

CRYOTEC QUICK SET-UP GUIDE - SHOULDER

(This guide is intended as a quick reference once the user manual has been read in full)


1. Remove the pump unit screw cap (Fig. 1) and fill with water and ice at 1:2 ratio (1 part ice: 2 parts water). When the device is on its side the water and ice level must remain below the opening. Screw the cap on tight.
2. Plug your power lead into the mains.
3. Apply your wrap-around cuff according the picture sequence overleaf. Ensure it is firm.
4. Connect one end of the hose to the cuff and the other end to the device.
5. **Ensure the device is upright during treatment** (Fig. 2).
6. Position your body on a bed or couch where your affected limb is elevated and supported.
7. Turn the device on by pressing 
8. Adjust the modes (Fig. 3) by pressing the arrows (see setting options overleaf). Press OK. Press play.
9. To pause treatment at any time press the pause button.
10. For the next therapy session, the device will remember the last mode you selected.
11. **Once your treatment is finished**, turn off the unit and the power, remove the cuff from your limb; and raise it higher than the pump unit so remaining water can drain back into the unit.
12. Then disconnect the hose from the device.
13. Empty the unit of water between treatment sessions. Steps 11-13 are important to reduce condensation in the device and prevent overflow at next use.



Figure 1



Figure 2



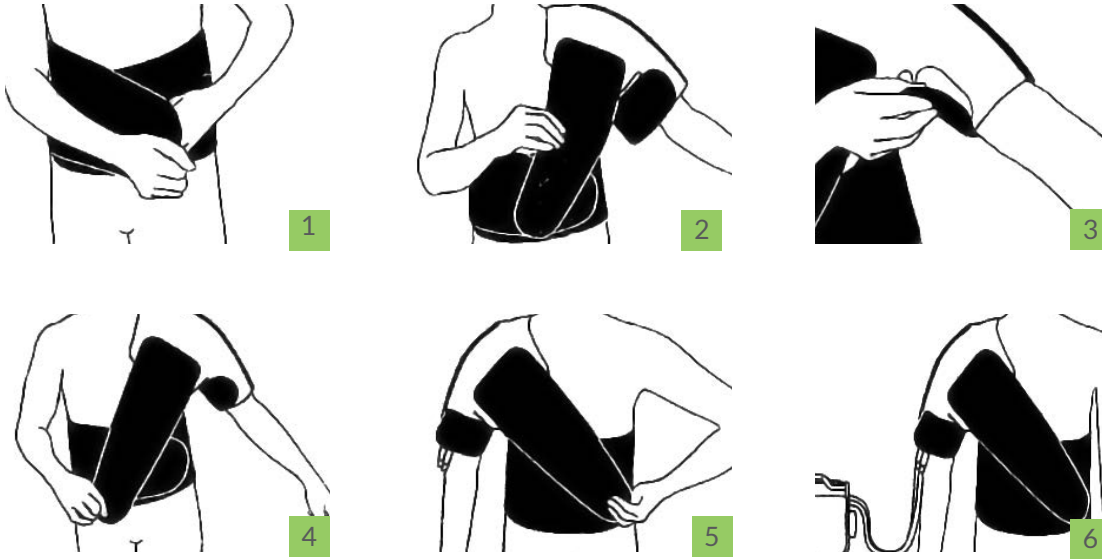
Figure 3

ALWAYS EMPTY WATER FROM TANK AFTER TREATMENT













CRYOTEC QUICK SET-UP GUIDE - SHOULDER CONT.

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How to Apply your Shoulder Cuff



Settings Available for Cryotec - Level 6 suggested for post-surgical patients

Modes	Compression	Energy Extraction	Time
Mode 1			30 mins on / 30 mins off
Mode 2			15 mins on / 30 mins off
Mode 3			30 mins on / 30 mins off
Mode 4			15 mins on / 30 mins off
Mode 5			30 mins on / 30 mins off
Mode 6			30 mins on / 30 mins off
Custom	To adjust custom settings please see your clinician		