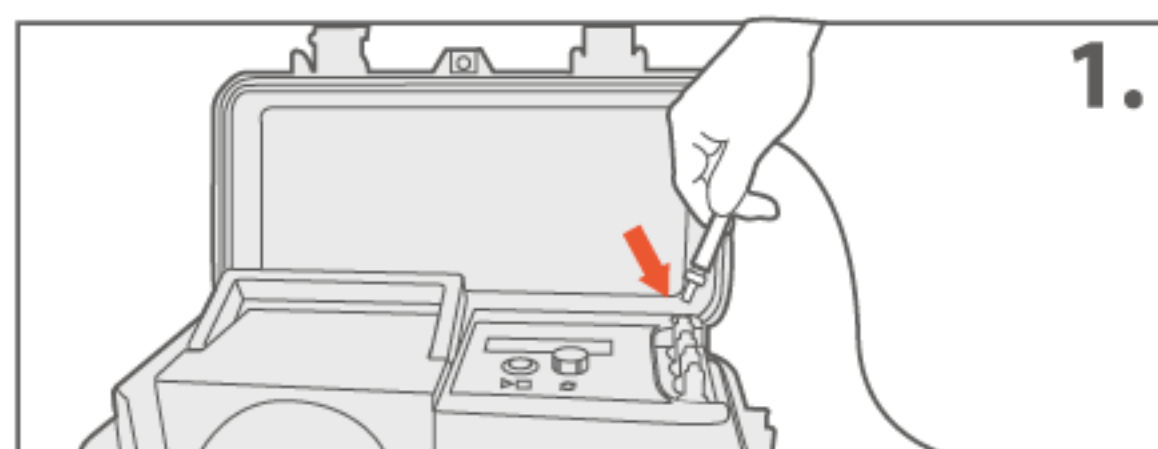


QUICK START & RETURN GUIDE

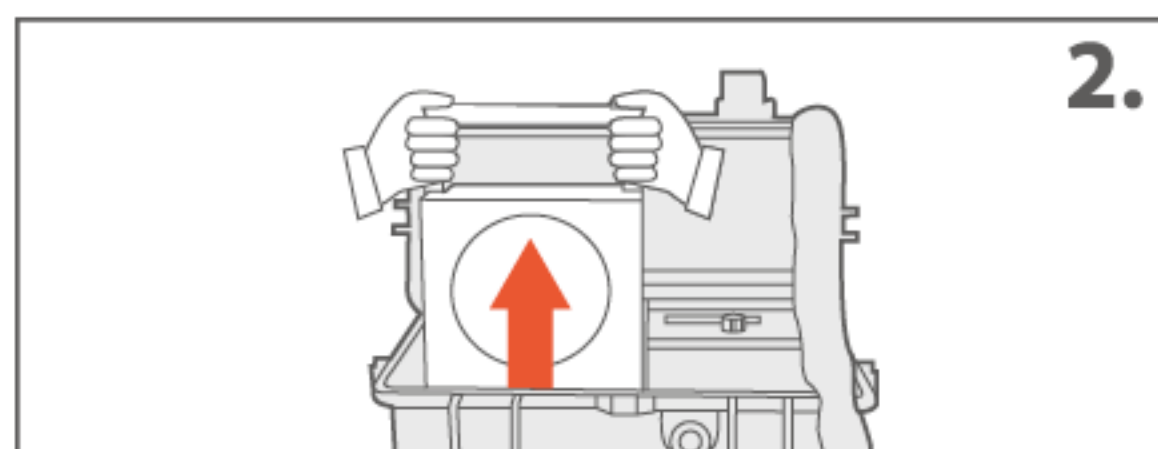
HOW TO USE THE PHYSIOLAB® S1:

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.

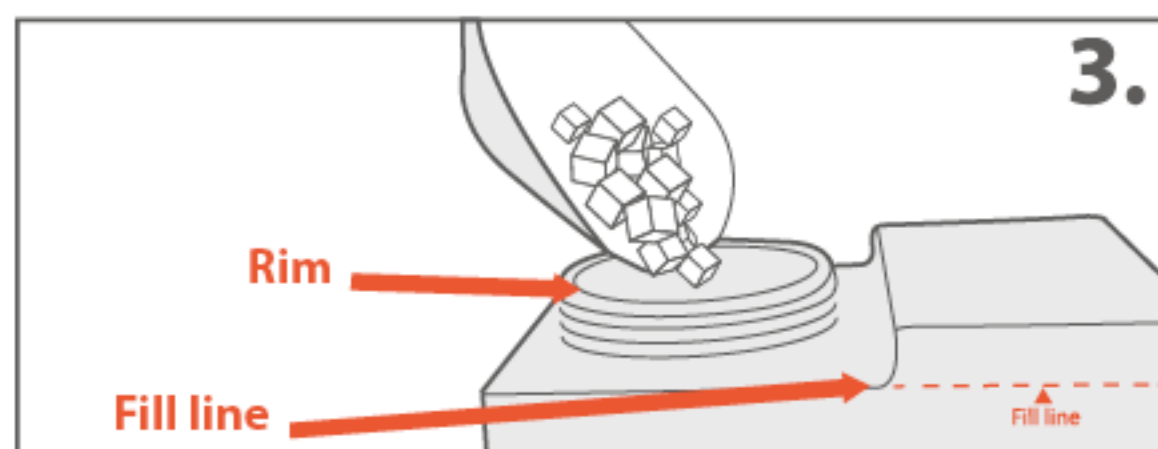
REMOVAL & FILLING OF THE CARTRIDGE



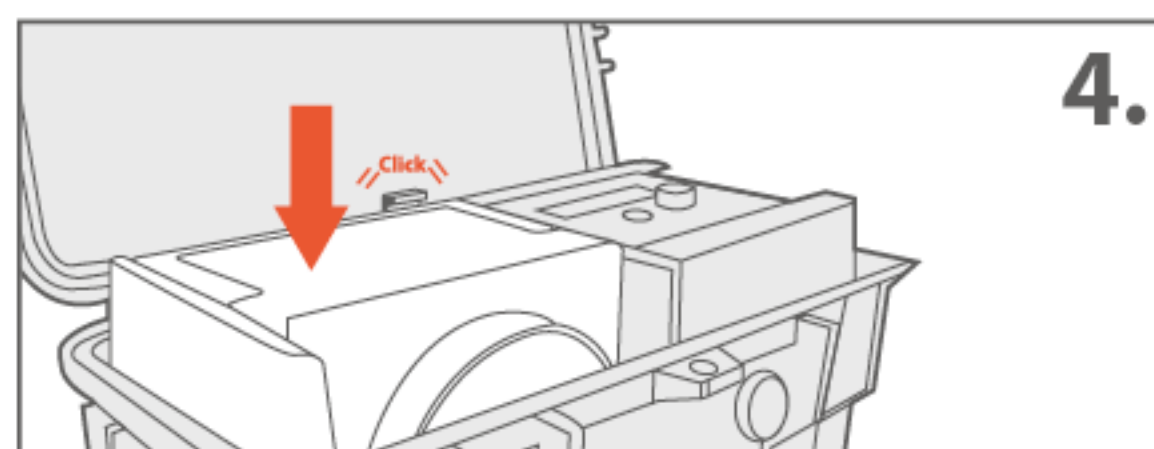
Push back the clip from over the tank handle with one hand, then with the other hand raise the handle to remove the tank from the unit.

The removal of the tank may be a little stiff sometimes as the valves at the bottom detach. The best method is to place one hand at either side of the base of the handle, give it a slight twist whilst pulling upwards until you feel it release.

Pull the tank from the S1 unit.

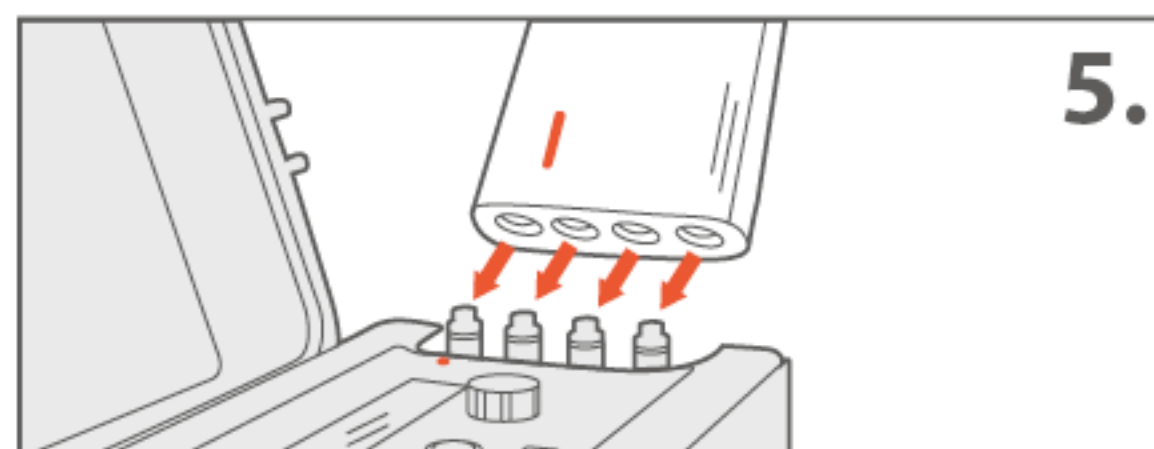


Place the tank on a flat surface with the lid facing upwards. Unscrew the lid and fill with ice (approx. 2 kilo bag) to the top of the rim. Then, fill the tank with water up to the fill line indicated on the side of the cartridge (approx. 3.2ltr).

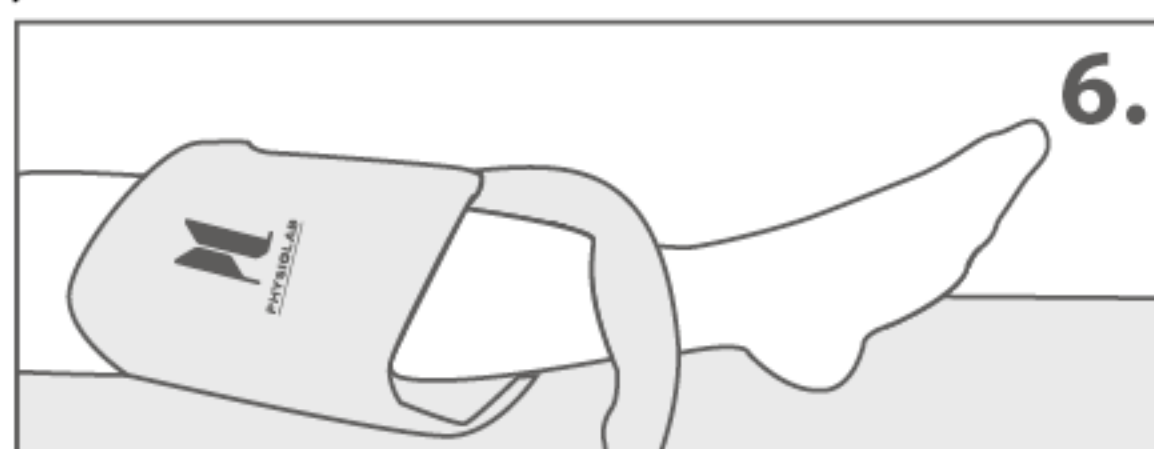


Put the lid back onto the tank and screw it closed tightly. Gently lower the tank back into the unit and push down fully until it is firmly in place and the top is level with the top of the unit. Push back the clip and fold down the tank handle. Release the clip back into position over the tank handle to secure.

APPLYING YOUR THERAPY PACK

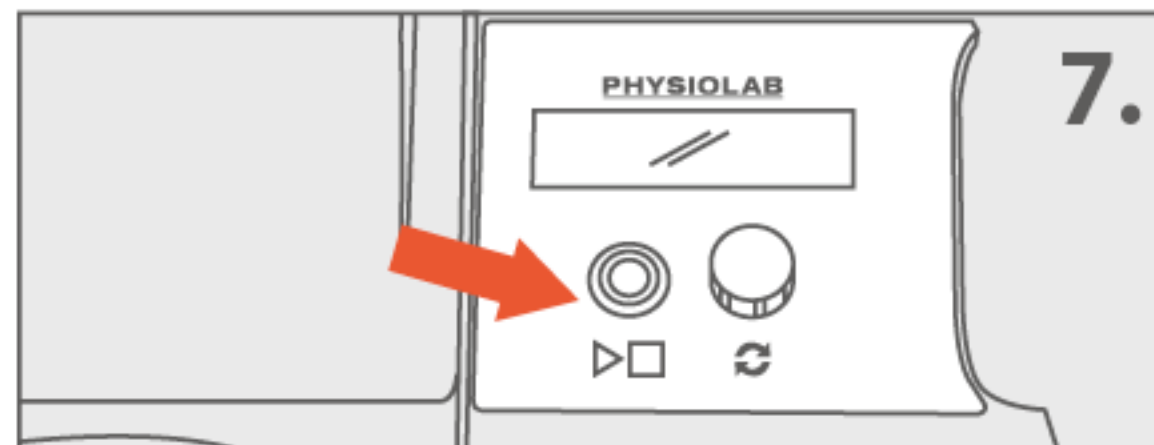


Select your chosen therapy pack. Attach your pack to the unit, aligning the red line with the red dot. Push firmly downwards until you hear a click.



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 and is free from any obstacles.

SELECTING YOUR TREATMENT



Press the (▶□) start/stop button on the unit to begin the setup of your treatment. There are 5 pre set therapies to choose from or a 'Custom' treatment where you can manually select your temperature, pressure, dwell time and duration.

To view the options turn the dial clockwise and press down on the dial to select.

*Note: Please follow the advice given by your medical professional when selecting your therapy settings. As a guide to the 'custom' setting aim to start on the highest temperature (12°C) and lowest compression setting (25mmHg). Once you have tested this, you can then opt for a lower temperature (10 °C, 8 °C or 6) and higher compression (25/50, 25/75) to increase the intensity of the treatment

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

The pack will start to inflate and prepare for your treatment, which will take a minute or two. You can view the stages of this on the screen and will feel the pack start to get cold. When the treatment is ready to start this will show on the display.

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

Please wait for the pack to empty and deflate before removing or starting another treatment.

DURING YOUR TREATMENT

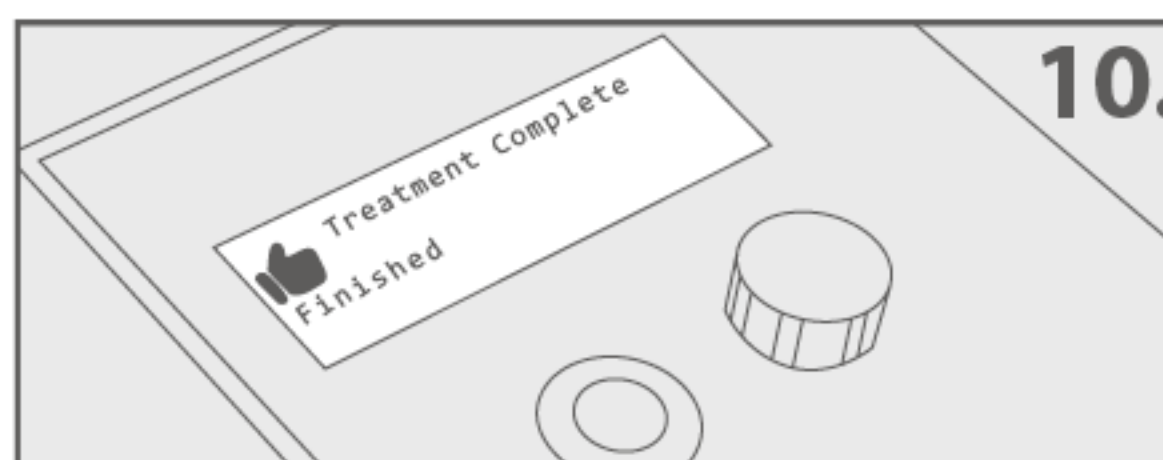
During your treatment you can expect to feel the pack inflating and deflating as it applies compression to the desired area. Your skin will get gradually cooler until it reaches the temperature set, effectively managing your pain relief. The S1 unit will make a clicking sound during the treatment – this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

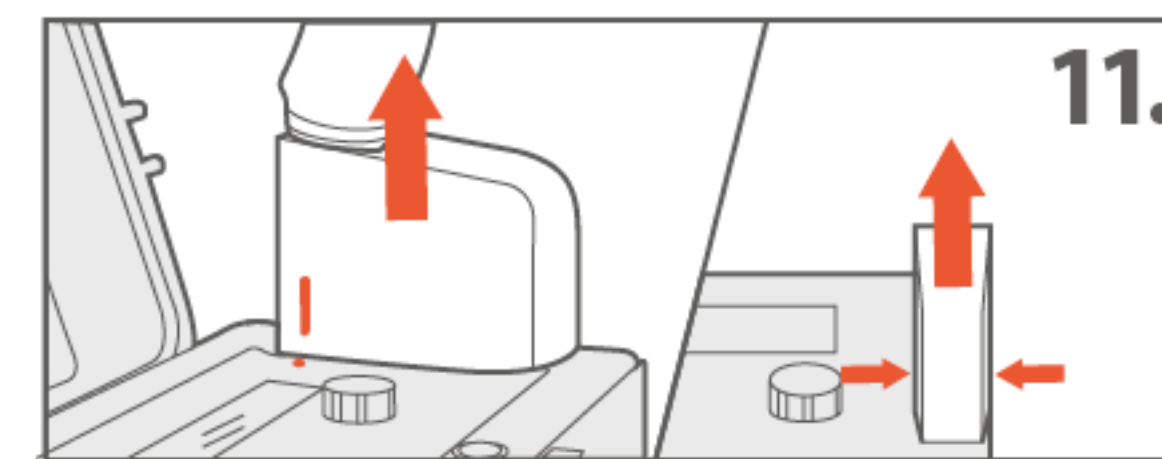
AFTER YOUR TREATMENT



Once your treatment is complete, the screen will display FINISHED and the pack will deflate. You can then remove the therapy pack from the injured area.



Please ensure that the 'Treatment Complete' message is shown on the screen display, alongside a thumbs up icon, before disconnecting the pack from the unit.



To remove the therapy pack connector from the unit push in at both sides of the base of the connector and firmly pull upwards off the unit.



Empty the cartridge, by repeating the removal of the cartridge (section 2 of this leaflet), unscrew the lid and drain the ice/water mix.

13. A minimum of 2 hours should be left between each treatment.

14. For further information, additional functions and troubleshooting including any error codes, please refer to the full User Manual accompanying your unit or the Help page on our website.

Inside your package you will find:

PHYSIOLAB S1 UNIT
THERAPY PACK(S) AS REQUIRED
POWER CABLE
FULL USER MANUAL
QUICK START & RETURN GUIDE.

Note: Please ensure that all packaging is kept ready to return your unit at the end of your agreement.

HOW TO EXTEND YOUR PHYSIOLAB® S1 AGREEMENT

1. Our customer services team will make contact with you to remind you when your S1 Unit must be returned to us at the end of your agreement.
2. If you would like to extend your agreement, please contact us to let us know your requirements.

HOW DO I RETURN MY PHYSIOLAB® S1?

Once our customer service team have advised that your agreement is coming to an end, please make contact with them to arrange your free collection.

If contact is not made with us and your unit is outstanding over the agreed agreement, you may incur additional charges. These are detailed in our Terms & Conditions at www.physiolab.com.

HOW DO I PACK UP MY PHYSIOLAB® S1?

1. Ensure that the tank is completely empty and is secured back into position inside the unit.
2. Disconnect the power cable from the wall and unscrew from the unit.
3. Ensure that the therapy pack(s) are clean and dry.
4. Close the case of the S1 unit and place into the designated slot inside the box it was delivered in.
5. Fold and place the power cable, Full User Manual and Therapy Pack(s) into the box with the S1 unit.
6. Place this Quick Start/Return Manual into the box, close the lid and seal with the ties provided.
7. When the courier arrives to collect your return an address label will be supplied and attached to your collection.

If you have any further queries with your agreement at any stage please do not hesitate to contact our customer services team:

CONTACT US

 customerservices@physiolab.com

 or call 01908 263331.