

MITT INSTRUCTIONS



01 OPEN

Remove your mitt wrap from its original packaging and pull the zipper slider to fully open the zipper, allowing the wrap to lay flat with the blue side facing up.



02 PLACE

Place your hand flat inside one half of the wrap. The wrap is ambidextrous, but you may find that your hand fits more comfortably with the hose connection positioned either on top of or under your wrist.



03 CLOSE

Fold the open half of the wrap over your hand and pull the zipper slider to fully close the zipper, leaving your hand inside.



04 COMFORT

Your open hand should be roughly centered inside the wrap, with no creases or folds. Keep your hand open and relaxed, unless otherwise instructed by your doctor. Avoid making a fist, to ensure water is able to flow freely through the wrap.

05 REMOVE

At the end of your session, use the zipper to open the wrap and remove your hand. Pulling your hand out while the zipper is closed is not recommended. Your wrap may be stored in the open or closed positions until your next session.

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

Location:
Boulder, CO 80301



Visit:
nicerecovery.com



6-1018-01 REV. A

Outside the United States: Please contact your local distributor.

Consult a healthcare professional before using this product



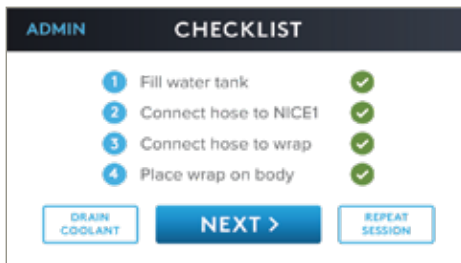
- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- 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.

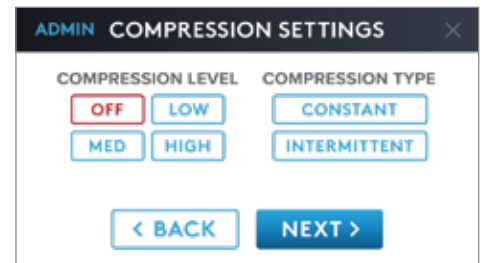


STEP 2

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

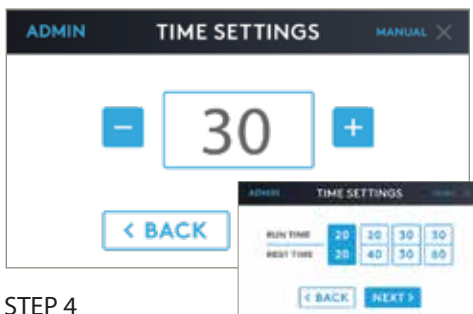
Cold settings are as follows:

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.



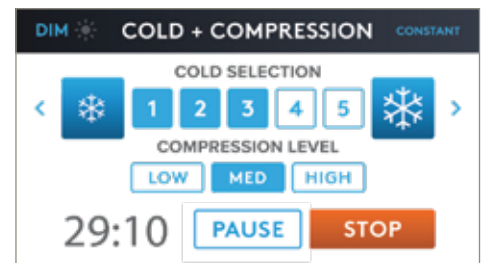
STEP 4

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.

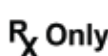


STEP 6

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



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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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