# NICE

ANKLE WRAP INSTRUCTIONS

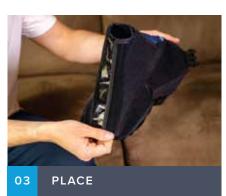




01 ANKLE WRAP



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



Slide heel into footbed and secure fit with Velcro tabs



Fit should be comfortably snug with no creases or folds

# VIDEO INSTRUCTIONS

Please Visit 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



#### For more information:



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

# **Location:**Boulder. CO 80301



PROUDLY MADE IN COLORADO







# **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.



## 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.

**TIME SETTINGS** 



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.



# 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)



#### STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.



### STEP 5

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



#### 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

< BACK

STEP 4



Lot or Batch Number

< BACK NEXT >



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



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.









Medical Device



LOT





