



The following is the Polar Products Active Ice 3.0 Full Coverage Knee Therapy Pad application instructions. This therapy pad's large surface will allow full coverage of the entire knee, providing full circumference cold therapy. Great for after surgery recovery and pain management or to assist in post-workout rehabilitation. Please follow along as we demonstrate its application.

1 Safety First

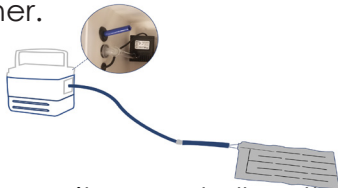
Thoroughly read through your instructions manual, including the cautions and warnings, before using the system. Always follow your healthcare providers' instructions in the proper use of cold therapy.

2



Begin by connecting your therapy pad to the cooling reservoir via the high-flow, quick disconnect couplings. Ensure that 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.

3



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

4



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

5



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

6



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

7



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



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



Ensure there are no kinks in the therapy pad's tubing and that there has been a strong circulation established.