



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 and speed recovery. These highly effective therapies have been integrated into a small (8 x 8 x 8 inches) and lightweight package with an extremely intuitive graphical touch screen interface that makes it easy to operate.



COOLING

State-of-the-art technology delivers therapeutic cooling without ice. The most convenient way to apply cold therapy.



COMPRESSION

Provides programmable pneumatic compression which greatly improves the effectiveness of cold therapy and promotes healing.



RECOVERY

By combining the therapeutic benefits of cooling and compression in a single easy-to-use device, recovery times are greatly improved.

THIS IS NICE

FOR MORE INFORMATION:

Call a customer representative at (888) 815-9907 or email info@nicerecovery.com

LOCATION:

Boulder, CO 80301



VISIT:

nicerecovery.com



QUICK START GUIDE

NICE1

Consult a healthcare profession 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

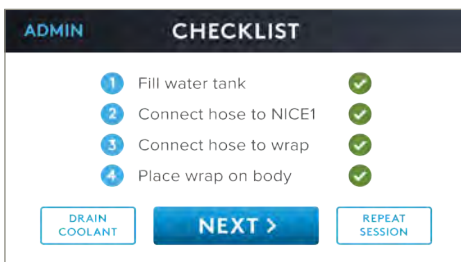
Connect the hose to the control unit. You will hear a click when properly connected.



03

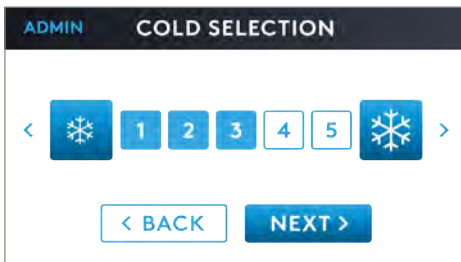
Place the wrap on the appropriate body part. Secure with Velcro strips. Connect the hose to the wrap. You will hear a click when properly connected.

Using the interface



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**.



02

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

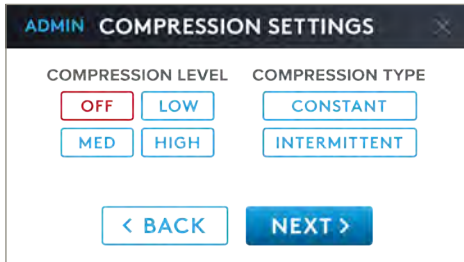
COLD SETTINGS ARE AS FOLLOWS:

- Level 1 = 58F (14.4C)
- Level 2 = 54F (12.4C)
- Level 3 = 50F (10C)
- Level 4 = 46F (7.7C)
- Level 5 = 42F (5.5C)

QUICK START GUIDE

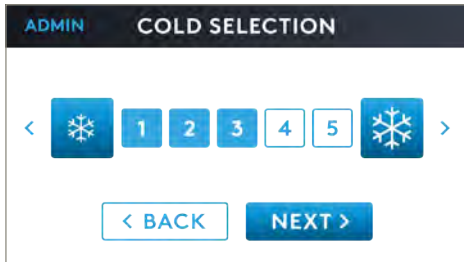
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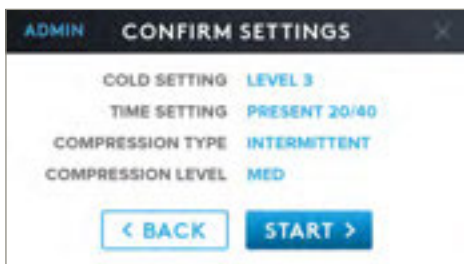
03

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



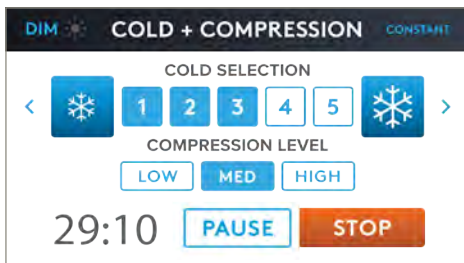
04

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**.



05

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



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.