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- › NEHOO /
- › NEHOO Cold Therapy System WLC-1 Instruction Manual

NEHOO WLC-1

NEHOO Cold Therapy System WLC-1 Instruction Manual

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your NEHOO Cold Therapy System WLC-1. This device is designed to provide continuous cold therapy for pain and swelling relief, particularly after surgery or injury. Please read this manual thoroughly before operation and retain it for future reference.



Image 1.1: The NEHOO Cold Therapy System, including the main unit, connecting hose, and universal cold therapy pad.

2. SAFETY INFORMATION AND IMPORTANT WARNINGS

Always consult with a healthcare professional before using this device, especially for post-surgical recovery. This

device is intended for temporary relief of pain and swelling.

2.1 Indications for Use

The NEHOO Cold Therapy System is indicated for post-surgical pain and swelling relief.

2.2 Directions for Safe Use

1. Fill the compress with ice and water as instructed in the Setup section.
2. Wrap the compress around the affected area.
3. Secure the compress in place using the provided elastic straps if necessary.
4. Use for 20-30 minutes at a time, as needed, or as advised by your healthcare professional.
5. **Do not apply the cold therapy pad directly to the skin.** Always use a protective barrier, such as a cloth or bandage, between the pad and your skin to prevent frostbite or skin irritation.
6. Consult with a healthcare professional if you have any concerns or experience adverse reactions.

2.3 Legal Disclaimer

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 product is not a medical device and should not replace professional medical advice or treatment.

3. PACKAGE CONTENTS

Verify that all components are present in your package:

- NEHOO Cold Therapy System Main Unit
- Universal Cold Therapy Pad
- Connecting Hose
- Power Adapter
- Elastic Straps (various sizes: 45", 27", 15")
- Spare O-Rings

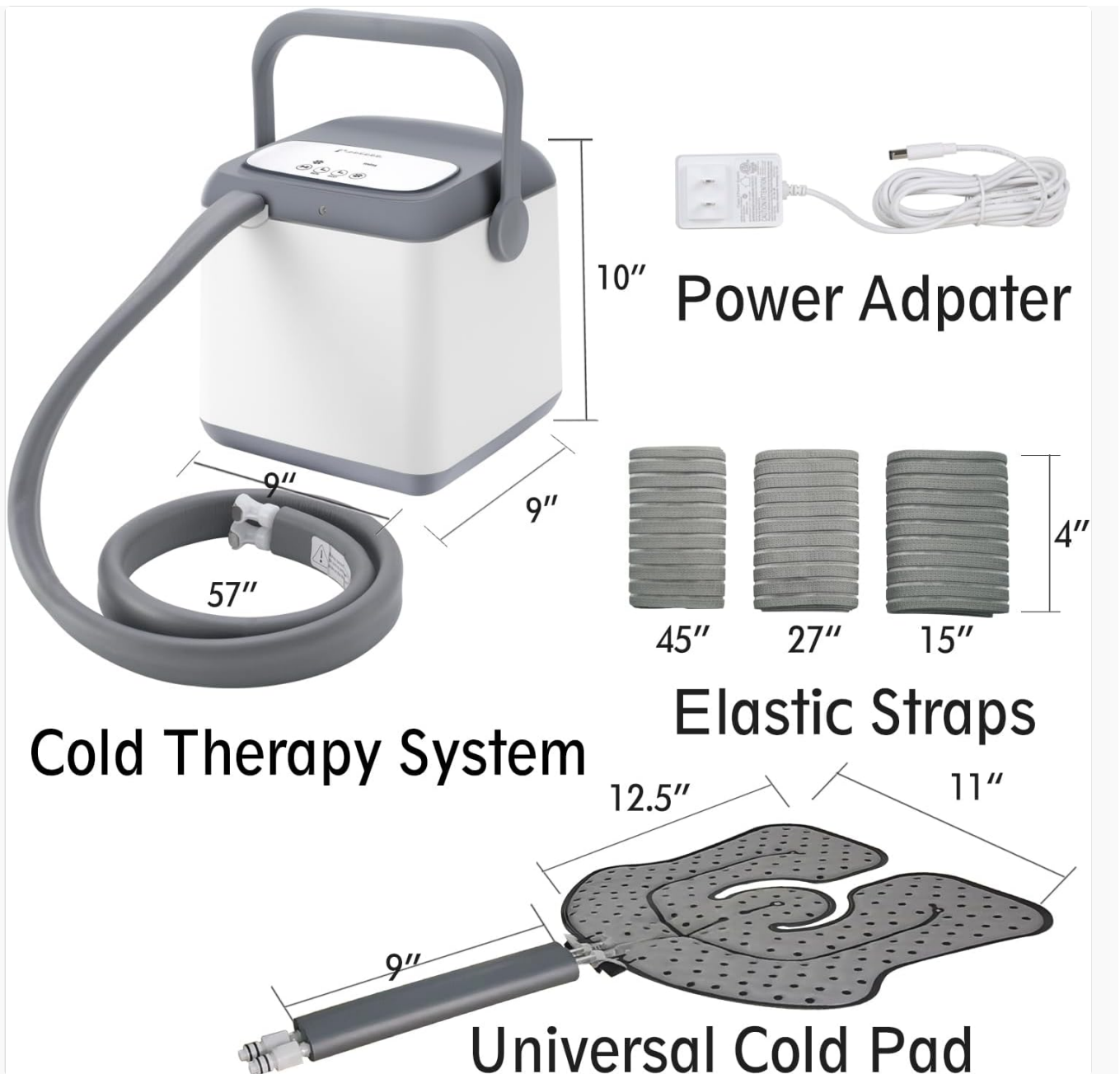


Image 3.1: Overview of the NEHOO Cold Therapy System components, including the main unit (approx. 9"x9"x10"), power adapter, elastic straps (45", 27", 15"), and universal cold pad (12.5"x11").

4. SETUP INSTRUCTIONS

Follow these steps to set up your NEHOO Cold Therapy System:

1. **Prepare the Main Unit:** Place the main unit on a stable, level surface. Ensure it is positioned at a height that allows the water to flow easily to the therapy pad, ideally not on the floor if the pad is elevated.
2. **Fill with Water:** Open the lid of the main unit. Fill the reservoir with cold water up to the lowest line indicated inside the bucket.
3. **Add Ice:** Add ice cubes or frozen water bottles (e.g., 11-13 fl oz bottles) to the reservoir. The unit is designed to keep the water cold for extended periods.

TRY 11-13 FL OZ BOTTLES



Image 4.1: The internal reservoir of the NEHOO Cold Therapy System, showing the recommended water level and space for adding ice or frozen bottles.

4. **Secure the Lid:** Close the lid and turn the handle to secure it firmly.
5. **Connect the Therapy Pad:** Connect the two hoses from the therapy pad to the corresponding ports on the main unit. Ensure a reliable connection by pressing the silver clip down and pushing the connectors together until they are securely seated. The metal clip should return to its original position.
6. **Position the Pad:** Wrap the universal cold pad around the desired treatment area (e.g., knee, shoulder, ankle, lumbar). Use the elastic bandages to hold the cold pad securely in place. Remember to place a protective barrier between the pad and your skin.

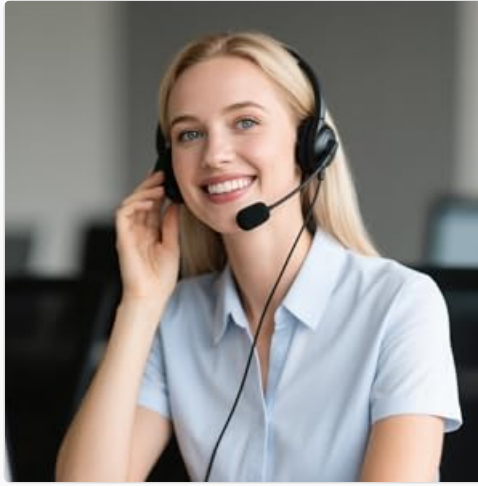


Image 4.2: Examples of how the cold therapy pad can be applied to different body areas such as the shoulder, lumbar region, ankle, and knee.

7. **Power Connection:** Plug the power adapter into an electrical outlet and then connect it to the device.

5. OPERATING INSTRUCTIONS

The NEHOO Cold Therapy System features a user-friendly control panel for setting therapy parameters.



Image 5.1: The control panel of the NEHOO Cold Therapy System, displaying the quick guide for setup and operation.





Image 5.2: A detailed view of the control panel, highlighting the Water Temperature display, Timer, Flow Rate indicator, Start/Pause button, Run button, Rest button, and Flow Rate button.

5.1 Control Panel Overview

- **Water Temperature Display:** Shows the current water temperature in Fahrenheit. It features a series of LEDs (e.g., 7 LEDs) that change color (blue for colder, orange for warmer) to indicate temperature. A blinking orange

light may indicate a temperature outside the optimal range or a system alert.

- **Timer Display:** Shows the set run time in minutes.
- **Flow Rate Indicator:** Displays the current water flow rate.
- **Start/Pause Button (▶ ■■):** Initiates or pauses the cold therapy cycle.
- **Run Button (L):** Used to set the duration of the active cold therapy period.
- **Rest Button (L):** Used to set the duration of the rest period between active therapy cycles (for Loop mode).
- **Flow Rate Button (*):** Adjusts the water flow rate.

5.2 Setting Therapy Modes

The system offers three programmable modes:

- **Single Mode:** Sets a single run time (e.g., 10, 20, 30, 40, 50, 60 minutes) with no rest period.
- **Loop Mode:** Allows you to set a run time (e.g., 10-60 minutes) and a rest time (e.g., 10-60 minutes) that will repeat in a cycle.
- **Non-stop Mode:** Provides continuous cold therapy without programmed breaks.

To set a mode, use the Run and Rest buttons to select your desired durations. The display will show the selected times.

5.3 Starting and Adjusting Therapy

1. After setting your desired run and rest times, press the **Start/Pause** button (▶ ■■) to begin cold therapy.
2. Adjust the water flow rate using the **Flow Rate** button (*) to your comfort level.
3. Monitor the water temperature on the display. The system is designed to operate quietly, allowing for uninterrupted therapy.

6. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your cold therapy system.

6.1 Refilling Ice and Water

The ice and water in the reservoir will gradually warm up during use. To maintain optimal cold temperatures:

- Periodically check the temperature indicator.
- When the temperature rises, pause the unit, open the lid, and remove melted ice/water.
- Refill with fresh ice and cold water as described in the Setup section.
- If using frozen bottles, rotate them with fresh frozen bottles from your freezer.

6.2 Cleaning

After each use, or periodically, clean the reservoir and therapy pad:

- Drain all water from the system.
- Wipe the inside of the reservoir with a clean cloth and mild soap solution. Rinse thoroughly.
- Flush the therapy pad and hoses with clean water to prevent residue buildup.
- Allow all components to air dry completely before storage.

7. TROUBLESHOOTING

7.1 Leaks

If you experience leaks:

- Ensure all hose connections are properly installed and seated. Press the silver clip down and push the connectors together firmly until the clip returns to its original position.
- Check the O-rings within the connectors for wear or damage. Replace with spare O-rings if necessary.
- Verify the lid is securely closed and the handle is turned to lock it in place.

7.2 Temperature Indicator Interpretation

The temperature display uses a series of LEDs:

- **Blue LEDs:** Indicate colder temperatures. More blue LEDs mean colder water.
- **Orange LEDs:** Indicate warmer temperatures. More orange LEDs mean warmer water.
- **Blinking Orange LED:** May indicate that the water temperature is outside the optimal range or that the system requires attention (e.g., more ice needed). Refer to the specific temperature markings on the display for precise readings.

7.3 Insufficient Coldness

- Ensure sufficient ice is added to the reservoir.
- Verify that the water level is appropriate.
- Check that the unit is not placed too low relative to the therapy pad, as this can strain the pump and reduce efficiency.
- Consider insulating the hose with a sleeve to help maintain cold temperatures, especially during longer therapy sessions.

8. SPECIFICATIONS

- **Brand:** NEHOO
- **Model:** WLC-1 (Previous version/Universal)
- **Package Dimensions:** 12.3 x 11.7 x 11.3 inches
- **Item Weight:** 7.9 Pounds
- **Manufacturer:** NEHOO
- **Age Range (Description):** Adult
- **Number of Items:** 1
- **Unit Count:** 1 Count
- **Special Feature:** Flexible (Pad)

9. WARRANTY AND SUPPORT

NEHOO offers a one-year warranty for this product. Additionally, a full money-back guarantee is available if you are unsatisfied within three months of purchase.

For any product queries or assistance, please do not hesitate to contact NEHOO directly via Amazon buyer-seller messages or the support email provided in the original product manual.



Image 9.1: For support, please contact our customer service team.