WARNING: Recommended cold therapy treatment; 20 minutes on, 20 minutes off.

1. Place both gel packs in freezer for 2+ hours (SEE WARNINGS BELOW). Figure 1
2. Attach cold gel pack inside shoulder orthosis. Ensure the seams line up to the shoulder cap opening. Figure 2
3. Attach torso strap to rear plastic loop (rear side of brace will be dependent on which shoulder is being treated). Thread through “IN” side and Velcro over the “OUT” side of the strap.
4. Place shoulder brace on affected shoulder with opening over shoulder cap and air valve in line with bicep. Figure 3
5. Attach lower arm strap around bicep near elbow, attach upper arm strap around bicep near shoulder.
6. Bring torso strap under unaffected shoulder and loop through front plastic loop, tighten to desired comfort level. Figure 4
7. Attach the bulb and tube to the valve.
8. Inflate by switching to the “ON” position. Pump the bulb to desired compression. Do not over inflate (SEE WARNINGS BELOW). Deflate by pressing the button at base of bulb.
9. When you’ve pumped to a comfortable compression, switch to “OFF” position and remove tube with bulb from valve connection. Note: Splint may also be deflated by removing tube while in “ON” position. Figure 5

CAUTION:
1. DO NOT OVER INFLATE – Improper inflation may inhibit circulation or cause injury
2. Only use the Cryo Pneumatic Shoulder with Two Gel packs after following directions above
3. Do not use gel pack on sensitive skin
4. Cold therapy should not be used by anyone with circulatory issues, unless prescribed by a physician
5. Gel pack is not intended for ingestion
6. Do not use gel pack if it’s punctured