

QUICK GUIDE TO SETTING UP YOUR VITALWRAP® SYSTEM

1. Unlock lid: With unit facing you, push handle away from the temperature control knob (back) to unlock lid.

2. Remove dip-tube covers: Lift lid, remove red dip-tube covers and discard them.

3. Fill the VitalWrap System:

a) For heat therapy only: Fill to the top fill line with room temperature water. **DO NOT** fill system with hot water!

b) For cold or contrast therapy: Fill VitalWrap System to the first fill line with cubed ice. Fill system to the second fill line with cold water. *Measurement will be more accurate if you put the ice first.*

4. Replace lid to system: Be sure to set lid into place so that arrows on lid and bucket align.

5. Lock lid: Pull handle toward you from back to front into the upright position, locking it into place.

6. Plug unit in:

a) Remove electrical cord, tubing set and wrap from packaging.

b) Plug electrical cord into the back of the system. Remove plastic guard from the plug end, and insert the plug into a three-pronged outlet.

7. Plug in tubing: Uncoil tubing set, and plug one end into the unit and the other end into the wrap. Ensure both white dots are facing up and that tubing set connectors are firmly attached to the unit as well as to the wrap.

8. Turn on the system: With the temperature control knob set at the coldest setting (largest blue dot), switch the tab to the "ON" position. The green light should be illuminated.

9. Using the VitalWrap System:

a) For heat therapy only: Be sure to prime your system on MAX cold for three minutes before turning to hot.

b) For cold or contrast therapy: You may begin the system on the cold setting first.



1



2



3 a)



3 b)



4



5



6 a)



6 b)



7



8



9 a)



9 b)