

# QUICK START GUIDE



## Game Ready can help you return to regular activity fast.

Game Ready can be an important part of the healing process. It can help reduce pain, swelling, tissue damage and muscle spasms.

Scan code to watch instructional videos on how to fit your Game Ready system or visit <http://bit.ly/2n4PRG7>

### The Control Unit

- Adjusting the temperature
  - use circular knob to adjust, will only get as cold as ice in reservoir
- Pressure settings
  - low 5-15 mmHg
  - medium 5-50 mmHg
  - high 5-75 mmHg
- Manual and pre-programmed treatment modes

### The Wraps

- Outer sleeve machine washable  
unzip and remove from wrap



Ankle Wrap



Knee Wrap



Hip/Groin Wrap

### step 1



Fill control unit with as much ice as possible and half fill with water. Close lid securely. Connect the AC adaptor to the control unit and plug into an electrical outlet.

### step 2



Apply wrap to injured area firmly and secure. Ensure that there are no creases in the wrap.

### step 3



Apply the connector hose first to the wrap (blue end) and then to the control unit (red end).

### step 4



Press power and adjust temperature to 3 snow flakes (maximum cold). Adjust pressure and time to appropriate setting as recommended by your health professional.

### step 5



Press start. After approximately 1 minute you may adjust temperature setting to desired level.  
NOTE: You may also use a pre-programmed setting as recommended by your health professional.

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