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> M PAIN MANAGEMENT TECHNOLOGIES Arctic Ice Clear Gen 2 Circulating Cold Water Therapy Ice Machine (Model CTUC2)
Instruction Manual

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For Knee, Elbow, Shoulder, Back Pain, Swelling, Sprains, and Injuries

1. INTRODUCTION

The Arctic Ice Clear Gen 2 Circulating Cold Water Therapy Ice Machine is designed to provide targeted cold therapy for various conditions, including post-surgery swelling, joint pain, and recovery from injuries or workouts. This system delivers a continuous flow of cold water to the affected area, offering soothing relief. It features a durable base unit, a universal cold therapy pad, and insulated tubing for consistent temperature delivery.



Image 1.1: The Arctic Ice Clear Gen 2 Circulating Cold Water Therapy Ice Machine, showing the main unit, universal therapy pad, and accessory wraps.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions and warnings carefully before using this product. Failure to follow these instructions may result in injury or damage to the device.

- Consult with a healthcare professional before using this device, especially if you have pre-existing medical conditions, circulatory issues, or nerve damage.
- Do not apply cold therapy directly to skin for extended periods. Always use a barrier (such as the included wraps or a cloth) between the cold pad and your skin to prevent frostbite or skin damage.
- Monitor your skin regularly during treatment for any signs of redness, blistering, or numbness. Discontinue use immediately if you experience discomfort or adverse reactions.
- Do not use this device while sleeping or if you are unable to monitor the treatment area.
- Keep the device out of reach of children and pets.
- Ensure all connections are secure to prevent leaks.

- Use only clean water and ice in the reservoir.
- 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. This device is for cold therapy only.

3. PACKAGE CONTENTS

Verify that all components are present in your package:

- 1x Arctic Ice Clear Gen 2 Base Unit (12-quart capacity)
- 1x Universal Cold Therapy Pad
- 1x Insulated Tubing with Quick-Connect Couplings
- 1x Carrying Handle (integrated)
- Stretchy Straps for securing the pad
- Power Adapter

4. SETUP INSTRUCTIONS

1. **Prepare the Base Unit:** Place the Arctic Ice Clear Gen 2 base unit on a stable, level surface. Ensure it is within reach of a power outlet.
2. **Fill with Water and Ice:** Open the lid of the base unit. Fill the reservoir with cold water up to the indicated maximum fill line. Then, add ice cubes or frozen water bottles. The base has marked guides for minimum and maximum water levels.



CLEAR DOUBLE-WALL BASIN

Insulated with Easy to
Read Fill Lines



DIGITAL CONTROLS

Adjust timer and
intensity



TEMPERATURE ALERT

Monitors temp
for optimum level

**Add Ice to the Reservoir Along
with Water for Cold Therapy**



Image 4.1: Illustrates adding ice to the clear double-wall basin of the unit.

- 3. Connect the Tubing:** Connect one end of the insulated tubing to the outlet port on the base unit and the other end to the universal cold therapy pad. Ensure the snap-and-click couplings are securely fastened to prevent leaks.

LONG INSULATED TUBING

Keeps Water Cooler
Longer

EASY TO ATTACH

leak proof quick
connect couplings



Image 4.2: A user connecting the leak-proof quick-connect couplings of the long insulated tubing to the therapy unit.

4. **Apply the Universal Pad:** Place the universal cold therapy pad on the desired treatment area (e.g., knee, elbow, shoulder, back). Use the included stretchy straps to secure the pad firmly but comfortably. Always place a protective barrier between the pad and your skin.



ADJUSTABLE

Wrap included for variety of uses



FLEXIBLE

Comfortable for relaxing recovery

Image 4.3: The universal cold therapy pad secured around a knee, demonstrating its adjustable and flexible design for various uses.

5. **Power On:** Plug the power adapter into the base unit and then into a wall outlet. The unit's digital display should illuminate.

5. OPERATING INSTRUCTIONS

The Arctic Ice Clear Gen 2 features digital controls for customized therapy sessions.

- **Power Button:** Press the power button to turn the unit on or off.
- **Flow Rate Settings:** The unit offers five flow rate settings (levels) to adjust the intensity of the cold therapy. Use the designated buttons on the control panel to select your preferred flow rate. A higher flow rate generally results in colder therapy.
- **Timer Settings:** Set the treatment duration using the timer function, up to a maximum of 90 minutes. The unit will automatically shut off once the timer expires.
- **Temperature Monitoring:** The system continuously monitors the water temperature, providing readings between 41°F (5°C) and 68°F (20°C). Adjust flow rate and ice levels to maintain your desired temperature.
- **Treatment Cycle:** Once settings are selected, the machine will begin circulating cold water through the pad. The

foam-insulated tubing helps maintain consistent water temperature throughout the treatment cycle, which can last up to 6 hours with sufficient ice.



Our Cold Therapy

- ✓ Continuous Cold Water
- ✓ Clear Basin
- ✓ Universal Pad
- ✓ Digital Control



Other Cold Therapy

- ✗ Continuous Cold Water
- ✗ Clear Basin
- ✗ Universal Pad
- ✗ Digital Control



**Arctic Ice Clear Includes
Bonus set of couplings**

Image 5.1: A user comfortably applying cold therapy to their knee with the Arctic Ice Clear Gen 2 system.

COLD WATER THERAPY USED ON THE BODY



Image 5.2: Examples of how the universal pad can be applied to different body areas for targeted cold therapy.

6. MAINTENANCE

- **Draining the Unit:** After each use or when changing ice, disconnect the power and tubing. Carefully empty the water from the reservoir.
- **Cleaning:** Clean the reservoir and tubing regularly with mild soap and water. Rinse thoroughly to remove any soap residue. Allow all components to air dry completely before storage.
- **Storage:** Store the unit and its components in a clean, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Unit not turning on	Not plugged in; power outlet issue; unit malfunction.	Ensure power adapter is securely plugged into the unit and a working outlet. Check the power button.
Water not circulating or low flow	Tubing kinked; connections not secure; insufficient water in reservoir; pump obstruction.	Check for kinks in the tubing. Ensure all quick-connect couplings are fully clicked into place. Verify water level. Clean pump if necessary (refer to maintenance).
Water leaking	Loose connections; damaged tubing or pad.	Ensure all couplings are tightly secured. Inspect tubing and pad for any visible damage. If damaged, discontinue use and contact support.
Not cold enough	Insufficient ice; too much water; low flow rate setting.	Add more ice. Ensure water level is appropriate. Increase the flow rate setting.
Unit makes unusual noise	Air in the system; pump obstruction.	Ensure the unit is filled correctly to remove air. If noise persists, contact customer support.

8. SPECIFICATIONS

Model Number: CTUC2

Brand: M PAIN MANAGEMENT TECHNOLOGIES

Product Dimensions: 12 x 12 x 11 inches

Item Weight: 9.3 Pounds

Reservoir Capacity: 12 Quarts

Flow Rate Settings: 5 levels

Timer: Up to 90 minutes

Temperature Monitoring Range: 41°F to 68°F (5°C to 20°C)

Special Feature: Reusable



Image 8.1: Detailed dimensions of the Arctic Ice Clear Gen 2 unit, tubing, and universal pad.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please contact M PAIN MANAGEMENT TECHNOLOGIES customer service. Our customer service team is located in the USA to assist you with any inquiries or issues you may encounter with your Arctic Ice Clear Gen 2 system.

Please have your model number (CTUC2) and purchase date available when contacting support.

