

## WRIST WRAP INSTRUCTIONS



Orient the wrap by placing the thumb through the thumb hole, with the blue side on the body as shown.



Use the Velcro straps to fit the wrap.



Once fitted, the wrap should be comfortably snug with no creases or folds.\*

## PRODUCT AND WARRANTY INFORMATION

<https://www.nicerecovery.com/instructions-for-use>

**For more information:**  
Call a customer representative  
at (888) 815-9907 or email  
[info@nicerecovery.com](mailto:info@nicerecovery.com)

**Location:**  
Boulder, CO 80301  
 **PROUDLY MADE  
IN COLORADO**

**Visit:**  
[nicerecovery.com](https://www.nicerecovery.com)  
 **SKI &  
SNOWBOARD**

*Outside the United States: Please contact your local distributor.*



6-1007-01 REV. A

## QUICK START GUIDE

# WRIST WRAP

Consult a healthcare professional before using this product



- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- Connect the hose to the control unit. You will hear a click when properly connected.



- Place the wrap on the appropriate body part. Secure with Velcro strips.
- Connect the hose to the wrap. You will hear a click when properly connected.

CHECKLIST		
1	Fill water tank	✓
2	Connect hose to NICE1	✓
3	Connect hose to wrap	✓
4	Place wrap on body	✓

### STEP 1

Turn on the power switch on the back of the device. The touch screen will illuminate and display the "Nice" logo. Press Start. Review the checklist on the touch screen. Confirm and press NEXT.

COLD SELECTION				
<		1 2 3 4 5		>

### STEP 2

Select desired COLD LEVEL and press NEXT. (level 5 is the coldest setting).

Cold settings are as follows:  
Level 1 = 58F (14.4C)    Level 4 = 46F (7.7C)  
Level 2 = 54F (12.4C)    Level 5 = 42F (5.5C)  
Level 3 = 50F (10C)

COMPRESSION SETTINGS	
COMPRESSION LEVEL	COMPRESSION TYPE
<input type="button" value="OFF"/> <input type="button" value="LOW"/>	<input type="button" value="CONSTANT"/>
<input type="button" value="MED"/> <input type="button" value="HIGH"/>	<input type="button" value="INTERMITTENT"/>

### STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.

TIME SETTINGS		
-	30	+

ADMIN TIME SETTINGS PRESET

RUN TIME	20	20	30	30
REST TIME	20	40	30	60

### STEP 4

Choose a MANUAL time setting of 5 – 40 minutes for a single therapy session OR choose a PRESET PROGRAM for multiple sessions and press NEXT. Note: Preset timing programs are on a 10-cycle memory.

CONFIRM SETTINGS	
COLD SETTING	LEVEL 3
TIME SETTING	PRESENT 20/40
COMPRESSION TYPE	INTERMITTENT
COMPRESSION LEVEL	MED

### STEP 5

Review and confirm your settings by pressing START or press BACK to change the settings.

COLD + COMPRESSION		
COLD SELECTION		
<	1 2 3 4 5	>
COMPRESSION LEVEL		
<input type="button" value="LOW"/> <input type="button" value="MED"/> <input type="button" value="HIGH"/>		
29:10 <input type="button" value="PAUSE"/> <input type="button" value="STOP"/>		

### STEP 6

During your therapy session you can change the cold or compression settings simply by pressing 1 – 5 or HIGH, MED or LOW. To Dim, Press Dim switch, to brighten — touch screen.