH	RECHARGE CONTROLLER	3 FRONT OF KNEE	WEEK	TREATMENTS
 <p>↑ BLOOD FLOW</p>	 <p>↑ QUAD RECOVERY</p>		 <p>Sit with knee bent</p>	1	Daily for 5 days
				2	Three times per week
				3	Three times per week
				4	Twice weekly
			One treatment is all three patch positions.		
Wearable Therapeutics		carewear.net	KN-APP-EN-1B		

LOWER NECK

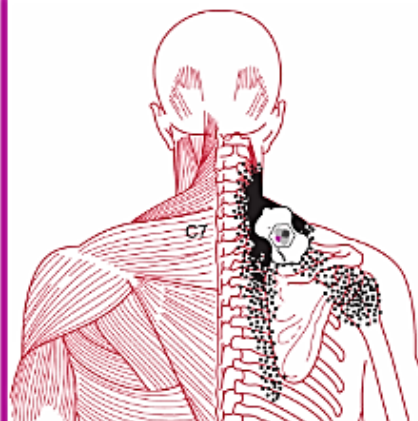
NAPE OF NECK

NAPE OF NECK

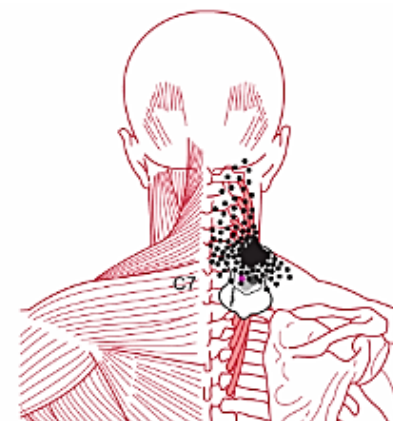
PAIN MANAGEMENT



C5-C6 FACET OA



LEVATOR SCAPULAE



SPLЕНИUS CERVICIS (LOWER)

Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.

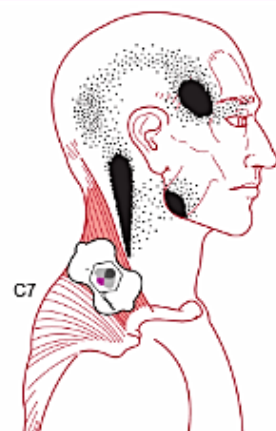
Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.

UPPER NECK & HEADACHE

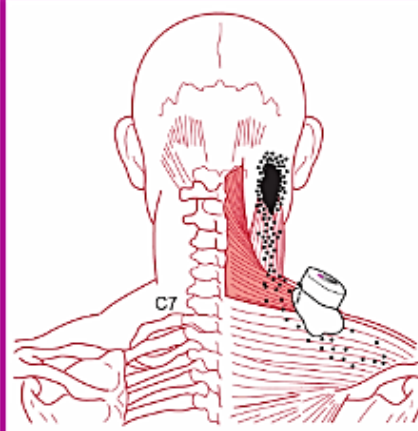
UPPER NECK

UPPER NECK

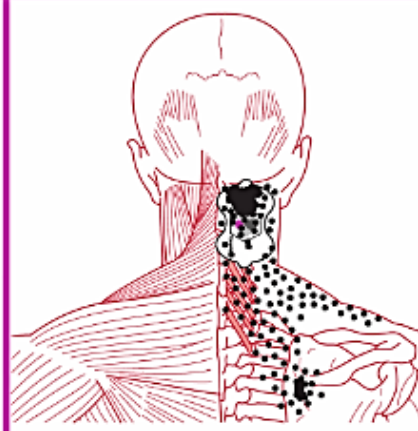
UPPER NECK & SHOULDER



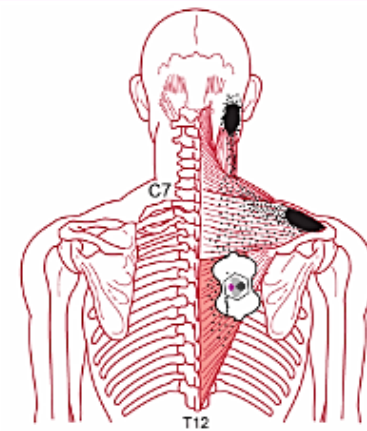
TRAPEZIUS (UPPER 1)



TRAPEZIUS (UPPER 2)



MULTIFIDUS



TRAPEZIUS (LOWER)

< Neck


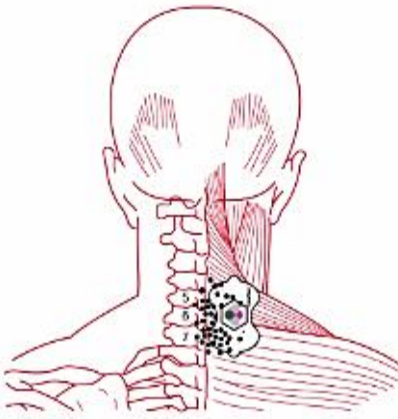

Neck >

Neck Radiculopathy >

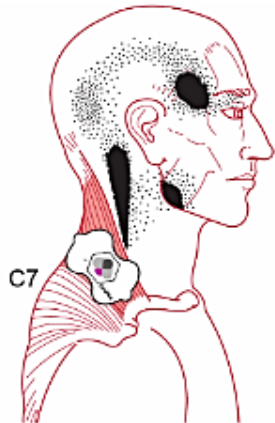
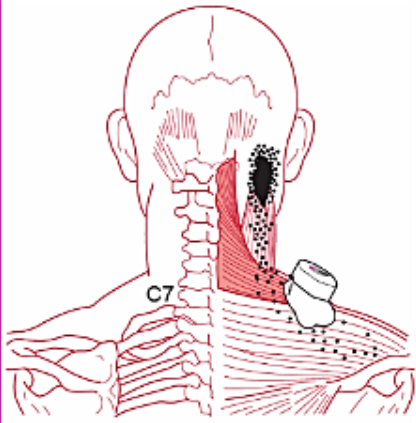
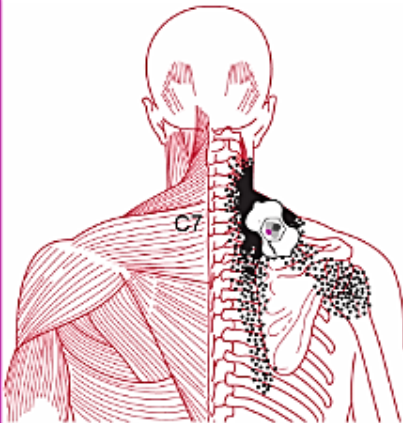
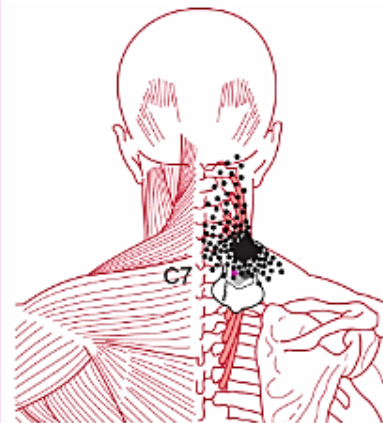
Stiff Neck >



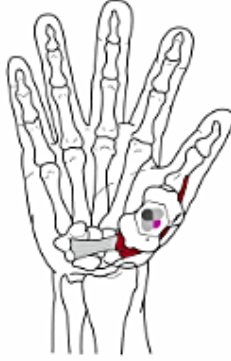
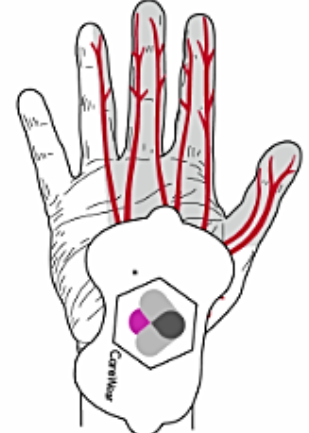
CareWear


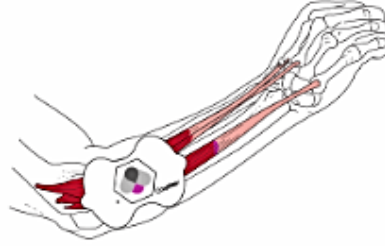
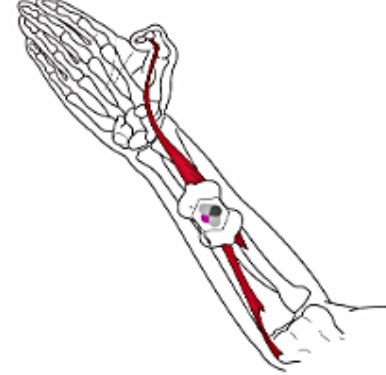

Neck Radiculopathy Treatment Guide

C6	RADICULOPATHY	C7	PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>

			PAIN MANAGEMENT
			<p>Identify pain location (black area) and place light patch as shown. Patch placement could be on or away from the painful area.</p> <p>Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>

POSTERIOR LATERAL NECK	UPPER NECK	NAPE OF NECK	NAPE OF NECK
 <p>C7</p> <p>TRAPEZIUS (UPPER 1)</p>	 <p>C7</p> <p>TRAPEZIUS (UPPER 2)</p>	 <p>C7</p> <p>LEVATOR SCAPULAE</p>	 <p>C7</p> <p>SPLЕНИUS CERVICIS (LOWER)</p>

CareWear  Pinch		Carpal Tunnel Pain & Recovery Guide	
1 st & 2 nd MCP FLEXION	THUMB ABDUCTION & OPPOSITION	PAIN & NUMBNESS	PAIN & INJURY
 <p>LUMBRICALES</p>	 <p>OPPONENS POLLICIS ABDUCTOR POLLICIS BREVIS</p>	 <p>MEDIAN NERVE</p>	<p>INJURY Apply light patch to clean unbroken skin directly over the injured tissue as soon as possible following injury. Treat twice daily for the first 3-4 days then daily until resolved.</p> <p>PAIN Apply light patch to clean unbroken skin as needed or daily for the first week, then three times per week until pain is resolved.</p>
Wearable Therapeutics		carewear.net	
		CT-APP-EN-1A (0)	

CareWear  GRIP		Carpal Tunnel Pain & Recovery Guide	
WRIST EXTENSION	THUMB MCP & IP FLEXION	FINGER PIP & DIP FLEXION	MUSCLE RECOVERY
 <p>EXTENSOR CARPI ULNARIS & RADIALIS LONGUS & BREVIS</p>	 <p>FLEXOR POLLICIS LONGUS</p>	 <p>FLEXOR DIGITORUM PROFUNDUS & SUPERFICIALIS</p>	<p>Apply light patch to muscle belly 0-4 hours before exercise (preferred).</p> <p>If unable, apply immediately after exercise.</p>
©2022 CareWear Corp.		carewear.net	
		CT-APP-EN-1B (0)	

Patient Guide App Contraindications and Precautions

Contraindications	Details
Pregnancy	Do not use the device during pregnancy or nursing. Areas of special concern are over the low back, abdomen or pelvis of a pregnant woman.
Reproductive Organs	Do not apply the device over reproductive organs (testes, ovaries).
Malignancy	Do not use over confirmed or suspected malignancy since PBM effects are unknown.
Active Deep Vein Thrombosis, Thrombophlebitis	Do not apply patch directly over an active or suspected deep vein thrombosis or thrombophlebitis.
Tuberculosis	Do not use the device on persons with tuberculosis.
Operating SWD	Do not use within 5 feet (1.5m) of an operating shortwave diathermy

Precautions	Details
Eyes	Do not apply the device over the orbital area of the eye(s) nor stare into an activated patch.
Infection	Soft tissue infections should be treated with caution since the resolution of infection is bacterial and dose dependent.
Individual Use	Light patches are limited to use by a single person to avoid cross contamination.
Photosensitivity	Use caution if the skin is light sensitive or sensitized to light from medication(s).
Skin Temperature	Discontinue treatment if the patch becomes uncomfortably warm against the skin. Use caution when applying to desensitized skin.
Impaired Cognition or Communication	The ability to understand and comply with use instructions is necessary for correct product use. Read instructions for use before operating device.
Undue Pressure	Do not sit or lie on device. Do not fold, drop or step on device
Activity Use	Do not use the device during bathing, showering, sleeping, driving or operating machinery.
Electrical Safety	Always check the CareWear patch, controller, charger and adapter plug for damage before use to avoid a hazard. Never use any object to short connectors on the device.
Temperature and Humidity	Do not use, charge, store or transport device outside the recommended temperature and humidity ranges.
Children and Pets	Keep the device out of the reach of children under the age of 13 and pets.

ACUTE CONDITION

Treat as soon as possible following injury.

Apply light patch twice daily for the first 3 to 4 days then daily thereafter until resolved.

SUBACUTE & CHRONIC CONDITION



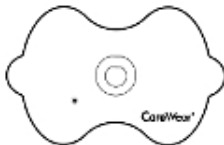

Apply light patch daily for first week then three times per week until resolved.

MUSCLE PERFORMANCE & RECOVERY

Apply light patch to muscle belly 0 to 4 hours before exercise (preferred), if unable, apply immediately after exercise.

During strenuous exercise, apply light patch before as well as after exercise.

CareWear® Patch Dosage

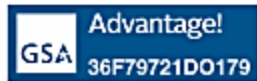
Size	 Clover	 Small Butterfly	 Medium Butterfly	 Large Butterfly
Area	14 cm ²	19 cm ²	34 cm ²	57 cm ²
Pulsed	33% DF	33% DF	33% DF	33% DF
Time	30 min	30 min	30 min	30 min
Average Fluence	4.5 J/cm ²	4.5 J/cm ²	4.5 J/cm ²	2.7 J/cm ²
Peak Irradiance	2.5 mW/cm ²	2.5 mW/cm ²	2.5 mW/cm ²	1.5 mW/cm ²
Total Energy	64 J	87 J	153 J	153 J

Indications

The Carewear Light Therapy Patch is a wearable medical device for Photobiomodulation (PBM). The light patch is intended to emit optical power in the blue or blue and red spectra using non-coherent light emitting diodes (LEDs) and thermal conduction to treat pain, relieve stiffness in muscles and joints, accelerate recovery from exercise and soft tissue injury; by increasing blood circulation and elevating tissue temperature.



CareWear has received numerous innovation awards in Optical Engineering (SPIE), Wearable Technology (IoT/WT), Aging Innovation (AARP), and Sports Wearables (ISPO). CareWear has obtained CE and FDA Registration as a Class II Medical Device for professional and OTC use. CareWear light patches are used by more than 100 Professional Sports Teams, USA Special Forces, Military Academies, and USA Teams for pain management, accelerated recovery and performance enhancement.





CareWear Reusable Light Patch

The CareWear light patch features award-winning patented technology using printed LEDs integrated into ultra-slim adhesive hydrogel patches, with up to 1500 LEDs per patch. CareWear light patches deliver powerful LED light therapy in just 30 minutes.



CareWear Controller

The CareWear wireless controller acts as both power source and dosage control for the CareWear light patches. Rechargeable, reusable, and waterproof, the controller is pre-programmed to deliver the correct dosage of light therapy to every CareWear light patch.



CareWear Replacement Patches

CareWear Replacement Light Patches are available in several body-contouring shapes and sizes. Each box contains 10 patches which, with proper care, may be re-used up to 20 times each.



CareWear Carrying Case Kits

The CareWear wearable light system is available in two convenient kits for easy use by trainers, athletes, and teams on the go: a single kit with 1 controller, charger, and carrying case; and a “quad” kit with 4 controllers, 4-port charger, and carrying case.