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M PAIN MANAGEMENT TECHNOLOGIES ARS2000

Aqua Relief Cold & Hot Water Therapy System User Manual

Brand: M PAIN MANAGEMENT TECHNOLOGIES | Model: ARS2000

1. PRODUCT OVERVIEW

The Aqua Relief Cold and Hot Water Therapy System is a circulating personal heat/cooling device designed to provide targeted therapy for pain and swelling relief. This versatile unit circulates water through a universal wrap, offering both cold and hot treatment options to aid in recovery and manage various conditions.



Image 1.1: The Aqua Relief Therapy System with its main unit and universal therapy pad.

2. SAFETY INFORMATION

Please read all instructions carefully before operating the device. Failure to follow safety guidelines may result in injury or device malfunction.

- Always ensure the water level is above the fill-line in the reservoir before operation.
- Empty water from the reservoir between sessions to maintain hygiene and device longevity.
- Unplug the machine between sessions and when not in use.
- This device is intended for personal, intermittent use. It is not designed for commercial or continuous operation. The pump has an expected life of 1700 hours.
- Do not use if the unit or any components appear damaged or are leaking.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, especially those affecting circulation or sensation.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. COMPONENTS

Your Aqua Relief System package includes the following:

- Aqua Relief Therapy Unit (main reservoir with pump and heating element)
- Universal Therapy Wrap (11x11 inches)
- 3x39 inch Hook and Loop strap for securing the wrap
- Insulated Tubing with quick-connect couplings

Additional pad designs for specific body parts (e.g., shoulder, back, knee) are sold separately and can be used with this unit.



Image 3.1: The universal wrap is adjustable and flexible for various body areas.

4. SETUP INSTRUCTIONS

1. **Place the Unit:** Position the Aqua Relief Therapy Unit on a stable, flat surface near the area where you intend to apply therapy.
2. **Fill the Reservoir:**
 - For **Cold Therapy:** Fill the reservoir with cold water and add ice. Ensure the water level is above the indicated fill-line.
 - For **Hot Therapy:** Fill the reservoir with water (room temperature is acceptable, as the unit will heat it). Ensure the water level is above the indicated fill-line.
3. **Connect the Therapy Wrap:** Attach the insulated tubing from the therapy unit to the universal therapy wrap using the quick-connect couplings. Ensure a secure, leak-free connection. The couplings are designed to automatically close off water flow when disconnected.
4. **Secure the Wrap:** Use the Hook and Loop strap to comfortably secure the universal wrap to the desired body part (e.g., hip, ankle, wrist, shoulder, leg, elbow). Do not overtighten, as this can restrict water flow.
5. **Plug In:** Connect the power cord to a standard electrical outlet.

ARS System

Timed 15 minute increments with auto-shut off or continuous settings.



Double Wall Insulation

Layers of insulation keep water cooler longer



Timed Increments

Set to 15 minute increments or continuous flow



Image 4.1: Securely connect the insulated tubing to the therapy pad using the quick-connect couplings.

5. OPERATING INSTRUCTIONS

Once the unit is set up, you can begin your therapy session.



Image 5.1: The control panel features dials for power/temperature and timer settings.

5.1. Selecting Therapy Type and Duration

1. **Power On:** Turn the top knob to the 'On' position. The green 'Power' light will illuminate.
2. **Select Temperature:** Rotate the top knob to select either 'Cold' or 'Heat'.
 - **Cold Therapy:** The cryo-cool system will circulate cold water for up to 5 hours with ice. This helps reduce swelling and pain.
 - **Hot Therapy:** The heating system will warm the water in less than 10 minutes. The red 'Heater' light will illuminate when heating. Warm, damp heat can improve blood flow, decrease stiffness, relax muscles, and reduce spasms.
3. **Set Timer:** Use the bottom knob to select the desired therapy duration.
 - **Continuous:** For uninterrupted therapy.
 - **Timed Increments:** Set the timer in 15-minute increments up to 60 minutes. The unit features an auto shut-off function at the end of the selected time.

EASY AND CONVENIENT FOR HOME USE



ADJUSTABLE

Wrap included for a variety of uses



FLEXIBLE

Comfortable for relaxing recovery



Image 5.2: The unit features double wall insulation to maintain water temperature and offers timed therapy sessions.

6. MAINTENANCE

Proper maintenance ensures the longevity and effective operation of your Aqua Relief System.

- **Daily Cleaning:** After each use, unplug the unit and empty all water from the reservoir. This prevents bacterial growth and mineral buildup.
- **Storage:** Store the unit in a clean, dry place when not in use. Ensure all components are dry before storage.
- **Tubing Care:** Periodically check the insulated tubing for any kinks or damage. Ensure the quick-connect couplings are clean and free of debris.

7. TROUBLESHOOTING

If you encounter issues with your Aqua Relief System, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No water circulation	<ul style="list-style-type: none"> • Water level below fill-line • Kinked tubing • Pad secured too tightly • Pump malfunction 	<ul style="list-style-type: none"> • Add water to the reservoir until it's above the fill-line. • Check tubing for kinks and straighten them. • Loosen the therapy wrap to ensure unrestricted flow. • If the pump is not audible or circulating water despite power, contact customer support.
Unit not heating/cooling	<ul style="list-style-type: none"> • Incorrect temperature setting • Heater/cooler element malfunction 	<ul style="list-style-type: none"> • Ensure the top knob is set to 'Heat' or 'Cold' as desired. • Verify the 'Heater' light is on for hot therapy. • If the unit is powered on but not changing temperature, contact customer support.
Unit leaks	<ul style="list-style-type: none"> • Loose connections • Damaged tubing or pad 	<ul style="list-style-type: none"> • Ensure all quick-connect couplings are fully engaged. • Inspect tubing and pad for any visible damage or punctures. If damaged, discontinue use and contact customer support.
Unit does not power on	<ul style="list-style-type: none"> • Not plugged in • Power outlet issue • Unit malfunction 	<ul style="list-style-type: none"> • Ensure the power cord is securely plugged into both the unit and a working electrical outlet. • Test the outlet with another device. • If the unit still does not power on, contact customer support.

If troubleshooting steps do not resolve the issue, please contact M PAIN MANAGEMENT TECHNOLOGIES customer support for assistance.

8. SPECIFICATIONS

- **Model Number:** ARS2000
- **Product Dimensions:** 1.1 x 1.1 x 1.1 inches; 5.65 Pounds (Unit dimensions may vary slightly)
- **Manufacturer:** M PAIN MANAGEMENT TECHNOLOGIES
- **Country of Origin:** China
- **Unit Count:** 1.00 Count
- **Special Feature:** Adjustable (therapy pad)
- **Reservoir Capacity:** 9-Quart Ice Tank (for cold therapy)
- **Pump Life Expectancy:** Approximately 1700 hours

9. WARRANTY & SUPPORT

M PAIN MANAGEMENT TECHNOLOGIES is committed to providing quality products and customer satisfaction.

- **Money Back Guarantee:** This product typically comes with a 30-day money back guarantee. Please refer to your purchase documentation for specific terms.
- **Customer Service:** Our customer service team is located in the USA to provide prompt and efficient support.
- **Contact:** For any inquiries, technical assistance, or warranty claims, please refer to the contact information provided with your product packaging or visit the official M PAIN MANAGEMENT TECHNOLOGIES website.

10. IMPORTANT DISCLAIMERS

The information provided in this manual is for informational purposes only. Statements regarding the benefits of hot and cold therapy have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a qualified healthcare professional for medical advice and before starting any new therapy regimen.