

4. Connect power supply. 5. Attach knee therapy wrap over a protective layer. Fasten middle, lower, then upper Velcro, ensuring a snug fit. 6. Connect therapy wrap to controller, ensuring the metal tab on the female connector is pushed in. *click*



7. Press button once to start 30 minute session



<u>session</u>

Safety Notice: Before using the ARC™, it's crucial to thoroughly read and understand all safety information in the accompanying user manual. Only use the device as instructed to prevent injury and ensure its effectiveness.

Medical Notice: ARC[™] is intended for use under the direction or advice of a healthcare practitioner. It should complement, not replace, your existing treatment plan. Always consult with your healthcare practitioner before using this device or altering the duration of usage.

Warning Notice: Improper use of ARC[™] can lead to injury. Excessive cold exposure may result in frostbite. Ensure to follow all usage guidelines to safely operate the device. To prevent the risk of strangulation, keep all hoses and cables away from the neck and ensure they are properly secured and out of reach during use.

Contraindications Notice: DO NOT

use the ARC™ if you have the following conditions, unless directed by your healthcare provider:

- Open wounds or sores
- Reduced sensation in the treatment area
- Raynaud's phenomonon or other vasospastic conditions
- Buerger's disease
- Cold allergy or hypersensitivity
- Cryoglobulinemia
- Paroxysmal cold hemoglobinuria or other cold agglutinin disorders
- Pheochromocytoma
- Sickle cell anemia
- History of cold injury
- Cold-induced urticaria (hives)

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This quick start guide is provided for your convenience and is not intended to replace the complete user manual included with your ARC[™] device. It is vital that you read and fully understand the user manual, especially the safety precautions, before operating this device. The manufacturer, its affiliates, employees, agents, and all other related entities are not liable for any damage, injury, or loss caused by misuse of the device due to non-compliance with the user manual's instructions. Always consult with a healthcare professional before starting any new treatment.