

## Game Ready Protocol

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\*Red bag unit only

Use the machine as much as comfortably possible during waking hours.

### DIRECTIONS –

1. Fill the ice chamber with ice. Then top it off with water to about 2 inches to the inside rim of the chamber.
2. Close the ice chamber door and lock it. Put the red box back into the carrier bag to contain moisture and condensation inside the bag and to insulate the ice. In the bag your ice should last 3-5 hours.
3. Press power to turn on the power button
4. The window should read 15 minutes with a dotted line above it (indicating low pressure)
5. Press the (-) button three times: that will change the timer to “90.” Then press start. The machine should run for 90 minutes and then turn off. Take a 15-30 minute break.
6. To continue treatment repeat step 5 or manually set the timer with the (+) and (-) buttons. To stop during treatment press the pause button and disconnect the hose.
7. For troubleshooting and tech support please call me directly

Thank you for using total care and game ready!