



CRYO PRO™ COLD THERAPY

dr.aktive®

INSTRUCTIONS FOR USE

INITIAL SET UP

You will need:



1x unit



1x hose



1x plug



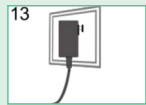
1x wrap



1x drain gadget

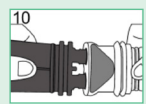
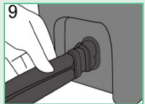
Please ensure you read the User Instruction Manual

- Remove the lid by pulling back the black ledge in the centre towards you.
- Fill to water min level and add ice to ice max level.



- To power the machine:

Connect power cable to the front of the machine and plug into the wall power socket.



- Connect the hose to the wrap and front of the machine. To remove the hose press the blue release button.

APPLYING THE WRAP

Ensure you have a light layer of clothing beneath the wrap



- Wrap around the body with the hose nozzle facing down.
- Secure with the hook and loop fastenings.



Scan for a video tutorial of how to set up the Cryo Pro™

POWERING ON

1. Press and hold the power button to switch on.
2. Change the pressure and time settings by pressing .
3. Press play and the timer will start counting down.
4. Increase or decrease mode by using and to see which pressure mode suits you.



REFILLING THE MACHINE

1. Press to pause the machine. Hold the power button to switch off.
2. Remove the wrap and then disconnect the hose (some water may leak from the hose).
3. Drain water from the wrap using the drain gadget, drain water from the unit by pouring into the sink.
4. Replace the unit with water and ice.
5. Then re-connect the wrap and switch back on. The machine will default to mode 1.



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FILLING YOUR WRAP

Before sending the machine back to us, you will be able to keep your selected wrap. We recommend filling your wrap with the maximum amount of water by letting it run on any setting and pausing as the wrap is at its most full. You can then keep it as a cool wrap in your fridge.

FAQs

How does the Cryo Pro work?

The Cryo Pro is simple to use and only requires ice, water and power. Simply fill the unit with ice and water, plug it in, attach your wrap to the unit with the hose and choose your time and compression setting.

What is cold compression therapy?

The Cryo Pro uses cold compression therapy to aid your recovery. Cold compression therapy works by constricting the blood vessels, which in turn reduces swelling and inflammation. Cold therapy can also calm muscle spasms, minimise bruising and soothe nerve endings, encouraging quick and effective healing for a variety of muscle tendon and ligament injuries.

How long does the Cryo Pro compress for?

There are 9 different settings to choose between. There is Low, Medium and High compression with 3 different time choices, from 20 to 40 to 60 minutes.

Do I keep the wrap?

Yes, you will be supplied with a new wrap for your rental and you are able to keep this and use as a cold wrap.

Can I put the wrap directly on my skin?

It is recommended to have a thin layer of clothing between the wrap and your skin.

What pressure should I start on?

This is personal preference for what is required for you, test out the different settings and see what is most comfortable. It is recommended to start on modes 1-3 straight after surgery.

How long should I use the Cryo Pro for?

You are able to use the Cryo Pro for the maximum time setting of 60 minutes, then it is recommended to rest for as long as you have used the unit for, and then you are able to repeat.

TROUBLESHOOTING

TROUBLESHOOTING	
Machine won't turn on	<ol style="list-style-type: none"> 1. Please hold down the power button for 5 seconds, don't just press it 2. Please ensure that the power connector and the power connector at the plug are connected correctly 3. Please ensure the power plug is inserted correctly into the power supply
There is water on the surface of the wrap	<ol style="list-style-type: none"> 1. Please check whether it is condensed water 2. If the wrap leaks, stop using it immediately and contact the merchant for repair
Loud noise when cold treatment starts	<ol style="list-style-type: none"> 1. Please check that the correct amount of water is filled to the fill level. 2. Please try to run the cycle for 2-3 minutes and the noise will be reduced. 3. If you are still experiencing issues stop using and contact the merchant for repair.