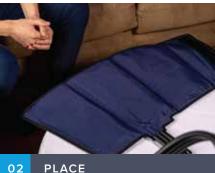
NICE

KNEE WRAP INSTRUCTIONS





01 KNEE WRAP



Orient the knee wrap with blue side facing the body as shown

VIDEO INSTRUCTIONS

Please Visit nicerecovery.com/how-to-videos

WRAP GUIDE SIZING

Small/Medium

Fits average body types ~up to 5'10 170lbs.

Large/XL

Fits average and large body types above 5'10 170lbs.



03 SECURE

Wrap the knee wrap centered around the knee, secured by the Velcro



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

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.



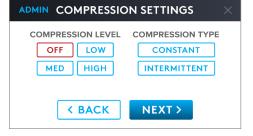
STEP 2

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.



Choose a MANUAL time setting of 5-40minutes 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



Lot or Batch Number



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



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





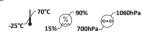


Medical Device



Refer to User Manual and





-25°C to +5°C, and +5°C to 35°C at RH up to 90% non-condensing, and >+35°C to 70°C at water vapo pressure 50hPa