



## **ACTIVE ICE® 3.0 COLD THERAPY SYSTEM**

# **FULL CIRCUMFERENCE KNEE PAD APPLICATION INSTRUCTIONS**

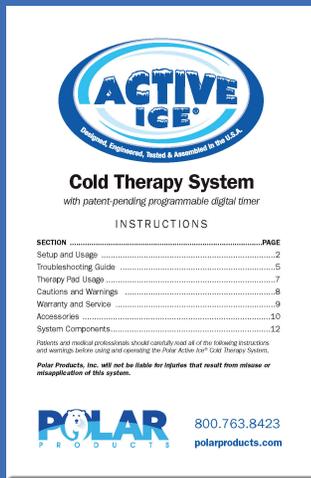
This therapy pad's large surface will allow full coverage of the entire knee, providing full circumference cold therapy.

Great for post-surgery recovery and pain management or to assist in post-workout rehabilitation.

**PLEASE FOLLOW ALONG AS WE  
DEMONSTRATE ITS APPLICATION.**

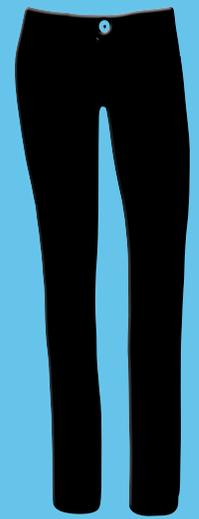
# 1 SAFETY FIRST

Thoroughly read through your instructions manual, including the cautions and warnings, before using the system. Always follow your healthcare providers' instructions in the proper use of cold therapy.



# 4 PROTECT YOUR SKIN

An insulation barrier must be used at all times while using the system. At no point should the therapy pad touch bare skin. Follow your healthcare providers' guidance on when you should conduct skin checks during your cold therapy session.



# 2 CONNECT THE THERAPY PAD

Begin by connecting your therapy pad to the cooling reservoir via the high-flow, quick disconnect couplings. Ensure the metal tabs on the female couplings are pressed down before connecting. There will be an audible click when the couplings are properly locked together.



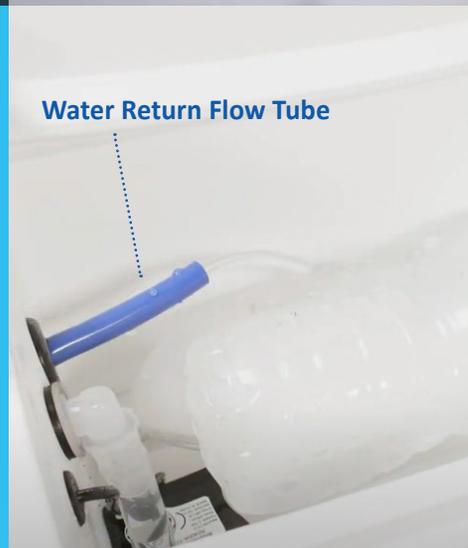
# 5 APPLY THE THERAPY PAD

After making sure there is an insulation barrier in place, carefully place your leg over the therapy pad.



# 3 START THE SYSTEM

Turn the system on and allow the water to circulate through the therapy pad for a couple of minutes. Confirm there is water returning into the cooling reservoir from the water return flow tube before continuing.



# 6 WRAP THE THERAPY PAD

Carefully fold the side opposite of the tubing around your leg first.



## 7 APPLY THE ELASTIC BELTS

Wrap the other side of the therapy pad over your leg and place the first elastic belt on the top part of the therapy pad and secure around the leg.



## 8 SECURE THE THERAPY PAD

Place the second elastic belt lower on the therapy pad and secure around the leg. Be sure to avoid kinking the pad's tubing.



## 9 BEGIN YOUR COLD THERAPY

Ensure there are no kinks in the therapy pad's tubing and there has been a strong circulation established. Once complete, you can start your cold therapy session.

