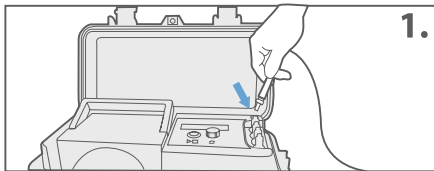


# HOW TO USE THE PHYSIOLAB® S1:

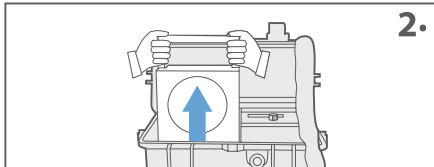
Please follow the below instructions to get started! We also have a 'How to Use' video on our YouTube channel.

A full user manual is also enclosed and must be read before use.

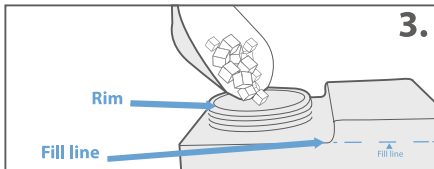


Open the case. Make sure the unit is plugged in and switched on at the wall, with the power jack screwed into the socket in the top right-hand corner of the unit. The unit will auto power up.

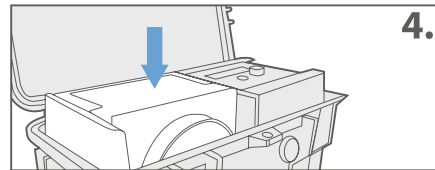
## REMOVAL & FILLING OF THE CARTRIDGE



Raise the handle and remove the tank from the unit. If the tank is stiff, please pull firmly.

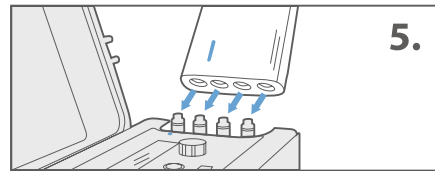


Place the tank on a flat surface with the lid facing upwards. Unscrew the lid and fill with ice (approx. 2 kilo bag) to the top of the rim. Then, fill the tank with water up to the fill line indicated on the side of the cartridge (approx. 3.2 ltr).



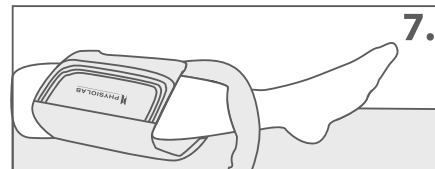
Put the lid back onto the tank and screw it closed tightly. Gently lower the tank back into the unit and push down fully until it is firmly in place.

## APPLYING YOUR THERAPY PACK



Select your chosen therapy pack. Attach your pack to the unit, aligning the red line with the red dot. Push firmly downwards until you hear a click.

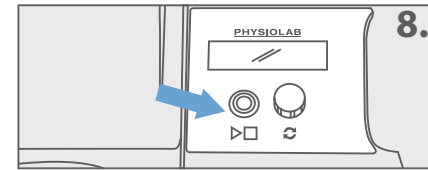
Connect your chosen therapy pack to the hose by aligning the white parts of each connector.



Place the therapy pack around the injured area, leaving any wound dressings in place.

The pack can be applied over a thin layer of clothing or onto bare skin as preferred or advised. Ensure that the tube is not twisted or stretched.

## SELECTING YOUR TREATMENT



Press the (▶□) start/stop button on the unit to begin the setup of your treatment.

You are able to select a pre-set protocol dependent on the body part you are treating. Please view protocols overleaf for more information. Alternatively, select 'custom' to set up your own treatment and manually select your temperature, pressure, dwell time and duration. You can also choose to activate the auto-repeat setting. To view the different options turn the dial clockwise. To select an option, press down on the dial.

9. Once your chosen treatment has been selected, press the flashing play button to begin your treatment.

The pack will start to inflate and treatment will begin.

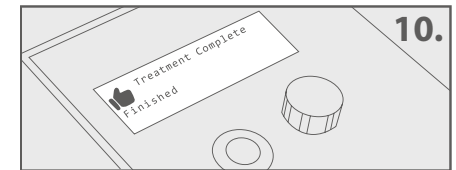
At any point during the treatment you can press the Start/Stop button to stop your treatment.

## DURING YOUR TREATMENT

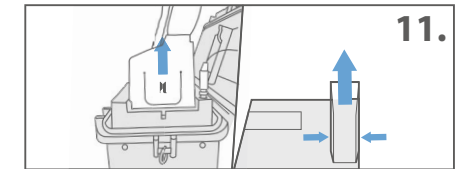
During your treatment you can expect to feel the pack inflating and deflating as it applies compression to the desired area. Your skin will gradually get cooler until it reaches the temperature set, effectively managing your pain relief. The S1 unit will make a clicking sound during the treatment - this is indicative of the valves working to deliver your treatment.

To view the temperature of the water going in/out of the pack and compression levels during your treatment, click the dial button once the treatment has started.

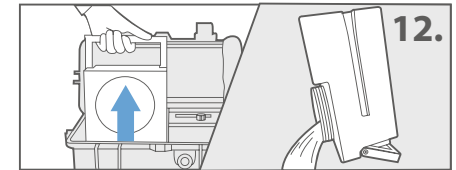
## AFTER YOUR TREATMENT



Once your treatment is complete the screen will display FINISHED. You can then remove the therapy pack.



To remove the therapy pack from the unit, push the bottom of the logo on the outside of the connector and pull it upwards.



Remove the tank, unscrew the lid and empty the ice/water mix.

13. A minimum of 1 hour should be left between each treatment.

14. For further information, additional functions and troubleshooting, please refer to the full user manual accompanying your unit.

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