

SAFETY INSTRUCTIONS

READ THIS FIRST * SAVE THESE INSTRUCTIONS * IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE CONTINUOUS THERMAL THERAPY DEVICE

DANGER—TO AVOID THE RISK OF ELECTROCUTION, BURNS, FIRE OR INJURY TO PERSONS, TAKE THE FOLLOWING PRECAUTIONS WITH THE DEVICE:

DO NOT leave unattended while in use.

Turn off device before unplugging from an outlet.

Unplug from the electrical outlet immediately after using, before cleaning, and before putting on or taking off parts or attachments, and **DO NOT** unplug by pulling on the cord.

Be sure to disconnect the device from electrical outlet when filling or emptying it with water.

DO NOT operate in a wet or moist condition: and do not use while bathing or in the shower.

DO NOT use or store where it can fall into a tub, shower, sink, water or other liquid.

DO NOT reach for the device if it falls into water - unplug it immediately.

DO NOT use with an extension cord unless the cord has been checked and tested by a qualified technician.

Ensure close supervision when the device is being used near children or infirm persons.

As with any product with a cord, there is a risk of strangulation, so take care in storing and using the device around children.

DO NOT place on or near a hot gas flame, flammable products, electric element or a heated oven.

DO NOT operate if the cord appears damaged or if you have dropped or damaged the device. Inspect the device and its cord beforehand to be sure that it is in good working condition.

DO NOT allow cord to touch hot surfaces.

DO NOT run the cord under carpeting or cover it with throw rugs, runners, or the like.

Arrange the cord away from traffic areas and where it will not be tripped over.

DO NOT pull or carry the device by the cord.

DO NOT attempt to disassemble or repair on your own as that may cause a risk of electric shock or injury.

If the device is in need of repair, refer to the instruction manual for directions.

DO NOT drop or insert any object or body part into any opening.

DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.

If you are using the device for heat therapy, **DO NOT** operate the device under a blanket, pillow or other such items as excessive heat may cause fire, electrocution or other injury.

After heat therapy, always allow the device to cool completely before storing.

DO NOT puncture the pads of the device.

ADDITIONAL REMINDERS

Carefully follow all of the instructions that accompany this booklet.

Use the device for its intended use only.

The device is for indoor use only and should not be used outdoors.

Individuals with circulatory problems should use cold therapy only under medical supervision.

If you are sensitive to hot or cold temperatures, consult your doctor before use.

To avoid any adverse effects to your health or skin, shut off the device if you begin to feel uncomfortable.

Discontinue use if dizziness, severe pain, or severe skin reaction occur.

DO NOT use in ambient temperatures below 60 degrees or above 90 degrees Fahrenheit.

Your Continuous Thermal Therapy Device was developed to help soothe the pain associated with migraine headaches, muscle strains, arthritis, and other aches and pains by providing continuous heat or cool therapy. Please follow these instructions to use your device safely and effectively.

Quick Start Guide

Please refer to the included Instruction Manual for more detailed instructions on setting up and using your new device.

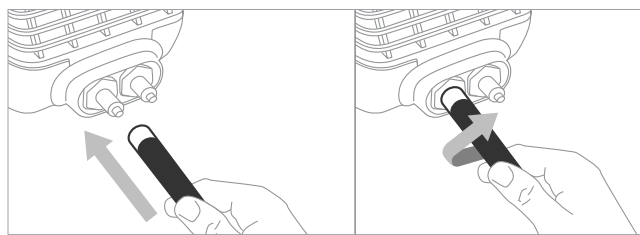


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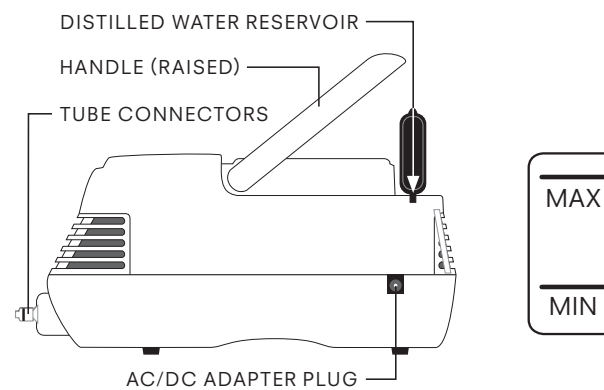
1 Install a relief pad

- Remove the pad from the plastic bag.
- Remove the white caps from the end of the connectors on the relief pad tubes.
- Attach the white connectors at the end of the relief pad tubes to the tube connectors on the device using a clockwise twisting motion.
- Ensure both tubes are connected to the device.



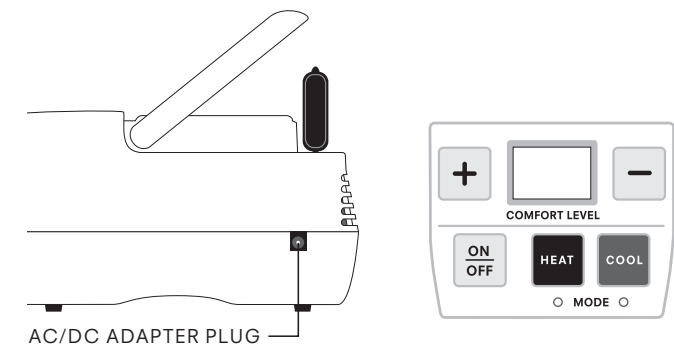
2 Fill the reservoir with distilled water

- Lift the handle.
- Gently peel back black rubber fill cap.
- Pour DISTILLED WATER into the reservoir under the fill cap (water should drain through hole in the center of the reservoir).
- Ensure you have filled between "MIN" and "MAX" levels on the water level indicator.



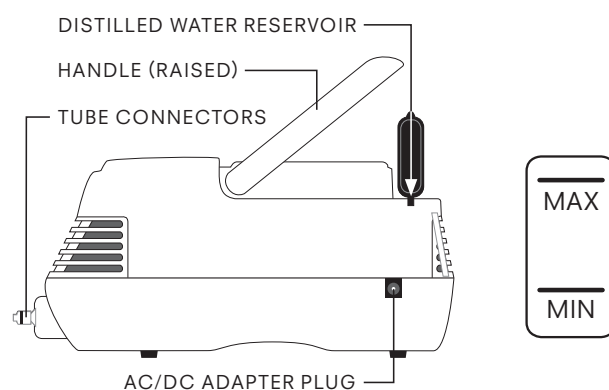
3 Power on your device

- Leave black rubber cap in open position.
- Plug one end of the power cord into the electric outlet, and plug the other end into the AC/DC adapter plug on the device (the control panel will illuminate).
- Press the ON /OFF button (the fan and pump will start and the digital display will now say "ON").



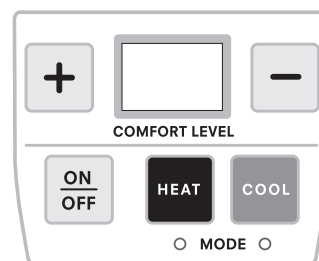
4 Refill the reservoir

- Water poured in the reservoir in Step 2 has been pumped into the relief pad.
- Pour additional DISTILLED WATER into the reservoir while the unit is still on.
- Monitor water fill level over next minute to make sure the water level settles between the "MIN" and "MAX" lines.
- Close black rubber fill cap.



5 Choose your desired mode and temperature

- Press either the HEAT or COOL button on the control panel.
- Adjust the temperature by pushing the plus (+) and minus (-) symbols.
- Temperature level 1 will provide minimal heat/cool, and temperature level 10 will generate maximum heat/cool.
- SUGGESTION: Start at Level 5 and adjust if necessary.



6 Fit a relief pad

- Choose the appropriate relief pad.
- Each pad has Velcro straps with elastic sides for a comfortable fit.
- The straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort.

