

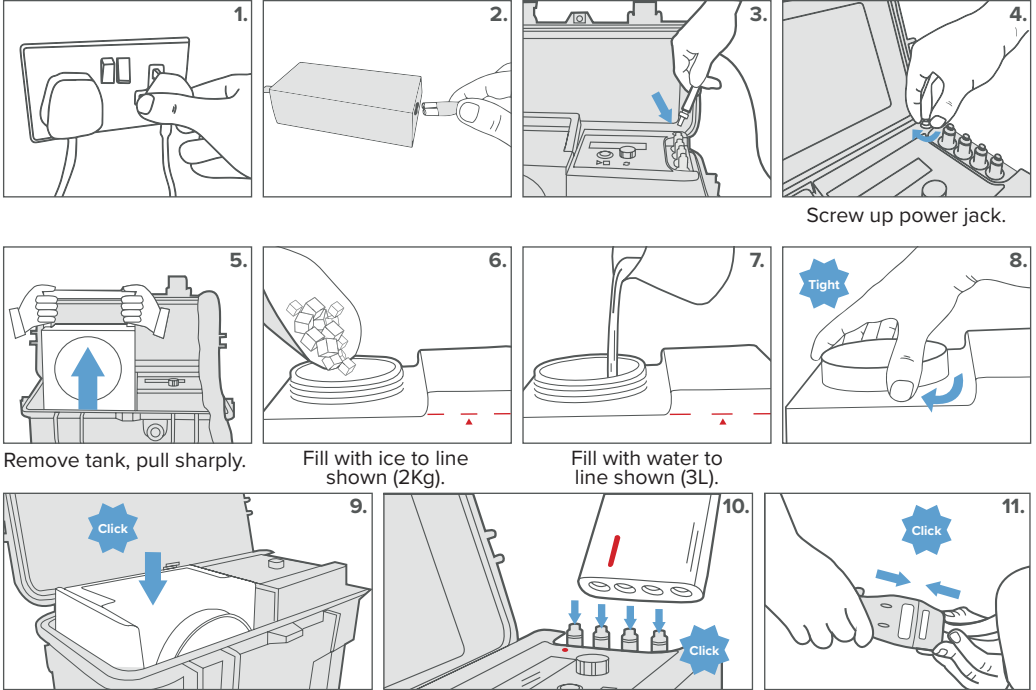
# HOW TO USE THE PHYSIOLAB<sup>®</sup> S1:

Please follow the below instructions to get started! A full user manual is also enclosed and must be read before use.

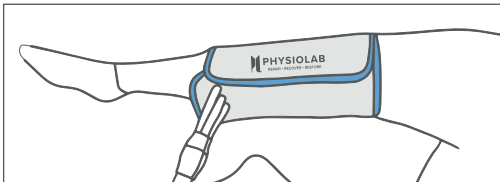


We also have a 'How to Use' video on our YouTube channel.

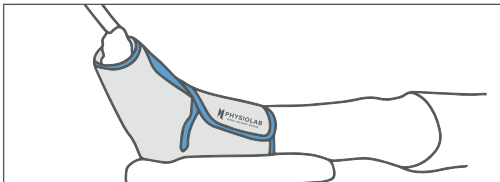
## SET UP



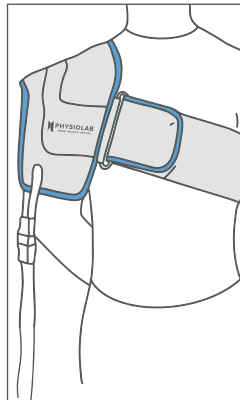
## APPLYING YOUR THERAPY PACK



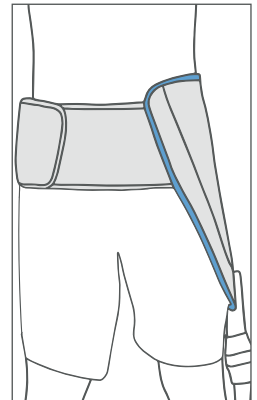
Knee



Ankle

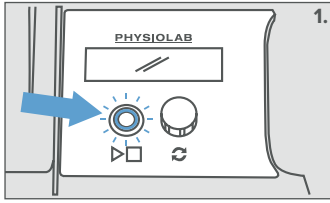


Shoulder

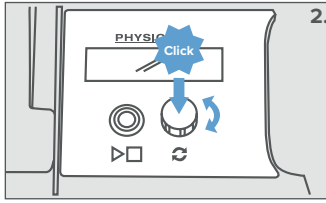


Hip

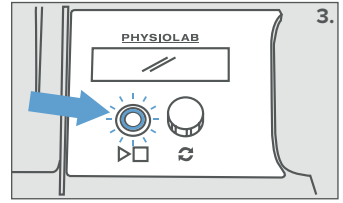
## SELECT YOUR TREATMENT



Press the flashing play button once you have read the user manual.

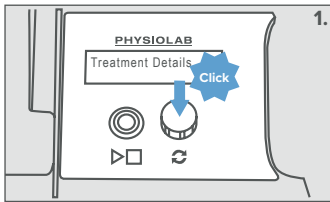


Turn dial to select a programme. Click to confirm (Auto-repeat will restart therapy after a selected period if desired.)

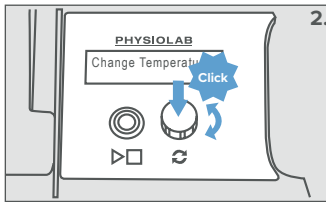


Press play button to start.

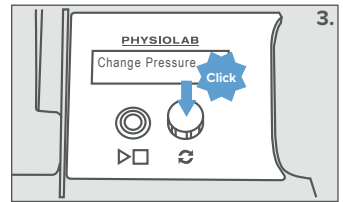
## DURING YOUR TREATMENT



1st click: Therapy details

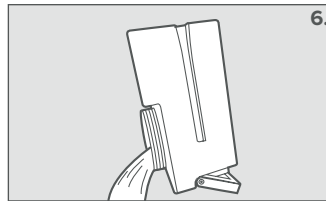
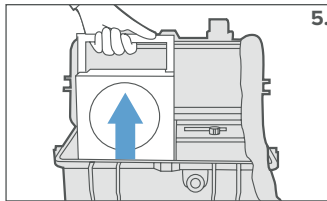
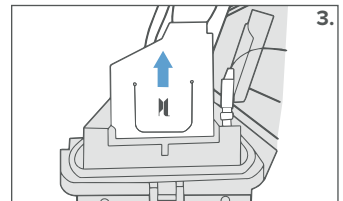
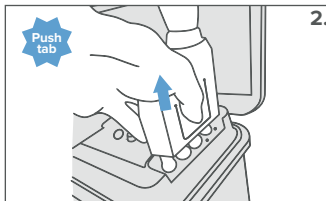


2nd click: Change temperature



3rd click: Change pressure

## AFTER YOUR TREATMENT



A minimum of 1 hour should be left between each treatment.  
Always read the full User Manual  
Leave any wound dressings in place

For further information, please visit [physiolab.com/support-hub.html](https://www.physiolab.com/support-hub.html) or contact customer services on 01908 263331.