







Ankle Relief Pad

Advanced Heat or Cool Therapy

- Adjustable, one size fits most
- Comfortable and lightweight
- Fits right or left ankle



This is not a substitute for the ThermaZone Instruction and Safety Manual. Review the Instruction and Safety Manual prior to using this pad and unit.

-  This User's Manual is also available at www.therma-zone.com in English, French, Spanish, German, Dutch and Italian located in the Resource Center.
-  Ce Manuel de l'utilisateur est également disponible sur www.therma-zone.com en allemand, en anglais, en espagnol, en français, en Italien et en néerlandais, dans le Resource Center.
-  Este Manual del Usuario está también disponible en www.therma-zone.com en inglés, francés, español, alemán, Italiano y holandés en el Centro de Recursos.
-  Diese Bedienungsanleitung ist unter www.therma-zone.com im Resource Center ebenfalls auf Englisch, Französisch, Spanisch, Deutsch, Italienisch und Niederländisch verfügbar.
-  Deze gebruikershandleiding is ook verkrijgbaar op www.therma-zone.com in het Resource Center (Engels, Frans, Spaans, Duits, Italiaan en Nederlands).
-  Questo Manuale Utente è disponibile anche a www.therma-zone.com in Inglese, Francese, Spagnolo, Tedesco, Italiano, e Olandese si trova nel centro di risorse.

Individual pads work in conjunction with the ThermaZone Continuous Thermal Therapy technology and are interchangeable with the unit.

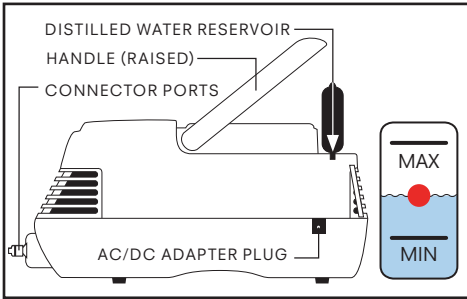
www.therma-zone.com



Ankle Relief Pad

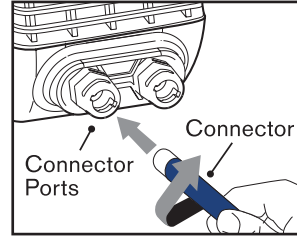
1 FILL THE RESERVOIR WITH DISTILLED WATER

- Lift the handle.
- Gently peel back black rubber fill cap.
- Slowly pour DISTILLED WATER into the reservoir under the fill cap (water should drain through hole in the center of the reservoir).
- Ensure you have filled between “MIN” and “MAX” levels on the water level indicator to maintain optimal performance.

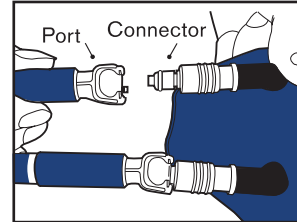


2 INSTALL A RELIEF PAD

- Remove the white caps from the end of the white connectors on the tubing assembly.
- Attach the white connectors to the connector ports on the front of the unit, by aligning the tabs and turning clockwise by 90°.



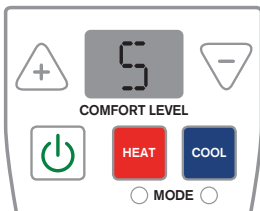
- Insert the connector on the pad into the port on the tubing assembly until you feel the connector click and lock into place.



5 CHOOSE THERAPY SETTINGS

- Select a pre-set timer mode. (optional)
- Choose your desired temperature mode HEAT or COOL.
- Select comfort level (1-10)

The temperature can be adjusted during therapy by pushing the (+) or (-) button to increase or decrease temperature. You can also check the remaining time on the timer (optional) by pushing the previously chosen HEAT or COOL button. The remaining time will appear in the comfort level window for 5 seconds and then the display will return to the comfort level setting.



6 APPLY YOUR RELIEF PAD

Pads can be applied directly to intact skin or can be used over clothing or a thin barrier.


Note: When pads are applied directly to intact skin, the temperature will feel more intense. For best results, allow the pad to come to desired temperature for approximately 10 minutes before applying.

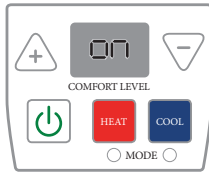
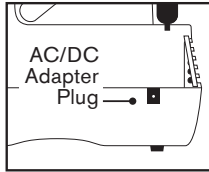
- To attach the ankle pad place the heel of your foot in the base of the pad. The pad can be used on the left or right ankle.
- To secure the ankle pad pull the top strap across the front of the pad and secure the hook and loop closure to the opposite side of the pad.



3 BEFORE POWERING ON

THE RELIEF PAD MUST BE AT ROOM TEMPERATURE AND LAYING FLAT. ENSURE THE PAD CHAMBER IS UNRESTRICTED, FOLDED OR BLOCKED. BLOCKAGE COULD CAUSE THE PAD TO LEAK OR BREAK DUE TO THE WATER PRESSURE.

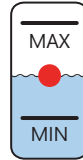
- Plug one end of the power cord into the electric outlet, and plug the other end into the AC/DC adapter plug on the unit (the control panel will illuminate).
- Press the ON/OFF  button (the fan and pump will start and the digital display will now say "ON").



4 REFILL THE RESERVOIR

If this is the first time you are using the unit, or the first time you have installed a relief pad, the water from the reservoir will be pumped into the chambers of the pad during step 3. At this time, you will need to re-fill your unit with Distilled Water.

- With unit running, pour additional **DISTILLED WATER ONLY** into the reservoir.
- Monitor water fill level over the next minute to make sure the water level settles between the "MIN" and "MAX" lines.



! BE SURE WATER LEVEL IS BETWEEN MIN AND MAX !

7 SECURE THE STRAPS

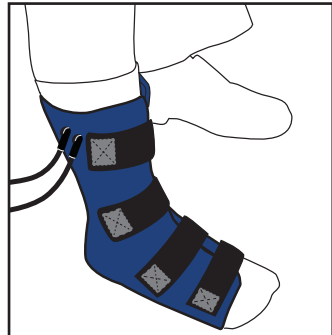
- Repeat step 6 until all straps are secure.
- Adjust the pad straps to customize the fit. For your safety and to avoid damage to the pad, do not stand, walk or put weight on the pad while it is attached.



8 BEGIN THERMAL THERAPY

Sit back and relax. You are now ready to enjoy the comfort and convenience of your continuous thermal therapy unit. If the therapy becomes uncomfortable, remove the relief pad immediately and adjust the temperature. Allow the pad temperature to reset for 10-15 minutes before reapplying.

Note: For best results when switching from Heat mode to Cool mode, remove the pad from your body for 10 minutes.

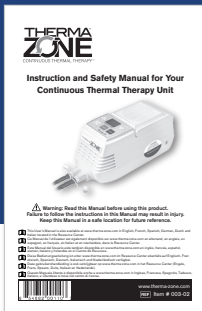




BEFORE YOU BEGIN:

Read Instruction and Safety Manual included with your ThermaZone unit.

The ThermaZone Instruction and Safety Manual is also available at www.therma-zone.com.



⚠️ WARNINGS:

- Consult with your physician before starting any heat or cool therapy.
- Always follow the protocol provided by your physician.
- Use the ThermaZone unit and pads for intended use only.
- Individuals with circulatory problems should use cold therapy only under medical supervision.
- To avoid adverse effects to your health or skin, shut off unit if you begin to feel uncomfortable.
- Discontinue use if dizziness, severe pain, or severe skin reaction occur.

STANDARD WARRANTY:

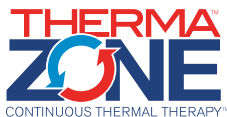
- Limited 3 Month Warranty on ThermaZone Relief Pads. See Instruction and Safety Manual for full warranty details.

CLEANING

- ALWAYS power off the unit and unplug the AC / DC power cord from the outlet before cleaning.
- DISCONNECT the pad from the unit.
- Pads can be cleaned with a neutral disinfectant wipe, soap-water or mild detergent. Rinse pads with warm tap water and dry with a clean lint-free cloth.
- DO NOT use ANY chemical cleaning agents, degreasing agents or products containing alcohol.
- DO NOT machine wash or dry. Hand wash and line dry ONLY.
- DO NOT place pads in an autoclave or attempt to sterilize.

STORAGE AND DISPOSAL

- ALWAYS unplug the unit immediately after use and before storing.
- Store the unit away from water and other liquids. Store the unit and pads in a cool, clean, dry space.
- DO NOT store the unit or the pads in a location where the temperature is below 60°F (16°C) or above 85°F (29.4°C).
- AVOID EXPOSURE to sunlight and high heat conditions for extended periods. Keep away from flames.
- When removing and storing the pads or tubing assemblies, replace the caps on the end of the blue tubes.
- Dispose of the unit and pads in a manner that is consistent with your federal, state, and local laws and regulations.



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Available Thermal Therapy Relief Pads



Shoulder Relief Pad



Ankle Relief Pad



Back / Hip Relief Pad



Knee / Elbow Relief Pad



Front & Side Head Relief Pad



Eye Relief Pad



Occipital Relief Pad



Universal Relief Pad