

# Cold Pad Directions For Use

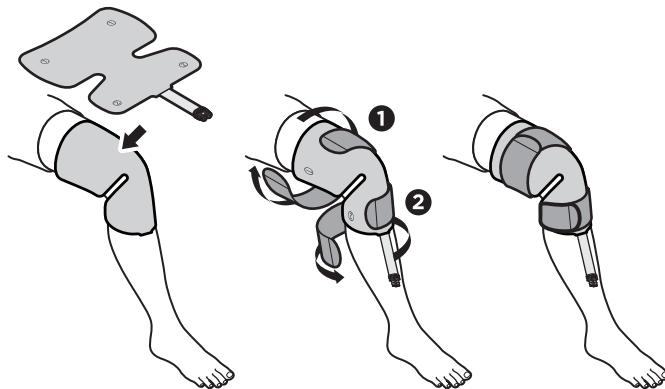
Please read these instructions completely and carefully before applying this product. Correct application of the cold pad is important for proper function.

Before applying the cold therapy pad to the treatment area, place a barrier between the pad and skin.  
DO NOT place the pad directly on the skin as this may lead to a cold injury.

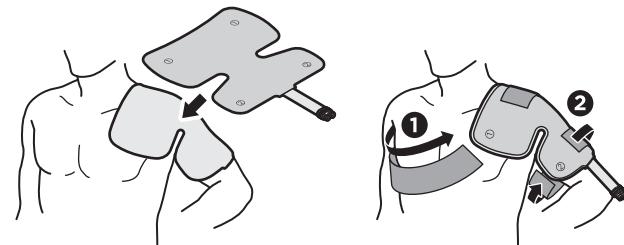
These pads are only to be used with the Sierra Cold Therapy System™.

These pads are only for single patient use.

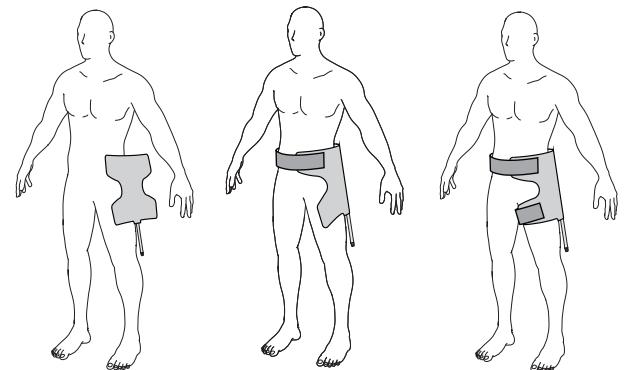
**Knee Pad:** To apply the Knee pad, place the pad on top of a protective barrier with the hose pointed toward the foot. Take strap #1 above the knee and wrap around the leg. Use the hook and loop to attach strap to the pad. The strap should be snug but not uncomfortable. Next, take strap #2 and wrap around the leg below the knee using the hook and loop to attach to the pad.



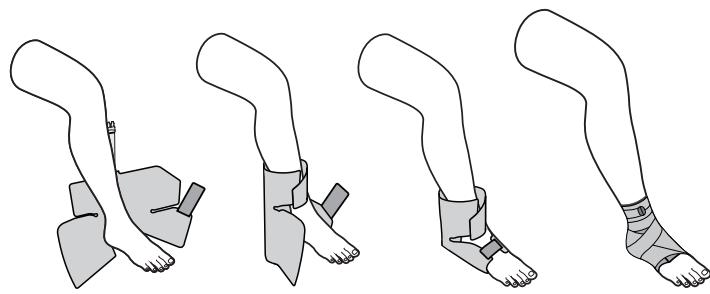
**Shoulder Pad:** To apply the Shoulder pad, place the pad on top of a protective barrier with the hose facing downward. Take the #1 strap and wrap around the torso underneath the axilla or armpit and attach to the pad using the hook and loop. Next take strap #2 and wrap around the arm, using the hook and loop to secure the strap in place.



**Multi-use Pad:** A Multi-use pad is also available and may be used for knee, legs, foot, arms and shoulders or other areas of treatment as prescribed by a healthcare professional. Three straps are included with the pad and can be used to secure the pad to the treatment area.



**Hip Pad:** Place the pad on the hip with the hose pointing downward. Wrap the #1 strap around the waist and secure with hook and loop. Wrap the #2 strap around the top of the leg (thigh) and secure with hook and loop.



**Ankle Pad:** Place the clear part of the pad behind the ankle with the hose pointing upward. Make sure a barrier is between the pad and the skin. Secure the pad with hook and loop around the leg above the ankle (shin). Move the bottom part of the pad under the foot and attach with hook and loop. Close the pad over the top of the foot. For additional compression, the compression strap may be applied starting at the foot and wrapping it up toward the calf.



Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this product.

### Cold Pad Directions For Use



**Use and Care:** After each use, air dry or dry with a clean cloth before storing. Warm water and mild detergent may be used occasionally to clean the cold therapy pads. DO NOT machine wash cold therapy pads, hand wash only. Incorrect handling may reduce the service life of the pad.

**WARNING!** Application of the cold therapy pad directly on the skin may result in serious injury, including tissue necrosis. DO NOT let any part of the cold therapy pad touch your skin. ALWAYS use with a barrier between your skin and the cold therapy pad.

**WARNING!** The barrier between your skin and the cold therapy pad may develop moisture during use, which may create colder temperatures on the skin. Temperatures that are too cold may result in serious injury, including tissue necrosis. ALWAYS check for moisture on the barrier between your skin and the cold therapy pad. If moisture is present on the barrier, immediately discontinue use of the device.

**Warranty:** Top Shelf warrants that this product is free from defects in material and construction for a period of six months from date of purchase.

**Caution:** Federal Law (USA) restricts this device for sale by or on the order of a licensed healthcare professional.



Scan here for  
instruction video



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