

IcedHeat

SKU: CTY244

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Step 1. Fill water in the bucket to above the minimum water line: Add hot water for Heat Therapy and cold water for Cold Therapy.

Step 2. For cold therapy; Add ice to the bucket, avoiding filling over the max water level.

Step 3. Replace the lid onto the bucket, securing it closed by turning the handle upright.

Step 4. Connect the power adapter plug to the unit then plug into a nearby electrical outlet.

Step 5. To connect the pad and insulated tubing, press down on the metal button of the female connectors at the end of the tubing. Insert the connectors on the pad into the tubing until you hear a click, ensuring a reliable connection. To disconnect, push down on the metal button of the female connectors and detach the pad.

Step 6. When the unit is powered on, the control panel will light up and a short beep will sound. The default setting is max flow rate for 30 minutes. You can press the ► button to start or pause treatment at any time.

Step 7. To adjust treatment settings:

-Press the 🌀 button to adjust the flow rate

-Press the ⌚ button to set the treatment time from the following options: 30, 60, 90, 120 minutes continuously or loop mode of 30 minutes on then 30 minutes off. When treatment time has ended there will be 3 short beeps and the unit will stop running.

Step 8. When you are done using the unit, unplug the power adapter, disconnect the pad from the tubing, pour water out of the bucket and wipe dry. Drain the pad by depressing the plungers on the ends of the connectors.



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Care Instructions

- Hand Wash with a 50% Alcohol/Water Mixture
- Rinse and Air Dry.
- Do NOT dry clean, iron, or bleach. 🧴 ✖️

