

# ESSENTIAL ICE THERAPY MACHINE

RHB3026BLK

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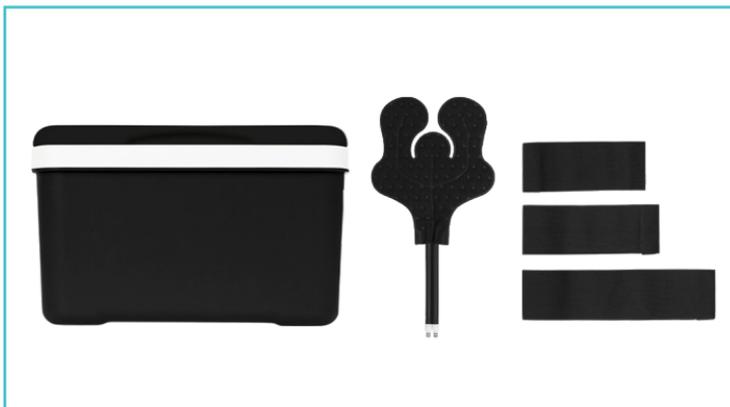


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**OWNER'S MANUAL**

# ESSENTIAL ICE THERAPY MACHINE

## WHATS INCLUDED



- 1x Ice Bucket
- 1x Universal Pad
- 1x 12v Adapter
- 3x Adjustable Elastic Straps

SIZES	STRAP LENGTH (In)
Small	15" x 4"
Medium	27.5" x 4"
Large	46" x 4"

## IMPORTANT!!

- Only plug the machine into a wall outlet once the hose and pad are properly connected. The pump will begin working as soon as the power is connected.
- Each treatment should only last 20 - 30 minutes.
- Do not attempt to unhook any parts including the pad while the machine is in use.

## APPLICATION

1. Press on the silver tab at the top of the female connector in order to secure the pad.



2. Add ice to the recommended fill line marked inside the ice bucket. Fill the rest with water to the max fill line and close the lid.



3. Secure the universal pad to the affected area using the included elastic straps. For a list of attachment locations please see the section below on page 5.



4. Connect the power adapter to the cooler and plug it into a standard 110V outlet to begin treatment. The pump will power on immediately.



## CARE AND MAINTENANCE

- Keep the hoses and connectors free of dust and other contaminants.
- Clean the inside of the ice bucket before each use to prevent debris from clogging the hose.
- To clean, only run water through the unit. Do not use soaps, salts, or solvents when cleaning.
- Draining the pad: Hold vertically, with hoses facing down. Let water drain. For faster draining, cover half of each hole with a finger. Most water will drain, but some may remain.

## STORAGE

**NOTE:** The pad and tubes must be drained before storage.

- Once the machine is fully unplugged. Open the lid, completely drain the water from the ice bucket, and wipe with a paper towel if any water remains.
- Drain the pad and hose attached to the bucket by hanging vertically.

## COMMON APPLICATION AREAS

The universal cold therapy pad is suitable to be used on the following areas:

### 1. Ankle



### 2. Calf



### 3. Knee



#### 4. Quad



#### 5. Hip



#### 6. Shoulder



## 7. Elbow



## 8. Bicep



## SPECIFICATIONS

- 12v Adapter
- Pump Lift - 6m
- Current - 1.68A
- Max Flow 660L/H

## GENERAL WARNINGS

- 1. Risk of Frostbite:** Prolonged exposure to cold can cause frostbite. Do not use the machine for longer than recommended by your healthcare provider. Typically, sessions should not exceed 20-30 minutes without a break.

- 2. Skin Damage:** Continuous cold exposure can damage the skin and underlying tissues. Always place a barrier, such as a cloth, between the cold source and your skin.
- 3. Circulatory Problems:** Individuals with poor circulation or cardiovascular conditions should use ice therapy machines with caution and under medical supervision.
- 4. Nerve Damage:** Excessive cold can cause nerve damage, leading to numbness, tingling, or other sensory disturbances.
- 5. Infection Risk:** If the device or its components are not properly cleaned and maintained, there is a risk of infection, especially if there are open wounds or surgical incisions.

## USAGE PRECAUTIONS

- 1. Monitor Skin Condition:** Regularly check the skin under the cold therapy machine for signs of frostbite, excessive redness, or any other adverse reactions.
- 2. Medical Conditions:** Consult a healthcare professional before using an ice therapy machine if you have conditions like diabetes, Raynaud's disease, or other conditions that affect circulation or skin sensitivity.
- 3. Proper Placement:** Ensure the machine is properly positioned and secured to avoid uneven cooling or potential injury.

4. **Avoid Sensitive Areas:** Do not use the machine on areas with compromised skin integrity, such as cuts, abrasions, or rashes, unless directed by a healthcare provider.

## SPECIFIC WARNINGS FOR DIFFERENT USER GROUPS

1. **Children and Elderly:** Extra caution is needed for children and the elderly, as they may have more sensitive skin and a higher risk of adverse reactions.
2. **Post-Surgery:** After surgery, use ice therapy machines as directed by a healthcare professional to avoid complications with wound healing.
3. **Pregnancy:** Pregnant women should consult with their healthcare provider before using cold therapy, particularly on the abdomen or lower back.

## EMERGENCY SITUATIONS

1. **Discontinue Use:** If you experience severe pain, excessive redness, blistering, or any signs of frostbite or skin damage, discontinue use immediately and seek medical attention.
2. **Medical Attention:** Seek immediate medical help if you suspect nerve damage or other severe adverse reactions.



## HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vhealth.link/8qi](https://vivehealth.com/health.link/8qi) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website

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