

# CRYON-X PRO QUICK SET-UP GUIDE: KNEE

This guide is intended as a quick reference once the user manual has been read in-full

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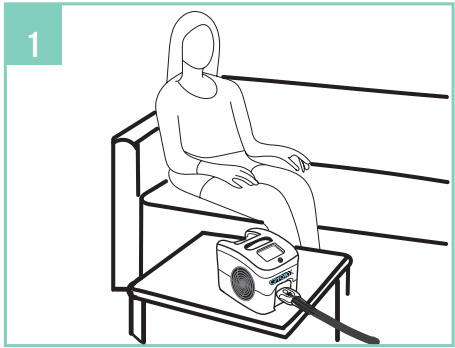
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Werribee VIC 3030

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Hamilton Hill WA 6163

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9F Lady Ruby Drive  
East Tamaki  
Auckland 2013  
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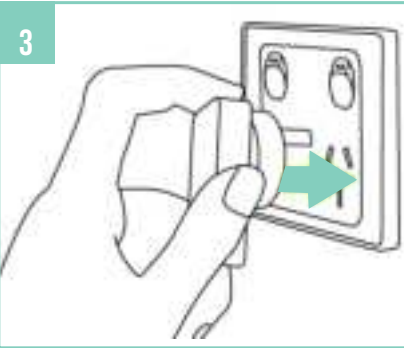
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Place the device somewhere easily accessible, e.g. a side table. **Leave at least 30cm clearance around the device for unrestricted air flow.**



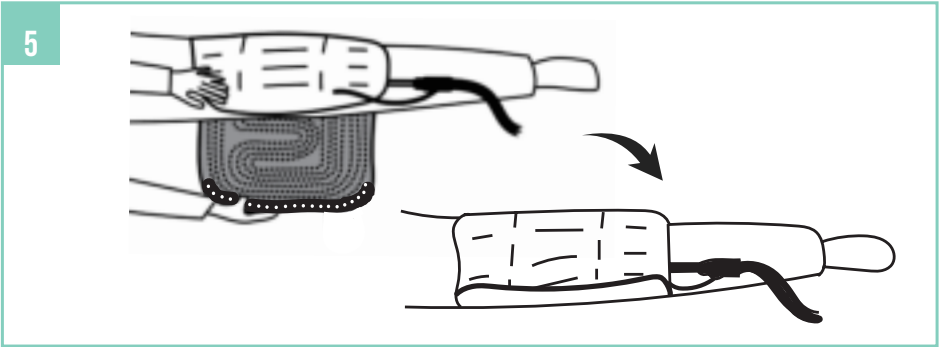
**FIRST TIME USE:**  
**Use bottled water provided.** Unscrew the water tank lid and fill the tank to near the brim. Keep the water bottle nearby in case the device prompts for more water once running.  
**OVERFILLING CAN LEAD TO SPILLAGE!**



The CRYON-X can run on battery or plugged into power. The device can be used whilst it is plugged in and charging.  
If connecting to power- Plug the lead in to the wall and the device, ensure the lead is not a trip hazard.

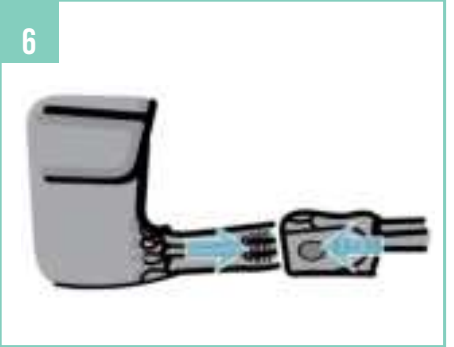


Connect hosing to device only, making sure you hear a click when connecting.



Lay the garment flat under your knee ensuring the tubing is not kinked or twisted. Wrap the garment around your knee. Use the adhesive strip to hold the garment in place.

**Never apply the wrap directly against the skin. Wear light-weight clothing, tubular sock or similar material to protect the skin.**



Connect hosing to the garment, making sure you hear a click when connecting.



Turn on device.



The screen will display the setup screen. Press the green button to enter start menu.



Check the device settings on screen.

The start screen shows the settings menu on "COLD and COMPRESSION" therapy mode. To adjust temperature or compression settings press the respective buttons on the screen and use the up/down arrows to set the desired value.



To commence therapy press the green "START THERAPY" button.

**Standard settings for COLD and COMPRESSION therapy mode:**

**Time:** 20min ON; 20min OFF.  
Cycle repeats until device is turned off

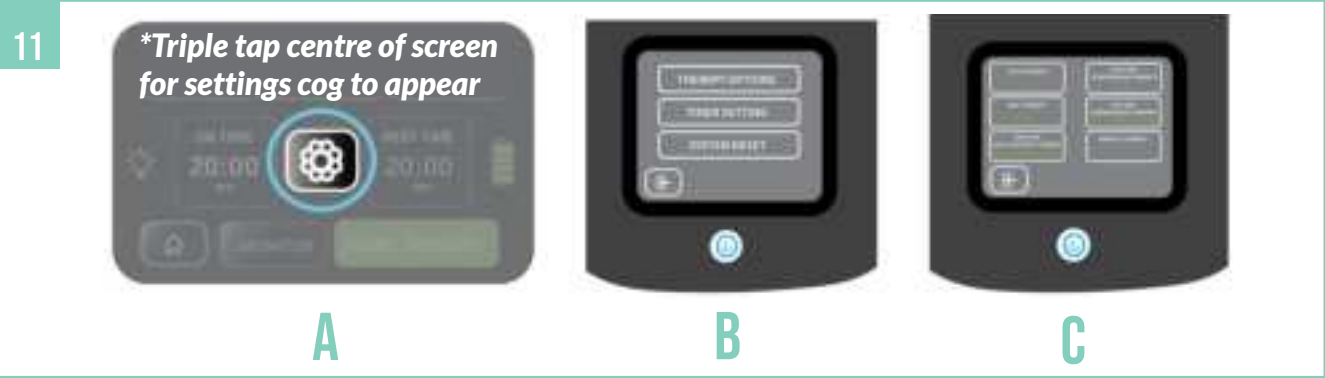
**Temperature:** 5°C  
**Pressure:** 55mmHg  
**Pressure Mode:** Alternate

To stop therapy press the red "STOP THERAPY" button and turn the device off.

**CAUTION**

Please seek advice from your treating health professional as to whether this device is suitable for use in consideration of your specific presentation and full medical history.

Please refer to the owner manual for how to adjust settings for heat or contrast therapy as well as contraindications for using this device.



THERAPY MODE options with or without compression include\*:

- COLD
- HEAT
- CONTRAST

To change therapy or timer mode, tap the settings cog icon in the centre of the screen. If the cog icon is not visible, triple tap the centre of the screen, then press it. Next, select the setting you would like to access. **Image 11 C** shows the therapy options screen. Select the therapy mode you wish to adjust and then use the up/down arrows to set the desired value.

\*Note: If you choose a mode without compression you will not be able to turn it on from the main screen. Whereas, if you choose a mode with compression you will be able to turn the value to 0mmHg, which is no compression.

**TIPS**



Check skin temperature with your hand as the area covered by the garment may have altered sensation.

**WARNING**

**\* Risk of skin injury due to exposure to cold and condensation from wrap.**

- » Never allow direct contact between wrap and skin.
- » Wear light-weight clothing or tubular sock to protect the skin.
- » If you are experiencing pain during treatment, the settings are able to be adjusted. Seek advice from your treating health professional to adjust settings or stop device use.

**\* Take note how to avoid water leakage between uses:**

- » Disconnect the garment and empty the device of water when transporting.
- » Keep the device in an **upright position at all times** during use, transport, and when it's switched off

**HAVE QUESTIONS?**

Call us on **AU PH 1300 726 666** or **NZ PH 0800 725 555**