Shoulder Bladder Installation Guide

Attached 4” x 35” Belt

When installing the shoulder bladder, be sure to have a protective layer of cloth between the bladder and the skin. A cotton T-shirt works well. Run water through the bladder before installing per step (h) on page 3 of the AIS 3.0 manual. For the shoulder bladder, we recommend disconnecting the bladder from the cooling reservoir to install.

NOTE: It is always helpful to have assistance in installing and adjusting the shoulder bladder. This is especially needed for left shoulder therapy.
Attach the bottom belt to the small wing, making a loop.

Attach the middle belt to the large wing, making a second loop.

Place your hand through the two loops with the large wing on top.
LEFT SHOULDER THERAPY

Pull the bladder up on the shoulder. The large belt should hang down the front of the body.

Loop the large belt around the front, under the arm, and attach to the back of the large wing of the shoulder bladder. Assistance is usually needed.

RIGHT SHOULDER THERAPY

Pull the bladder up on the shoulder. The large belt should hang down the back of the body.

Loop the large belt around the back, under the arm, and attach to the front of the large wing of the shoulder bladder.

Connector hose should hang down the arm.
Adjust all three belts for fit and comfort.

Be sure the metal tabs on the female couplings are pushed down. Then insert the male couplings from the bladder hose into the female couplings of the cooling reservoir hose. Insert one at a time. There should be an audible “click” when the couplings are properly seated.