



## ANKLE WRAP INSTRUCTIONS



01 ANKLE WRAP



02 CONSTRUCT

Construct the footbed by adhering the bottom of the wrap as shown



03 PLACE

Slide heel into footbed and secure fit with Velcro tabs



04 COMFORT

Fit should be comfortably snug with no creases or folds

## VIDEO INSTRUCTIONS

Please Visit  
[nicerecovery.com/how-to-videos](http://nicerecovery.com/how-to-videos)

## WRAP GUIDE SIZING

### Small/Medium

Fits average body types ~up to 5'10 170lbs;  
up to shoe size 10M/12W Shoe Size

### Large/XL

Fits average body types above 5'10 170lbs;  
shoe size above 10M+/Size 12W+

## WRAP CARE

To clean inside, use anti-bacterial isopropyl alcohol wipe, to wipe down blue material. For the outside, feel free to use a lint roller for removing any pet hair, dander, or debris. Do NOT machine wash or dry clean.

## WARRANTY INFO

Please Visit  
[nicerecovery.com/warranty](http://nicerecovery.com/warranty)

**THIS IS NICE**

### For more information:



Call a customer representative  
at (888) 815-9907 or email  
[info@nicerecovery.com](mailto:info@nicerecovery.com)

### Location:

Boulder, CO 80301



PROUDLY MADE  
IN COLORADO

### Visit:

[nicerecovery.com](http://nicerecovery.com)



3-301003 REV. A

## QUICK START GUIDE

# NICE1 COLD + COMPRESSION THERAPY SYSTEM

CONSULT A HEALTHCARE PROFESSIONAL BEFORE USING NICE1



- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- Connect the hose to the control unit. You will hear a click when properly connected.



- Place the wrap on the appropriate body part. Secure with Velcro strips.
- Connect the hose to the wrap. You will hear a click when properly connected.

ADMIN CHECKLIST	
1	Fill water tank
2	Connect hose to NICE1
3	Connect hose to wrap
4	Place wrap on body

☐ DRAIN COOLANT

### STEP 1

Turn on the power switch on the back of the device. The touch screen will illuminate and display the “Nice” logo. Press Start. Review the checklist on the touch screen. Confirm and press NEXT.

ADMIN COLD SELECTION		
<	<input type="button" value="1"/> <input type="button" value="2"/> <input type="button" value="3"/> <input type="button" value="4"/> <input type="button" value="5"/>	>

### STEP 2

Select desired COLD LEVEL and press NEXT. (level 5 is the coldest setting).

Cold settings are as follows:

Level 1 = 58F (14.4C)      Level 4 = 46F (7.7C)  
Level 2 = 54F (12.4C)      Level 5 = 42F (5.5C)  
Level 3 = 50F (10C)

ADMIN COMPRESSION SETTINGS	
COMPRESSION LEVEL	COMPRESSION TYPE
<input type="button" value="OFF"/> <input type="button" value="LOW"/>	<input type="button" value="CONSTANT"/>
<input type="button" value="MED"/> <input type="button" value="HIGH"/>	<input type="button" value="INTERMITTENT"/>

### STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.

ADMIN TIME SETTINGS		
-	<input type="text" value="30"/>	+

### STEP 4

Choose a MANUAL time setting of 5 – 40 minutes for a single therapy session OR choose a PRESET PROGRAM for multiple sessions and press NEXT. Note: Preset timing programs are on a 10-cycle memory.

ADMIN CONFIRM SETTINGS	
COLD SETTING	LEVEL 3
TIME SETTING	PRESENT 20/40
COMPRESSION TYPE	INTERMITTENT
COMPRESSION LEVEL	MED

### STEP 5

Review and confirm your settings by pressing START or press BACK to change the settings.

DIM COLD + COMPRESSION		
COLD SELECTION		
<	<input type="button" value="1"/> <input type="button" value="2"/> <input type="button" value="3"/> <input type="button" value="4"/> <input type="button" value="5"/>	>
COMPRESSION LEVEL		
<input type="button" value="LOW"/> <input type="button" value="MED"/> <input type="button" value="HIGH"/>		
29:10 <input type="button" value="PAUSE"/> <input type="button" value="STOP"/>		

### STEP 6

During your therapy session you can change the cold or compression settings simply by pressing 1 – 5 or HIGH, MED or LOW. To Dim, Press Dim switch, to brighten — touch screen.



Caution: Consult accompanying documents



Lot or Batch Number



Caution: Federal law restricts this device to sale by or on the order of a physician



Type BF applied parts



Manufacturer



Medical Device



Refer to User Manual and Labels. Follow instructions for use.



Serial Number



Warning: It is Mandatory to fully read and understand the instructions for use before using the device. Failure to follow operating instructions could result in serious injury.

-25°C 15% 70°C 90% 1060hPa 700hPa

-25°C to +5°C, and +5°C to 35°C at RH up to 90% non-condensing, and >+35°C at water vapor pressure 50hPa