

# THE NICE1 COLD + COMPRESSION THERAPY SYSTEM

ENGINEERED FOR THE COMEBACK



# Designed for elite athletes with the help of top orthopedic surgeons, engineers and industrial designers.

NICE1 delivers precise cold therapy without ice while providing compression to further help reduce swelling. These highly effective therapies have been integrated into a small (8.6" W x 8.6" H x 9.0" D) and lightweight package with an extremely intuitive graphical touch screen interface that makes it easy to operate.



#### COOLING

NICE1 delivers therapeutic cooling without ice to the temperature as directed by a physician.



### COMPRESSION

Provides intermittent and dynamic compression as prescribed by a physician.



## PROGRAMMABLE

Provides programmable settings for time, temperature, and compression to provide the treatment as directed by a physician.

## THIS IS NICE

FOR MORE INFORMATION: Call a customer represenative at (888) 815-9907 or email

info@nicerecovery.com

LOCATION: Boulder, CO 80301

> PROUDLY MADE IN COLORADO

VISIT: nicerecovery.com

Outside the United States: Please contact your local distributor.

### **OUICK START GUIDE**

UNIT

### 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.

## Using the interface



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.



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.** 



Select desired COLD LEVEL and press NEXT. (level 5 is the coldest setting) **COLD SETTINGS ARE AS FOLLOWS:** Level 1 = 58F (14.4C) Level 2 = 54F (12.4C)

Level 3 = 50F (10C) Level 4 = 46F (7.7C) Level 5 = 42F (5.5C)

05



Review and confirm your settings by pressing

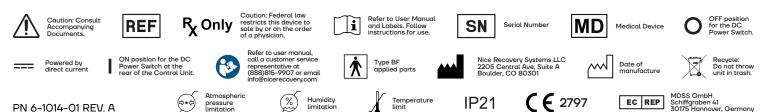
START or press BACK to change the settings.



DIM

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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.





Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.

COLD + COMPRESSION CONSTANT

4 5

COLD SELECTION