1. Remove optional gel pack and place in freezer for a minimum of 1 hour.
   *NOTE: Each time the gel wrap thaws, refreeze for 1 hour.*

2. Place a protective barrier between the gel pack and the skin. A cloth sleeve is included in your package. Any thin cloth barrier will be effective. Remove gel from freezer, attach the gel wrap to the inside of the brace.

3. Place the brace around the knee, aligning the round opening with the knee cap. Secure the tabs to achieve a snug fit.

4. Connect the hose to a port on the PowerPlay pump. Press the Power button to turn on the unit.

5. Press the Set Pressure button associated with that port until the desired pressure (50 mmHg, 55 mmHg, 60 mmHg, 65 mmHg, 70 mmHg) appears on the display.
   *NOTE: Pressure cannot be altered during an inflation cycle. The pump will automatically shut off after 20 minutes to prevent joint's over-exposure to cold. To reactivate pump, press and hold the power button until the lights on the unit are illuminated.*