



## HIP WRAP INSTRUCTIONS



01 HIP WRAP



02 PLACE

Orient the wrap with the blue side facing the body and secure the waist strap as shown



03 SECURE

Use the longer strap to secure the fit around your waist, and use the shorter elastic strap to secure fit around the leg



04 COMFORT

Once fitted, wrap should be comfortably snug with no creases or folds

To switch sides, leave the waist Velcro connected, switch to the other hip as shown, and apply the shorter leg strap

## VIDEO INSTRUCTIONS

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

## WRAP GUIDE SIZING

**Small/Medium**  
Fits up to 36 inch waist.

**Large/XL**  
Fits waist sizes 36 inches and greater.

## 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)



3-301008 REV. A

# QUICK START GUIDE

# NICE1 COLD + COMPRESSION THERAPY SYSTEM

CONSULT A HEALTHCARE PROFESSIONAL BEFORE USING NICE1



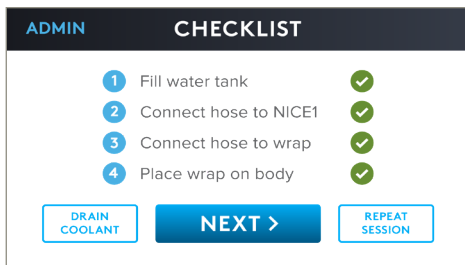
- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- 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.



## 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.

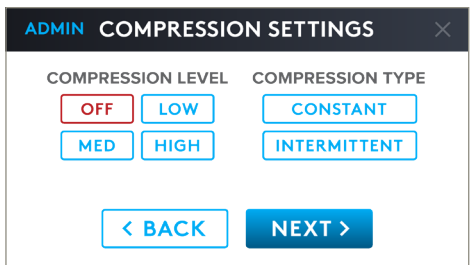


## STEP 2

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

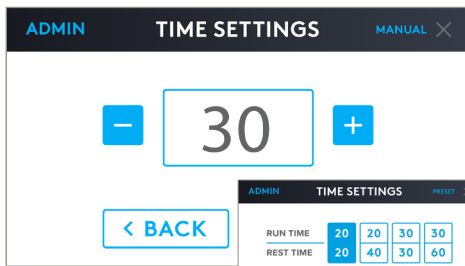
Cold settings are as follows:

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



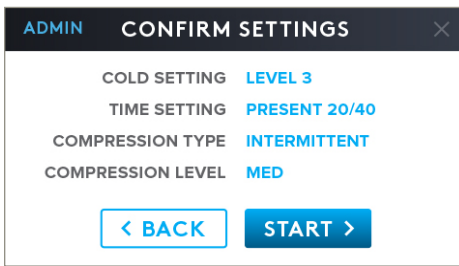
## STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.



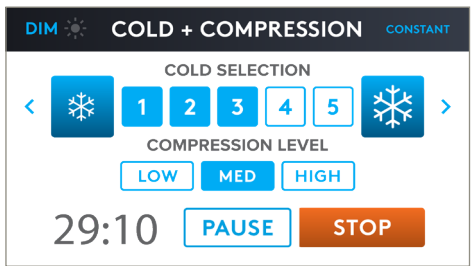
## STEP 4

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.



## 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 accompanying documents



Lot or Batch Number



Rx Only

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