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› Brace Direct IcedHeat Digital Hot & Cold Therapy Machine CTY408 User Manual

## Brace Direct CTY408

# Brace Direct IcedHeat Digital Hot & Cold Therapy Machine

Model: CTY408

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## 1. PRODUCT OVERVIEW

The Brace Direct IcedHeat Digital Hot & Cold Therapy Machine (Model CTY408) is designed to provide targeted hot and cold therapy for post-operative recovery, chronic pain relief, and sports injuries. This versatile device offers continuous circulation for consistent temperature delivery, aiding in swelling control and pain management.



Image 1.1: The IcedHeat Digital Hot & Cold Therapy Machine with its universal pad.

## Key Features:

- **Continuous Circulation Therapy:** A quiet pump ensures steady water movement, delivering consistent hot or cold temperatures.
- **Dual Hot & Cold Relief:** Capable of providing both cryotherapy and heat therapy by adding appropriately tempered water.
- **Universal Pad:** The soft, flexible pad conforms to various body areas including the knee, hip, shoulder, ankle, and back.
- **Easy-to-Use Digital Display:** Features controls for water temperature, therapy timer, and flow rate.

## 2. INCLUDED COMPONENTS

Carefully unpack your IcedHeat Digital Hot & Cold Therapy Machine and ensure all components are present:

- Digital IcedHeat Therapy Machine Unit
- Universal Therapy Pad with connectors
- Insulated Tubing

- AC Power Adaptor
- Elastic Bands (16, 27, and 47 inches)
- Product User Manual (this document)



Image 2.1: Overview of all components included with your IcedHeat system.

### 3. SETUP INSTRUCTIONS

Follow these steps to prepare your IcedHeat therapy machine for use:

1. **Place the Unit:** Position the therapy machine on a stable, flat surface near an electrical outlet. Ensure it is below the level of the body part being treated to facilitate proper water circulation.
2. **Fill with Water:** Open the lid of the machine. Fill the reservoir with water. For cold therapy, add cold water and ice cubes or a frozen water bottle to maintain temperature. For hot therapy, add warm water.  
*Note: The unit does not heat or cool water automatically; the temperature is determined by the water you add. Fill to the indicated fill line.*
3. **Secure the Lid:** Close the lid firmly to prevent leaks.
4. **Connect Tubing:** Connect one end of the insulated tubing to the therapy machine and the other end to the universal pad. Ensure connections are secure to prevent leaks. You should hear a click when properly connected.
5. **Plug in Power:** Connect the AC power adaptor to the machine and then plug it into a standard electrical outlet.
6. **Apply Pad:** Place the universal pad on the desired body area. Use the provided elastic bands to secure the pad comfortably but firmly against the body. Ensure there is a thin layer of clothing or a barrier between the cold pad and your skin to prevent skin damage during cold therapy.



Image 3.1: Proper application of the universal pad to the knee using elastic bands.

## 4. OPERATING INSTRUCTIONS

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

## Digital Display Controls:

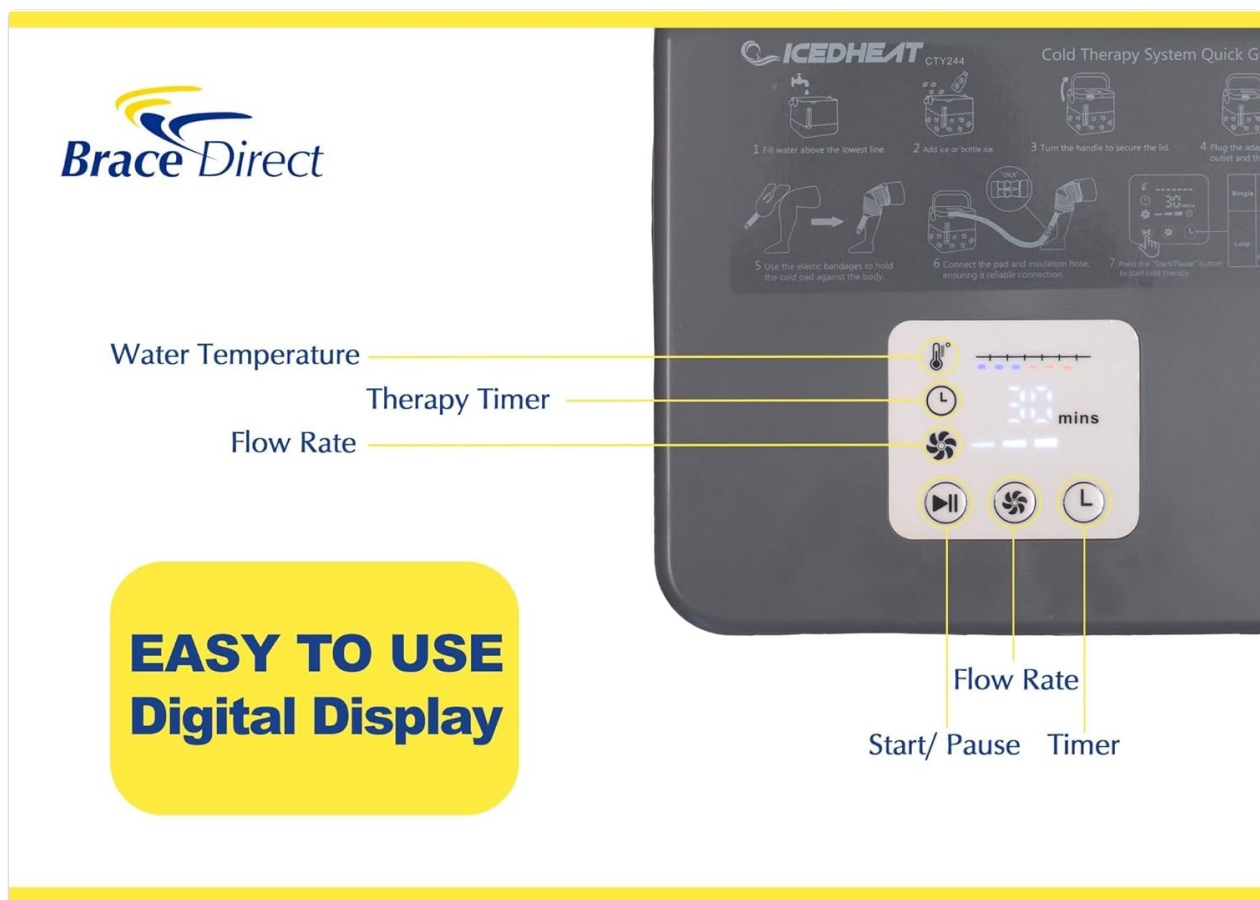


Image 4.1: The digital display panel of the IcedHeat machine.

- **Power Button:** Press to turn the unit ON/OFF.
- **Temperature Indicator:** Displays the water temperature. Blue bars indicate cold, red bars indicate hot.
- **Therapy Timer:** Set the duration of your therapy session. Options typically include 30, 60, 90, and 120 minutes.
- **Flow Rate:** Adjust the water circulation speed.
- **Start/Pause Button:** Initiates or pauses the therapy session.
- **Loop Setting (L):** Activates a cycle of 30 minutes ON, 30 minutes OFF, repeating up to 10 times.

## Starting a Therapy Session:

1. Press the Power button to turn on the unit.
2. Select your desired therapy duration using the Timer button.
3. Adjust the Flow Rate if necessary.
4. Press the Start/Pause button to begin the circulation.
5. Monitor the temperature indicator to ensure the water temperature is appropriate for your therapy. Add more ice or warm water to the reservoir as needed to maintain the desired temperature.
6. To end the session early, press the Start/Pause button, then the Power button.

## Important Considerations:

- Always use a barrier (e.g., thin cloth, leggings) between the therapy pad and your skin, especially during cold therapy, to prevent frostbite or skin irritation.
- Consult with a healthcare professional regarding appropriate therapy durations and temperatures for your specific condition.

## 5. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your IcedHeat therapy machine:

- **After Each Use:** After completing a session, the pad will partially drain itself. Disconnect the tubing from the machine and the pad. Empty any remaining water from the reservoir.
- **Cleaning:** Clean the reservoir and tubing with mild soap and water. Rinse thoroughly.
- **Drying:** Ensure all components, especially the reservoir and tubing, are completely dry before storing to prevent mold or mildew growth. Air dry or wipe with a clean cloth.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight.

## 6. TROUBLESHOOTING

If you encounter issues with your IcedHeat therapy machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
<b>Unit is leaking.</b>	Loose tubing connections or damaged O-rings.	Ensure all tubing connections are securely clicked into place. Check O-rings for damage and replace if necessary.
<b>Water is not circulating.</b>	Low water level, kinked tubing, or pump issue.	Check water level and refill if low. Ensure tubing is not kinked. If problem persists, contact customer support.
<b>Water temperature is not maintained.</b>	Insufficient ice for cold therapy or warm water for heat therapy.	Add more ice or a frozen water bottle for cold therapy. Replenish with warm water for heat therapy. The unit does not actively heat or cool water.
<b>Unit is noisy.</b>	Air in the system or pump malfunction.	Ensure the reservoir is adequately filled with water. If the noise is excessive or unusual, contact customer support.
<b>Digital display is not working.</b>	Power issue or internal malfunction.	Check power connection. Ensure the unit is plugged into a working outlet. If still unresponsive, contact customer support.

## 7. SPECIFICATIONS

- **Model Number:** CTY408
- **Package Dimensions:** 16.57 x 15.86 x 12.83 inches
- **Item Weight:** 8.07 Pounds
- **Manufacturer:** Brace Direct
- **First Available:** August 22, 2024

## 8. SUPPORT & WARRANTY

Brace Direct is committed to providing excellent customer service and support for your product.

### **Customer Support:**

For any questions, assistance with fitting, or troubleshooting not covered in this manual, please contact Brace Direct. As an American-owned company, Brace Direct offers USA-based support.

- **Personalized Support:** Schedule a free video fitting and adjustment session with a fitting professional.
- **Contact Information:** Refer to the contact details provided on the Brace Direct website or product packaging.

### **Product Warranty:**

Your IcedHeat Digital Hot & Cold Therapy Machine is backed by a **1-Year Warranty**, ensuring lasting confidence in your purchase. Please retain your proof of purchase for warranty claims.