



# 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 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](http://nicerecovery.com)



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

# QUICK START GUIDE

## NICE1 UNIT

Consult a healthcare professional before using this product.



01

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.



02

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



03

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

#### CHECKLIST

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

DRAIN COOLANT
NEXT >
REPEAT SESSION

01

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
❄️
>

< BACK
NEXT >

02

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)

#### COMPRESSION SETTINGS

COMPRESSION LEVEL

OFF
LOW
MED
HIGH

COMPRESSION TYPE

CONSTANT
INTERMITTENT

< BACK
NEXT >

03

Select desired **COMPRESSION LEVEL** and **COMPRESSION TYPE** and press **NEXT**.

#### COLD SELECTION

<
❄️
1
2
3
4
5
❄️
>

< BACK
NEXT >

04

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**.

#### CONFIRM SETTINGS

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

< BACK
START >

05

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

#### COLD + COMPRESSION

DIM
❄️
1
2
3
4
5
❄️

COMPRESSION LEVEL
LOW
MED
HIGH

29:10
PAUSE
STOP

06

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.



Caution: Consult Accompanying Documents.



Caution: Federal law restricts this device to sale by or on the order of a physician.



Refer to User Manual and Labels. Follow instructions for use.



Serial Number



Medical Device



OFF position for the DC Power Switch.

Powered by direct current

ON position for the DC Power Switch at the rear of the Control Unit.



Refer to user manual, call a customer service representative at (888)815-9907 or email info@nicerecovery.com



Type BF applied parts



Nice Recovery Systems LLC  
 2205 Central Ave, Suite A  
 Boulder, CO 80301



Date of manufacture



Recycle: Do not throw unit in trash.

PN 6-1014-01 REV. A



Atmospheric pressure limitation



Humidity limitation



Temperature limit

IP21

CE 2797

EC REP

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 30175 Hannover, Germany