

# ACTIVE ICE® 3.0 COLD THERAPY SYSTEM

## Shoulder Bladder Installation Guide

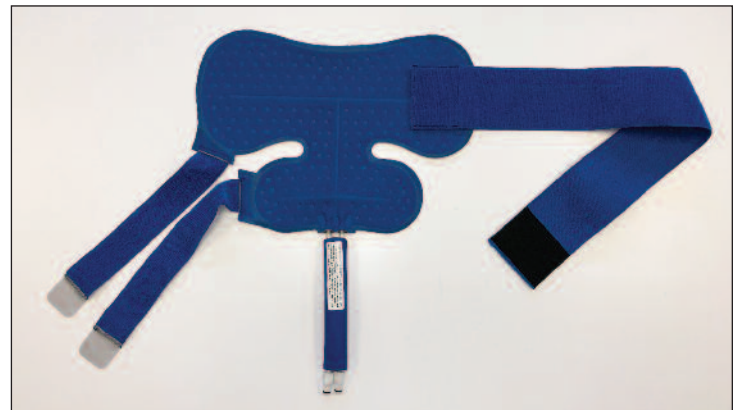
### Detached 4" x 35" Belt

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, especially the first time.



**Right Shoulder Therapy:** Attach the 4" x 35" belt as above



**Left Shoulder Therapy:** Attach the 4" x 35" belt as above



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Attach the bottom belt to the small wing, making a loop.



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



Right Shoulder Therapy



Left Shoulder Therapy

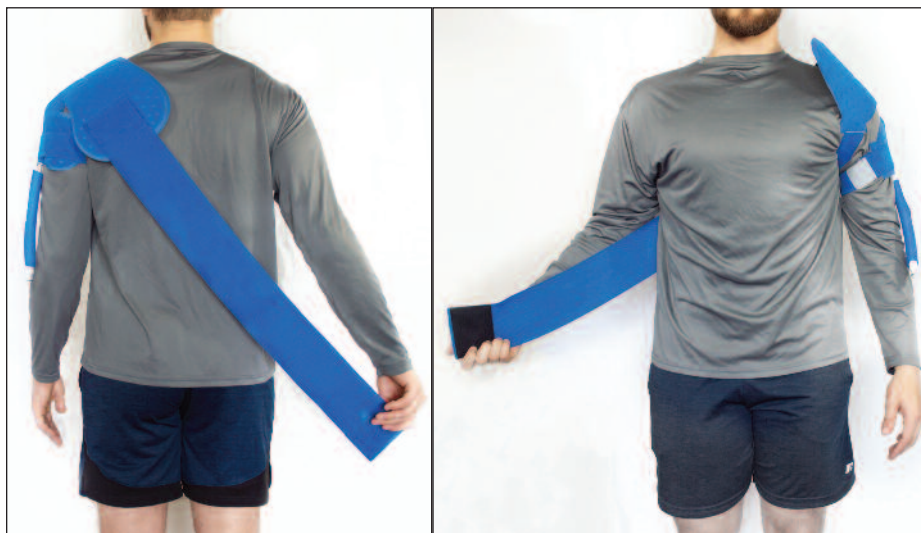


Place your hand through the two loops with the large wing on top.



Pull the bladder up on the shoulder. Large belt should hang down the back, connector hose should hang down the arm.





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



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.

