



ARTICULATING KNEE WRAP INSTRUCTIONS



01 ARTIC. KNEE WRAP



02 PLACE

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



03 SECURE

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



04 COMFORT

Fit should be comfortably snug with no creases or folds.

VIDEO INSTRUCTIONS

Please Visit
nicerecovery.com/how-to-videos

WRAP GUIDE SIZING

One Size
Fits most body types ~up to 26" thighs.

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

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nicerecovery.com



3-301007 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 **NEXT >** **REPEAT SESSION**

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**

< [Snowflake] 1 2 3 4 5 [Snowflake] >

< BACK 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)

ADMIN **COMPRESSION SETTINGS**

COMPRESSION LEVEL	COMPRESSION TYPE
OFF	LOW
MED	HIGH
	CONSTANT
	INTERMITTENT

< BACK NEXT >

STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.

ADMIN **TIME SETTINGS** **MANUAL**

- 30 +

< BACK

ADMIN **TIME SETTINGS** **PRESET**

RUN TIME	20	20	30	30
REST TIME	20	40	30	60

< BACK 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.

ADMIN **CONFIRM SETTINGS**

COLD SETTING	LEVEL 3
TIME SETTING	PRESENT 20/40
COMPRESSION TYPE	INTERMITTENT
COMPRESSION LEVEL	MED

< BACK START >

STEP 5

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

DIM **COLD + COMPRESSION** **CONSTANT**

< [Snowflake] 1 2 3 4 5 [Snowflake] >

COMPRESSION LEVEL

LOW MED HIGH

29:10 PAUSE 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



Rx Only

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