



LUMBAR WRAP INSTRUCTIONS



01 LUMBAR WRAP



02 PLACE

Orient the wrap with the pad on your lower back, and the blue side facing the body, as shown



03 SECURE

Use the waist straps to fit



04 COMFORT

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

VIDEO INSTRUCTIONS

Please Visit
nicerecovery.com/how-to-videos

WRAP GUIDE SIZING

One Size Fits All

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

THIS IS NICE

For more information:



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

Location:
Boulder, CO 80301



PROUDLY MADE IN COLORADO

Visit:
nicerecovery.com



3-301004 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



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.



Type BF applied parts



Manufacturer



Medical Device



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



Serial Number

-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 to 70°C at water vapor pressure 50hPa