

WARRANTY AND DISCLAIMER

Pro Trainers' Choice® Company hereby disclaims all warranties, expressed or implied regarding this Precision Ice® Unit. The company will, however, replace all defective parts, materials, or workmanship for a period of one-year from the date of purchase. This expressed warranty does not apply to damage or malfunction caused by the intentional or negligent acts of the user.

Further, the manufacturer makes no claims regarding the medical or other therapeutic qualities of Precision Ice® products, and gives no medical or other advice concerning its use. This product should be used only under the care and supervision of a medical professional or licensed athletic trainer.

Please use great care in applying any Precision Ice® Splint. This product should be used within standard medical guidelines only as directed by a medical professional. It should not be used for excessive periods of time in a single application.

PRO TRAINERS' CHOICE® COMPANY

P.O. Box 27
Kingston, WA 98346

Phone: 360-297-3902
Fax: 360-297-3903
www.precisionice.com

WARNINGS!

The Cooling Fluid is derived from an isopropyl alcohol base. Keep it away from fire or flame and out of reach of children. Also, avoid getting into eyes, on mucus membranes, or on irritated skin.

Do Not Ingest Cooling Fluid: In case of accidental ingestion of the blue Cooling Fluid, immediately seek professional assistance or contact a Poison Control Center. The Cooling Fluid contains maximum 10% isopropyl alcohol by volume.

Always consult a medical professional prior to using Precision Ice® products or any other treatment method.



Owner's Manual & Reference Guide

Thank you for purchasing Precision Ice®, one of the most advanced systems for promoting the rapid healing of injuries and trauma.

OVERVIEW

Precision Ice® works by using a patent-pending system that stimulates the movement and drainage of fluid using hydrostatic pressure in the interstitial tissues with the ability to simultaneously apply steady cold therapy to injured areas. The system is designed to boost the body's immune response, reduce pain and swelling, and generally rejuvenate body tissue.

Pro Trainers' Choice® Company is proud to offer products designed and constructed with an uncompromising goal of high quality and unsurpassed customer care.

Quick Reference

Overview	1
Components	2
Quick Start	3
Operating Info.	6
Splint Application	10
Knee	10
Thigh	11
Shin/Calf	11
Shoulder	12
Elbow	13
Ankle	14
Universal	16
Back	16
Maintenance	17
Troubleshooting	18
Warranty & Disclaimer	20



Figure 1: The Precision Ice® Carrying Case (Bottom) and Control Unit (Top).

COMPLETE PRECISION ICE® SYSTEM

The following components make up the Precision Ice® System:

- (1) Control Unit



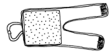
- (1) Secondary Hose



- (1) Ankle Splint



- (1) Calf/Shin Splint



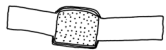
- (1) Elbow Splint



- (1) Thigh Splint



- (1) Universal Splint



- (1) Back Splint



- (1) Knee Splint



- (1) Round Jovi-Pak pad



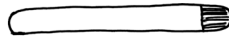
- (1) Right Shoulder Splint



- (1) Left Shoulder Splint



- (2) Shoulder Splint Arm Slings



ADDITIONAL ACCESSORIES:

- (1) Shoulder Strap for Carry Case
- (1) Shoulder Strap for Cooling Unit



- (2) Small "V -strap" Elastic Straps
- (2) Large "V -strap" Elastic Straps
- (2) Small Straight Elastic Straps
- (2) Large Straight Elastic Straps



Cooling:

Note that the Precision Ice® Splints will not reach the same temperature that would be felt if applying ice directly to the body. The temperature that is achieved by the Precision Ice® Splint with ice and water in the Ice Bag of the Control Unit is sufficient to provide the therapeutic benefit without the potentially tissue-damaging temperatures that are reached by applying ice directly.

The cooling effect of the Precision Ice® Splint may be diminished when using intermittent operation, due to the interruption of the delivery of the Cooling Fluid. At any intermittent setting, the amount of Cooling Fluid being delivered to the Splint will be cut in half. A setting should be chosen that optimizes the desired effect and result.

ADDITIONAL NOTE:

It is the unique design of the Precision Ice® Fluid Panels housed in each Splint that is the key to the beneficial effects that are realized through use of the system. It is the low-force, differential pressure that enhances the natural action of the lymphatic system to reduce toxins, bacteria, and excess fluid in the location of treatment, improving the overall health of the area.

As such, the Precision Ice® system can provide beneficial treatment without any ice or water being added to the system (Note that the level of the blue Cooling Fluid needs to be maintained). If cold therapy is desired, water and ice must be added.

Additionally, if mobility is of key importance, the Precision Ice® Splints can be pressurized with the Control Unit and then disconnected from the Control Unit in a manner that keeps the pressure applied to the area of treatment and still provides the benefits of enhanced lymphatic flow.

TROUBLESHOOTING

If unit fails to turn on:

- Ensure that the battery has at least a minimum charge of 30 minutes prior to operation by plugging the unit into the wall transformer or auto adapter. Charging the unit 12 hours while not in operation will bring the battery to a full charge from being drained to the point of non-operation.
- If the unit still fails to operate, turn the power ON and OFF a few times. This is an attempt to clear any debris that may have gotten into the pump mechanism.

If the Precision Ice® Splint fails to pressurize:

- Check that connectors are properly and completely fastened between the Control Unit and the Splint.
- Look to see that no foreign objects are present in any of the tubes or connections.
- Make sure that there are no kinks in the tubing.
- Check the level of the blue Cooling Fluid visible in the clear reservoir integrated into the side of the Ice Bag of the Control Unit, ensuring that it does not drop significantly when in operation. If Cooling Fluid appears low, follow the filling procedure on page 6 of this manual.
- Test that the pump is operational (verified audibly).
- Move the hose and the Splint around to free any trapped air pockets in the system. It may be necessary to remove the Splint and shake it gently, holding the Fluid Panel firmly while doing so. Be careful not to introduce air into the system when filling the Fluid Panels or the Ice Bag Reservoir with Cooling Fluid to help avoid this problem.
- Turn the intermittent rotary dial switch (located in the center of the Face Plate on the Control Unit) to its most clockwise setting ("Steady"). If the Splint pressurizes on this setting, and intermittent operation is desired, select an intermittent duration that is long enough for the Splint to pressurize during the ON cycle. Keeping the Control Unit and the Splint close to the same level will also aid in proper pressurization of the Splint.

If problems persist, call Technical Support at 360-297-3902

QUICK START

Here are a few simple steps to get you started with your Precision Ice® Unit.

IMPORTANT NOTE:

It is best if you charge the Control Unit overnight prior to initial use. You can begin using the Control Unit immediately as long as you keep it plugged in. The battery will be fully charged and mobile after about 8-10 hours of being plugged in and not in operation. If the battery is allowed to drain completely, a safety circuit will not allow the unit to operate even while plugged in. In this case, allow the Control Unit to charge for a short period of time (minimum 30 minutes) prior to operating the system.

If Control Unit is to be stored for a long period of time, the battery should be recharged every 6 months to maintain the life of the battery.

STEP 1: PLUG IN THE CONTROL UNIT

1. Locate the wall transformer and the car adapter cord located in the end pouches of the Control Unit.
2. Plug the wall transformer into a standard outlet.
3. Connect the car adapter into the adapter at the end of the transformer cord.

STEP 2: PREPARE THE COOLING UNIT

1. Unzip and open the Control Unit.
2. Locate the opaque or clear bag with copper coils at the bottom and with a reservoir bag of clear blue liquid (Cooling Fluid) integrated into one side. This is the Ice Bag (Fig. 2).
3. **Verify that there is sufficient Cooling Fluid visible in the side of the Ice Bag. Refer to page 6 for instructions on fill levels and filling procedure.**
4. Remove the Ice Bag from the case and place on a flat surface.
5. Unfasten the black clip at the top of the bag and open the Ice Bag.
6. Fill the Ice Bag with ice to the point where the bag narrows.
7. Add enough cold water to the Ice Bag to just cover the copper coils.



Figure 2: The Ice Bag

7. Gently squeeze the air from the Ice Bag.
8. While holding the bag closed, roll the top edge of the bag over a couple times to ensure a sealed closure (Fig. 3).

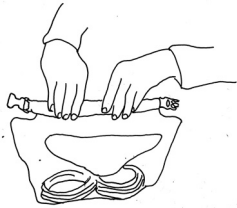


Figure 3: Roll the top edge of the Ice Bag to ensure a secure seal.

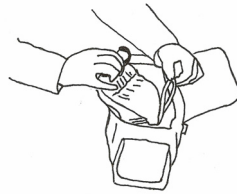


Figure 4: Place the Ice Bag back into the Control Unit taking care not to kink or crush tubing under ice bag.

9. Fasten the black clip to secure the seal.
10. Return the Ice Bag to the Control Unit case, taking care that the tubing is routed loosely and in such a manner as to eliminate the risk of kinks or other damage to the tubing (Fig. 4). The tubing should not be under the Ice Bag, and should lie against the back of the Control Unit as shown in Figure 4.

STEP 3: SELECT AND APPLY A SPLINT

1. Choose an appropriate Splint from the Precision Ice® Kit and apply it to the desired area following the instructions for the particular Splint used (pages 10 - 16). Make sure the Splint fits snug, but not so tight as to cause discomfort.

Important Note: On extremities, pressure applied by the Splint should be greatest at the end furthest from the torso and slightly less at the end closest to the torso. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.

2. Disconnect the two ends of the hose on the Splint by pressing the silver button (Fig. 5).
3. Disconnect the two ends of the long hose on the Control Unit.
4. Connect the hose of the Control Unit to the hose of the Splint as shown (Fig. 6).

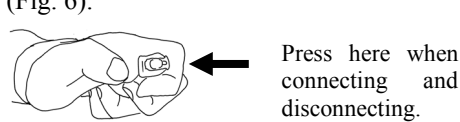


Figure 5: Tubing connections are disconnected by pressing in the silver button on the side of the connector.

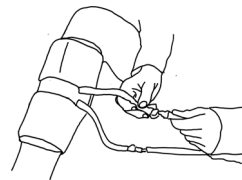


Figure 6: Connect the Control Unit to a Splint.

MAINTENANCE

SPLINTS

The neoprene Splint covers can be detached from the Fluid Panels, machine washed in cold water and drip dried. **DO NOT PUT SPLINTS IN DRYER.** To separate the Fluid Panels from the Splint, grasp the Velcro® strips on the Fluid Panel as close to the Velcro® strips as possible on the Splint and gently pull the strips apart one at a time being careful to prevent the Velcro® strips from tearing off the Fluid Panel.

The Fluid Panels can be sponged off with a mild detergent and/or disinfectant spray. **DO NOT** machine wash the Fluid Panels.

Care must be taken when handling the Precision Ice® Splints to prevent the separation of the Fluid Panels from the neoprene Splint.

CONTROL UNIT

The fabric of the Control Unit can be cleaned with a damp cloth or stiff brush. Be careful not to spray cleaners or other liquids around the battery/electronics enclosure inside the Control Unit.

COOLING FLUID

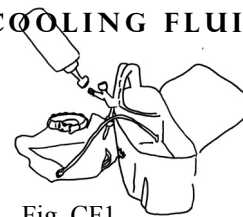


Fig. CF1

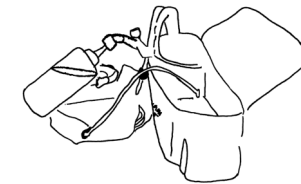


Fig. CF2

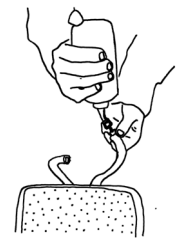


Fig. CF3

The blue Cooling Fluid in the Control Unit must be monitored and the level maintained. If the fluid level is allowed to get too low, the Panels will not pressurize and provide the desired results. Damage to the pump may also occur. There should be a volume of blue Cooling Fluid visible in the reservoir on the side of the Ice Bag. This volume should approximately equal the contents of one full squeeze bottle. If less fluid is visible, follow the steps below.

Cooling Fluid is added using the squeeze bottle included with the Precision Ice® Control Unit. The squeeze bottle is equipped with a fitting that mates with the fitting inside the Control Unit on the hose, as shown in the figure above (CF1). After filling the reservoir, turn the bottle right-side-up and allow the bottle to draw any air out of the reservoir prior to disconnecting (CF2).

The squeeze bottle is also used to add fluid to the individual Fluid Panels to ensure there is enough fluid in the system (CF3).

Important Note: When adding Cooling Fluid to the system, ensure that air is not added to the system by inverting the squeeze bottle to keep the air at the end of the bottle away from the outlet prior to connection(CF3).

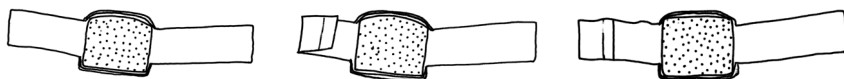
UNIVERSAL SPLINT



The Universal Splint was designed for use on portions of the body that are not addressed by the other Precision Ice® Splints. It's universal design adapts to areas such as locations on the ribcage, lower abdomen, hip, etc.

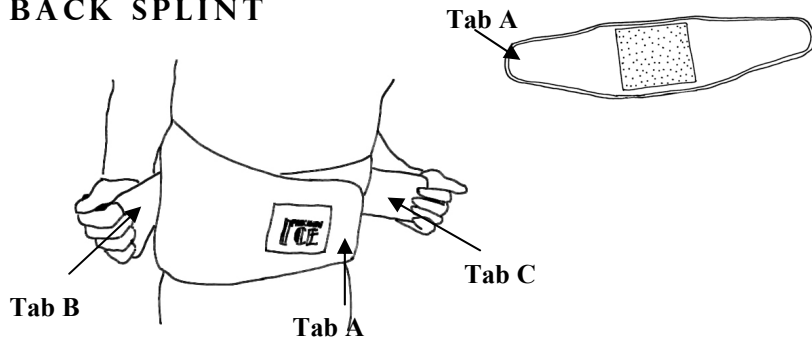


To apply the Universal Splint, simply place the fluid pad on desired treatment area and secure with the wide elastic strap. The Splint should fit snugly without causing any discomfort.



If more length is needed in the elastic strap, the end with the "hook" (rougher) Velcro® has an extending flap that may be folded out for further reach.

BACK SPLINT



1) Wrap the Splint around the torso with the pad positioned in the desired area for treatment. The Splint should be snug and not cause any discomfort.

2) Finer adjustment of the pressure can be made by using the additional elastic straps on either side of the Splint. Simply detach these tabs (B & C in figure) and loosen or tighten as desired.

STEP 4: TURN THE UNIT ON

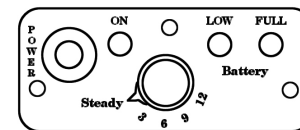


Figure 7: Cooling Unit Face Plate

1. Ensure that the selector dial in the center of the Control Unit Face Plate is set on the 'Steady' setting. This ensures adequate flow to properly inflate the Splint. **The 'Steady' setting should always be used when first starting up the unit.** This insures that the Splint is properly inflated for maximum effectiveness prior to starting any intermittent operation.
2. Turn the unit on by pressing the round POWER button on the left side of the Control Unit Face Plate (Fig. 7).
3. If desired, intermittent operation can be selected by using the selector dial in the center of the Control Unit Face Plate. Cycle times of 3 seconds (3 seconds on—3 seconds off), 6 seconds, 9 seconds, and 12 seconds can be selected.
4. If intermittent operation is used, select a cycle duration that allows the Splint to fully pressurize during the ON cycle. Longer cycle durations should be used with the larger Splints. Keeping the Control Unit and the Splint at close to the same level will also improve performance.
5. Note that the Splint may not get as cold using intermittent operation as it will using the "Steady" setting.

A 20-MINUTE APPLICATION TIME IS TYPICALLY ALLOWED (DEPENDING ON THE SIZE AND DEGREE OF INJURY). CONSULT WITH A MEDICAL PROFESSIONAL FOR SPECIFIC GUIDELINES.

STEP 5: TURN THE UNIT OFF AND DRAIN

1. When you are finished using your Precision Ice® unit, turn the unit off by pressing the POWER button on the left side of the Control Unit Face Plate.
2. Disconnect the hoses from Splints and connect all male/female ends of hoses to each other to prevent leakage of Cooling Fluid (Fig. 8).
3. Removing Ice Bag from Control Unit, drain the ice and water and wipe the Ice Bag dry—both inside and outside.

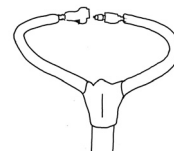


Figure 8

IMPORTANT NOTE:

Whenever the Control Unit is not connected to a Splint, connect the ends of the hose as shown in Fig. 8. Failure to follow this procedure could result in damage to the pump and fluid leakage.

IMPORTANT OPERATING INFORMATION

The Precision Ice® system works by maintaining a closed fluid circulation system. This allows the Precision Ice® unit to be transported easily and used at any time with or without adding ice and water. It is very important that attention be paid to the level of Cooling Fluid in the Control Unit to ensure proper operation.

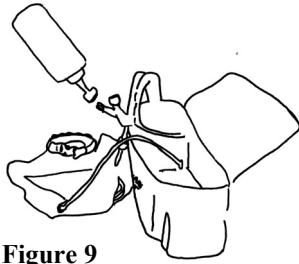


Figure 9

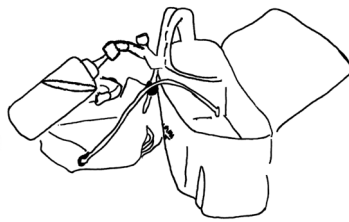


Figure 10



Figure 11

Check Cooling Fluid Level in Control Unit: When checking the Cooling Fluid level in the Control Unit, there should be a volume of the blue Cooling Fluid visible in the reservoir on the side of the Ice Bag approximately equal to the contents of one full squeeze bottle—*during operation*. If the reservoir appears to have less fluid than this, turn the unit OFF and add fluid.

Filling Cooling Fluid in the Control Unit: Cooling Fluid is added using the squeeze bottle included with the Control Unit. The squeeze bottle has a fitting that mates with the fitting inside the Control Unit on the hose, as shown above (Figure 9). With the Control Unit OFF, slowly squeeze fluid into the reservoir until full. When the reservoir is full, turn the squeeze bottle to an upright position and allow the bottle to draw out any air that is present in the reservoir (Figure 10) prior to disconnecting the squeeze bottle.

Check Cooling Fluid Level in Fluid Panels: The amount of fluid in the Fluid Panels should also be checked and maintained. If the fluid in the panel is low prior to connection, fluid will be drawn from the Control Unit to pressurize it when the unit is turned on — possibly resulting in a low fluid condition in the Control Unit.

Filling Cooling Fluid in the Fluid Panels: Fluid Panels are filled with the same squeeze bottle used to fill the Control Unit reservoir. Just connect the fitting on the squeeze bottle with the appropriate fitting on the Fluid Panel, and squeeze fluid into the Panel until the channels in the Panel appear to be filled (Figure 11). It is not necessary to exert a large amount of pressure when filling the Panels, the Panels should be full but not be under excessive pressure.

IMPORTANT NOTE:

Do Not Ingest Cooling Fluid: In case of accidental ingestion of the blue Cooling Fluid, immediately seek professional assistance or contact a Poison Control Center. The Cooling Fluid contains maximum 10% isopropyl alcohol by volume.



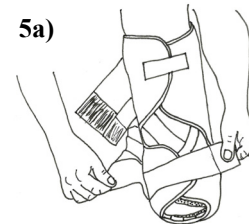
4a)



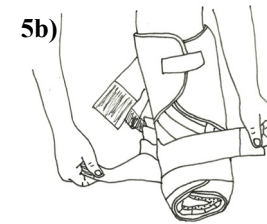
4b)

4) Once the Accessory Pads are in place, the small retention straps can be used to hold the Splint in place while the compression straps are applied and final adjustments are made.

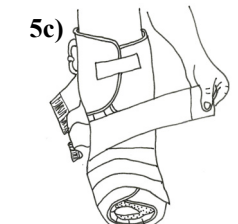
5) Now, beginning at the toe end, wrap the compression straps snugly around the foot. The Fluid Panel should be held against the foot by the splint to provide even pressure. The compression provided by the boot should be firm enough to transfer the fluid pressure of the Fluid Panel to the skin, but not so tight as to crush the Fluid Panel against the body. The boot should be loose enough that the contour of the Fluid Panel is retained, as it is this pattern that maximizes fluid movement under the skin.



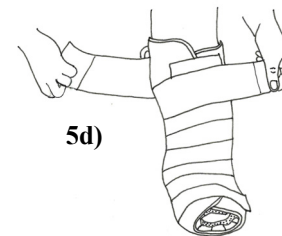
5a)



5b)



5c)



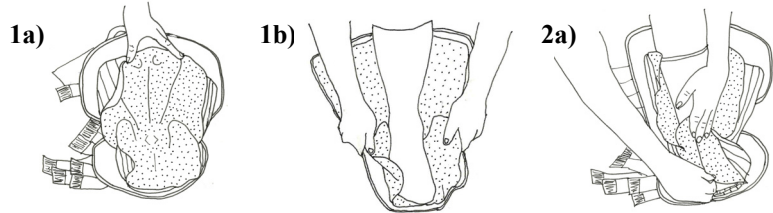
5d)



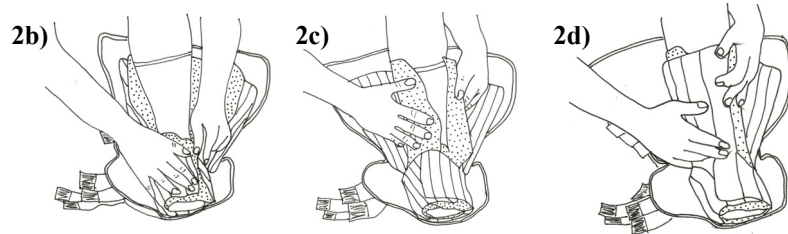
5e)

Important Note: Pressure applied by the Ankle Splint should be greatest at the toe end and slightly less at the lower leg end. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.

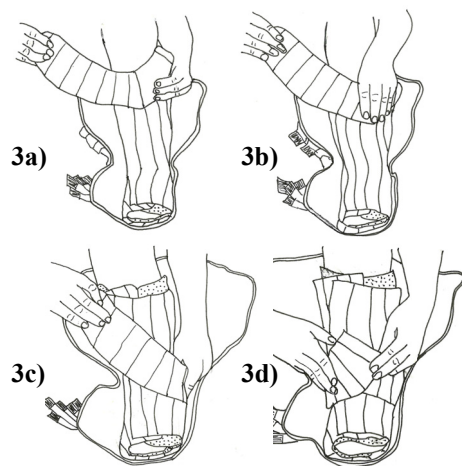
ANKLE SPLINT



1) Place foot in the pocket formed by the Fluid Panel, ensuring that the heel is slid as far back into the Fluid Panel, and the Fluid Panel slid as far back into the boot, as possible to ensure a snug fit.



2) Wrap the Fluid Panel around the top part of the foot, taking care to prevent any kinks or wrinkles in the Fluid Panel. Close the padded liner over top of the Fluid Panel. Repeat this process around the front of the lower leg.



3) The Accessory Pads are a very important part of the Ankle Splint. The large padded segment of these pads is tucked into the depression on either side of the foot behind the ankle bone. This ensures that pressure is applied to those areas. The tails of the pads are then placed across the top of the foot and front of the ankle. This ensures that excessive pressure does not close off the primary flow path for fluid out of the treatment site.

MIXING COOLING FLUID

As more Cooling Fluid is needed, follow these instructions for preparation.

Needed:

- 1 Gallon Distilled Water
- 16 Ounces Isopropyl Alcohol (70% concentration)
- Cooling Fluid Concentrate from Precision Ice®

Mixing:

1. Pour 16 oz (2 Cups) of distilled water out of the gallon container to allow the Isopropyl Alcohol to be added.
2. Add the 16 Ounces of Isopropyl Alcohol to the remaining water.
3. Add the contents of the small bottle of Cooling Fluid Concentrate to the alcohol and water.
4. Place a cap on the gallon container and invert a few times to ensure thorough mixing.
5. Keep Cooling Fluid in a tightly capped container for storage.

HOSE CONNECTIONS

Press silver button here when connecting or disconnecting hoses. Ensure that button is pushed in prior to attempting to connect hoses.

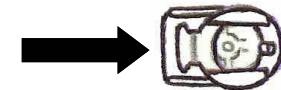


Figure 12



Figure 13

Ensure that hoses are fully mated when making Splint connections or otherwise connecting hoses together. Push in the silver button (Figure 12) and press connectors together until the bodies of the connectors are seated together as shown in Figure 13.

Incorrect connections will result in non-functioning Splints and can cause damage to the Pump in the Cooling Unit.

USING TWO SPLINTS

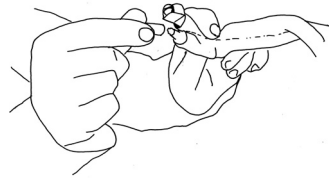
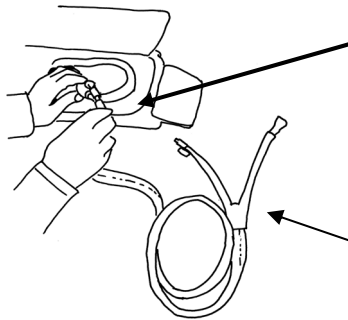


Figure 14: Remove the orange cap for connection to 2 Splints.



Ensure that the correct end of the Secondary Hose is connected to the Control Unit. The Splint connected to the Secondary Hose will not operate if the Secondary Hose is connected backwards.

The “Y” end of the Secondary Hose connects to the Splint.

Figure 15: The “Y” Adapter is used to attach the Secondary Hose when a second Splint is to be used .

Notice that there is both a long Primary Hose and a “Y” Adapter on the hoses inside the Control Unit. The Primary Hose is the primary connection for a Splint. Always use this hose when using a single Splint.

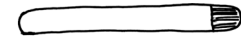
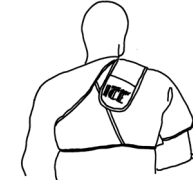
When two Splints are desired, remove the orange cap from one side of the “Y” Adapter and from the Secondary Hose (Fig. 14). Connect the Secondary Hose to the “Y” Adapter, as shown in Figure 15, and then to a second Splint.

Ensure that the Secondary Hose is connected as shown in Figure 15. The end of the Secondary Hose that forms a “Y” attaches to the Splint.

Important Note: Pay close attention to the level of the Cooling Fluid in the Control Unit when using two Splints. Make sure Fluid Panels are filled prior to use. Follow filling procedure on Page 6. The flow rate through the Fluid Panels will be reduced when using two Splints.

Using the Sling with the Shoulder Splint

If it is desired to limit the motion of the arm during treatment, the provided sling may be used.



1) The end of the sling with the logo is simply wrapped over top of the shoulder and secured to the Velcro® - sensitive material anywhere on the back of the Splint.

2) The other end of the sling is looped under the arm in front and secured to itself. It can be adjusted to any position.

ELBOW SPLINT



1) Position the Splint with the hole in the center over the bony prominence of the elbow. Use a finger placed through the hole and in contact with the elbow to assist in maintaining proper alignment while applying the Splint.



2) Once positioned, fasten the flap closest to the hand firmly around the forearm.

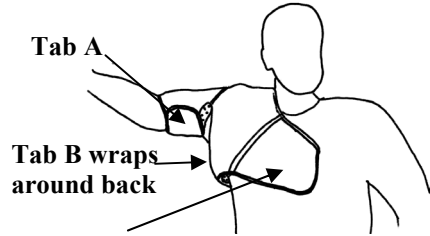


3) Snugly attach the upper flap around the bicep, and make any final adjustment that are necessary to achieve the desired fit.

Important Note: Pressure applied to the arm should be greatest at the end below the elbow and slightly less at the end above the elbow. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.

SHOULDER SPLINT

The Shoulder Splint has three tabs: one that wraps around the bicep (A), one that wraps from the front to the back under the arm on the treated side (B), and one that reaches from the back to the front under the arm opposite the side being treated (C).



Tab A
Tab B wraps around back
Tab C wraps around from the back and attaches here.

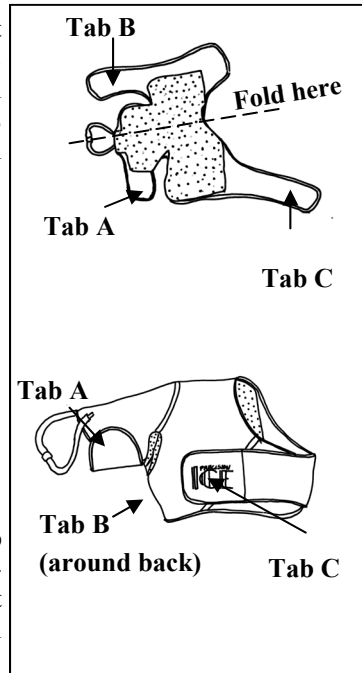
1) For ease of application, Tab A and Tab B can be secured to their respective positions to allow for a loose fit, and the Splint then pulled on over the arm like putting on the sleeve of a jacket.

2) Tab C can then be brought around from the back under the opposite arm and secured.



3) Final adjustment on all the Tabs can be made to achieve the desired fit.

4) Due to variation in body geometry, some gathering of the pressure pad may occur resulting in areas of non-contact. The auxiliary straps—the small “Y” straps and straight straps—may be used as shown in the figure to maintain consistent and complete contact and pressure.



CHARGING THE BATTERY

While you may begin using your Control Unit immediately by plugging it into a standard outlet, we recommend you charge the battery overnight before the first use. The battery will be fully charged and ready for mobile use after about 8—10 hours of charging with the unit OFF. The Green light on the Control Unit Face Plate indicates full charge.

The system's power cords are contained in outside pockets of the Control Unit. Both the adapter/transformer and car adapter must be used together for use with a standard wall outlet. The car adapter can be plugged directly into an auto outlet.

1. Locate the wall transformer and the car adapter located in the end pouches of the Control Unit.
2. Plug the wall transformer into a standard outlet.
3. Connect the car adapter into the adapter at the end of the transformer cord.

A GREEN light on the Control Unit Face Plate will come on when the battery is fully charged and ready for mobile use.

- *The RED light means the unit is ON and running either from wall or battery power.*
- *The GREEN light indicates battery FULL, the unit is fully charged and ready for use.*
- *The YELLOW light signals battery LOW, the battery needs recharging.*
- *Allow approximately 8 - 10 hours to fully recharge the battery.*

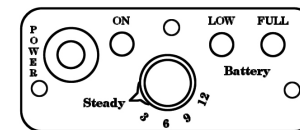


Figure 16: Control Unit Face Plate

PRECISION ICE® SPLINTS

The Precision Ice® Splints are specially designed to assist in the activation of lymphatic drainage while applying a consistently cold temperature to injured areas.

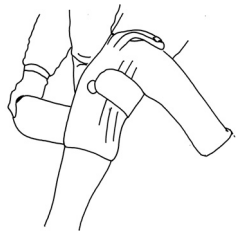
All Precision Ice® Splints are filled with Cooling Fluid at the factory. Over time, the amount of fluid in the Splints and Control Unit may diminish due to absorption / evaporation. If the fluid is low in either the Control Unit or the Fluid Panels in the Splints, refer to the procedure on page 6 of this manual for proper filling. Keep the hoses on the splints attached to each other (as shown on Page 5, Figure 8) when not in use to prevent the Cooling Fluid from leaking.

SPLINT APPLICATION

KNEE SPLINT



1) Use the round JoVi Pad® behind the knee area underneath the Precision Ice® Splint to ensure that this sensitive area receives optimum pressure distribution.



3) Once positioned, secure the three straps to obtain a snug, comfortable fit.

2) Position the Splint with the hole in the center over the patella, or kneecap. Use a finger placed through the hole and in contact with the patella to assist in maintaining proper alignment while applying the Splint.

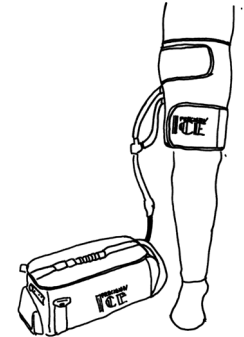
Important Note: Pressure applied to the leg should be greatest at the end below the knee and slightly less at the end above the knee. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.

THIGH SPLINT



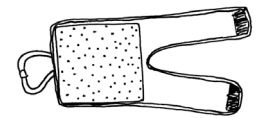
The Thigh Splint simply has two tabs that wrap around the thigh in opposite directions to secure the pad.

Securing first the lower tab snugly on the thigh, tug upward on the Splint to ensure the pad is smooth against the treatment area. Then secure the upper tab and make any adjustments necessary to achieve the desired fit.



Important Note: Pressure applied to the leg should be greatest at the end furthest from the torso and slightly less at the end closer to the torso. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.

SHIN/CALF SPLINT



1) Securing first the lower tab snugly on the leg, tug upward on the Splint to ensure the pad is smooth against the treatment area. Then secure the upper tab.

2) The Splint can be adjusted so that the Fluid Panel is in contact with either the calf, the shin, or anywhere in between.



Important Note: Pressure applied to the leg should be greatest at the end furthest from the torso and slightly less at the end closer to the torso. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb.