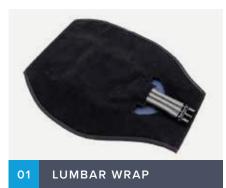


# LUMBAR WRAP







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



Use the waist straps to fit



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





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

Boulder, CO 80301

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.



#### 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.



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 2

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

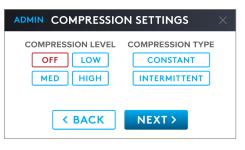
#### Cold settings are as follows:

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 5

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



#### STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.



#### 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.

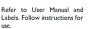
Manufacturer



use

Caution: Consult LOT mpanying documents

SN

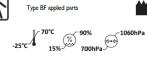




a physician Warning: It is Mandatory to fully read and understand the instructions for u before using the device. Failure to follow operating instructions could result in serious iniury

Caution: Federal law restricts this

device to sale by or on the order of



MD

-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 vapor

Medical Device