

❖ step 1



Fill the Control Unit with ice and water.

❖ step 2



Connect the Control Unit to the AC Adapter, then to a grounded electrical outlet.

❖ step 3



Apply the selected Wrap.

❖ step 4



Attach the Connector Hose to the Wrap, then to the Control Unit.

❖ step 5



Press the power button.

❖ step 6



Set the temperature to the coldest setting. After two minutes, adjust as needed.

❖ step 7



Select pressure and time settings in Manual Mode or select a program in Program Mode.

❖ step 8



Press the play/pause button to start.