

## ELBOW INSTRUCTIONS



01 OPEN

Remove your elbow wrap from its original packaging, and lay it on a flat surface.



02 PREASSEMBLE

Preassemble your wrap by loosely securing the lower (forearm) strap, with the blue side facing in.



03 PLACE

Put the wrap on by sliding your arm into the pre-assembled loop, and pulling it up until the wrap is in place over your elbow. The vertical cooling flap should be positioned over the inside crook of your arm.



04 SECURE

With the wrap in place, brace your arm against your torso or a flat surface, fold the upper wrap around your arm (trapping the top of vertical cooling flap underneath), and secure the upper (bicep) strap.



05 COMFORT

Once secured, the wrap is expected to feel a little loose, but should hold itself in place. Using the compression settings on your machine will help ensure proper contact. The accessory strap can be used to ensure a snug fit around your upper arm.



06 REUSE

You can remove the wrap by loosening the upper strap just enough to allow the wrap to slip down your arm. We recommend leaving the lower strap in place and only loosening the upper strap to make reusing your wrap easier next time.

## PRODUCT AND WARRANTY INFORMATION

<https://www.nicerecovery.com/instructions-for-use>

**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



Visit:  
[nicerecovery.com](http://nicerecovery.com)



6-1015-01 REV. A

Outside the United States: Please contact your local distributor.

# ELBOW WRAP

Consult a healthcare professional before using this product



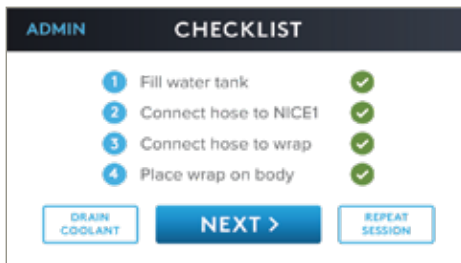
- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- 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 hook fastener 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.

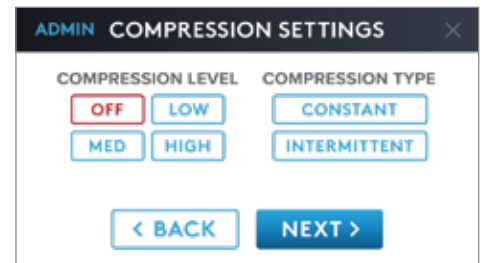


## STEP 2

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

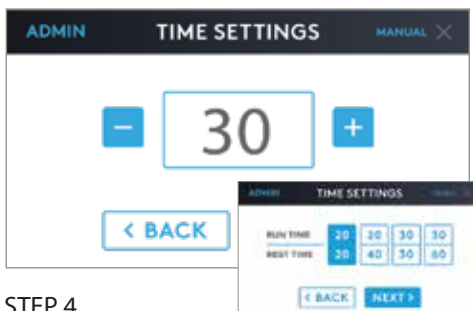
Cold settings are as follows:

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.



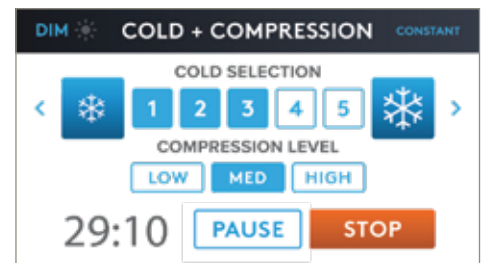
## STEP 4

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.

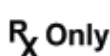


## STEP 6

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.



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



Medical Device



Nice Recovery Systems LLC  
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Boulder, CO 80301



Date of manufacture



For more information call a customer service representative at (888)815-9907 or email info@nicerecovery.com



Non-sterile



Do not use if package is damaged and consult instructions for use



Does not contain natural rubber latex



Single patient multiple use



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