

TOTAL SHOULDER INSTRUCTIONS



01 OPEN

Remove your shoulder wrap from its original packaging and fully unfold it.



02 PREASSEMBLE

Preassemble your wrap by loosely securing the two deltoid straps, the bicep cuff, and the small underarm strap, in that order. The blue side should be facing inward – this is the side that provides the cooling against your skin.



03 PLACE & SECURE

Put the wrap on by sliding your arm into the pre-assembled bicep cuff and pulling it up until it rests in place on your shoulder. Secure the main body strap as shown, then tighten the underarm strap, bicep cuff, and two deltoid straps as needed.



04 COMFORT

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



05 REUSE

After your first use, you can remove the wrap by loosening the bicep cuff and removing the main body strap. We recommend leaving the deltoid straps and small underarm strap in place to make putting your wrap on faster and easier next time.

SIZE AND FIT

	Min Chest Circ. In.	Max Chest Circ. In.	Min Chest Circ. cm	Max Chest Circ. cm	Approx. T-Shirt Size
Small	32	38	81	96	XS - S
Medium	38	44	96	112	M - L
Large/XL	44	50	112	127	XL - XXL

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



6-1020-01 REV. A

Outside the United States: Please contact your local distributor.

QUICK START GUIDE

TOTAL SHOULDER WRAP

Consult a healthcare professional before using this product



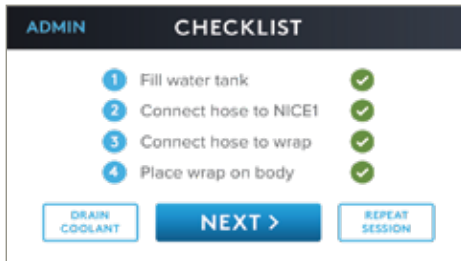
- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- 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:

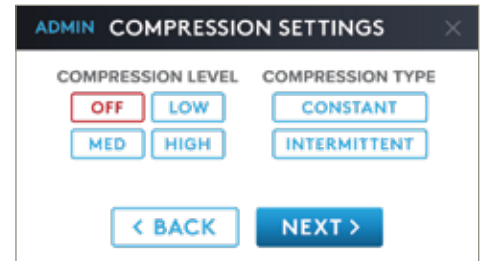
Level 1 = 58F (14.4C)

Level 4 = 46F (7.7C)

Level 2 = 54F (12.4C)

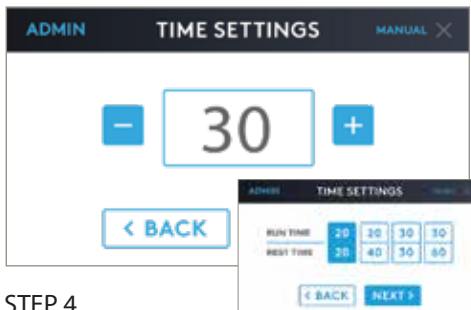
Level 5 = 42F (5.5C)

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

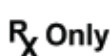
During your therapy session you can change the cold or compression settings simply by pressing 1 – 5 or HIGH, MED or LOW. To Dim, Press Dim switch, to brighten — touch screen.

PRODUCT AND WARRANTY INFORMATION

<https://getnice.com/policies/refund-policy>



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
2205 Central Ave, Suite A
Boulder, CO 80301



Date of manufacture



For more information call a customerservice 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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