INSTRUCTIONS FOR USE

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. Remove gel from freezer, re-attach gel pack inside ankle wrap.

3. Place a protective barrier between the gel pack and skin. A cloth sleeve is included in your package. Any thin cloth is effective. Place foot in wrap, making sure heel is comfortably positioned as shown. Secure straps around top of foot and around ankle.

4. Connect the hose to a port on the PowerPlay pump.

5. Press the Power button to turn on the unit.

6. 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.