



## SIMPLE SERIOUS RELIEF

VibraCool® for Recovery,  
Tendinitis, Aches, and Injuries

Developed by a physician, VibraCool® is  
a reusable device for temporary relief of

minor aches and pains.

● RECOVERY

● TENDINITIS

● OVERUSE INJURIES

● ACUTE MUSCLE INJURIES

VibraCool® is a personal consumer use product.  
[www.VibraCool.com](http://www.VibraCool.com)

Rev. 06.19.17

INDICATIONS FOR USE .....	1
CONTRAINDICATIONS, WARNINGS, AND CAUTIONS.....	1
ICE PACKS.....	2
DIRECTIONS FOR USE .....	3
VIBRACOOOL PLACEMENT.....	4
FOR GENERAL ACES AND PAINS..	4
KNEE PAIN .....	4
ILIOTIBIAL(IT) BAND SYNDROME....	4
ANKLE PAIN.....	5
CARPAL TUNNEL / WRIST PAIN.....	5
ELBOW PAIN/TENDINITIS.....	5
NECK PAIN / HEADACHES.....	6
PLANTAR FASCIITIS.....	6
MUSCLE PREP AND RECOVERY.....	6
CLEANING.....	7
CHANGING BATTERIES.....	7
ICE PACT PRECAUTIONS.....	8
BUZZY.....	8
WARRANTY.....	9
ORDERING.....	9
GUARANTEE.....	10

**INDICATIONS FOR USE:** Controls pain associated with injections (venipuncture, IV starts, cosmetic procedures) and the temporary relief of minor injuries (muscle aches or tendinitis, splinters and bee stings). Also intended to treat myofascial pain caused by trigger points, restricted motion and muscle tension.

**STORE ICE PACKS IN FREEZER.** Ice Packs must be frozen solid for best effect.  
VibraCool® comes with reversible ice packs and hands-free strap or neoprene compression strap.  
All items are Latex Free.

**WARNINGS:** For intended use only • Direct or prolonged application of ice could vasoconstrict.

**CONTRAINDICATIONS:** Do not use in the presence of unexplained calf pain. Consult a physician. This device should not be used over swollen or inflamed areas or skin eruptions. • Do not place directly on thermal burn • Do not use ice pack with underlying sensitivities to ice or cold (e.g. Sickel Cell Disease, Reynaud's Disease).

**CAUTIONS:** Store in a cool, dry place. Do not puncture ice packs. Keep out of reach of children and pets. 1

10

**HOW TO ORDER / ADDITIONAL INFORMATION:**  
Please visit our website [VibraCool.com](http://VibraCool.com) for a complete list of FAQs, other pain management tips, how-to videos, accessories, replacement parts, and more!

### GUARANTEE:

Take the 3-Day Train Away Pain Challenge  
Use VibraCool 3 times/day for 3 days. If pain is not improved, return the unit for a full refund.

Previous medical history and intrinsic physiologic differences may make VibraCool less effective for some people. If not completely satisfied, return within 30 days of purchase date for a full refund, or contact us at the address below:

MMJ Labs  
195 Arizona Ave, NE #1W08  
Atlanta, GA 30307 U.S.A.  
[info@mmjlabs.com](mailto:info@mmjlabs.com)  
877.805.2899

10

6

Type B Applied Part  
Assembled in USA of  
US and Imported Parts



This product's warranty covers every type of malfunction or defect that may appear in all parts of the product. The warranty lasts 1 year from date of purchase. We will replace your product or refund your purchase. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

### WARRANTY

US Patented  
British Patent No. 2455695  
Models VC-2, VC-E, VC-K  
Authorized European Representative  
MPC INTERNATIONAL S.A.  
26, Boulevard Royal  
L-2449 LUXEMBURG  
Tel. +352 22 99 99 5546  
[www.mpc.cc](http://www.mpc.cc)

**ICE PACKS:** Small wing-shaped ice packs will stay frozen 10 minutes at room temperature. Two-Chamber and Four-Chamber ice packs will stay frozen for 20 minutes at room temperature. For best pain relief, the ice packs must be frozen solid to avoid absorbing vibration from VibraCool unit.

Face the blue or smooth side of the ice pack toward the skin for more numbing power. If sensitive to cold, the soft side of the ice pack should face the skin. *Tip: For longer icing, prepare additional ice packs (sold separately).*

Store ice packs in freezer. Gel inside ice may deteriorate if not stored properly. Do not puncture ice pack chambers. Discard if leaking. Do not ingest gel. **Ice packs do not contain Ethylene Glycol, a.k.a "anti-freeze." Material Safety Data Sheet (MSDS) available upon request.**

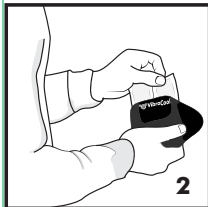
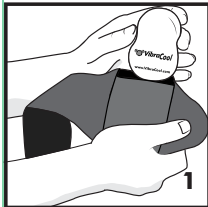
Note: To transport, place ice packs between two commercial cold packs (sold separately) to maintain frozen temperature.

Additional ice packs ice packs are sold separately:  
VC-Q 2 /each VibraCool 2 x Four-Chamber Ice Packs  
REP-MS1 1 / each Universal Soft Ice Wing

2

**DIRECTIONS FOR USE:**

Immediately before use, remove ice packs from the freezer. Use VibraCool unit only on clean, unbroken skin. To optimize relief of chronic pain, use VibraCool 2-3x daily until pain is relieved, then use whenever chronic overuse pain flares up.

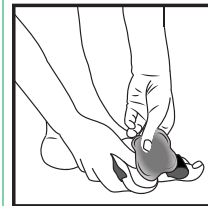


- How to use VibraCool® Knee/Ankle and Elbow/Wrist Models:**
1. Put VibraCool® vibration unit into neoprene pouch on neoprene compression strap.
  2. Place frozen ice pack underneath the strap and secure snugly over the area of pain.
  3. Activate vibration by firmly pressing button on top of Unit for at least 0.5 seconds. Vibration will last for 10 minutes.
  4. Ice will remain frozen for 20 minutes – press the button a second time for an additional 10 minutes of vibration if desired or recommended by medical professional.
- VibraCool® has an energy-saving automatic shutoff after 10 minutes of constant use.

**For Neck Pain / Headaches:** Apply over painful area directly on neck, near the base or on location of tension. Hold unit in place with hand. For headaches due to occipital neuralgia, the neoprene cuff for the knee unit may be used, placing the unit directly on the site of pain and wrapping the strap around the head to hold in place.



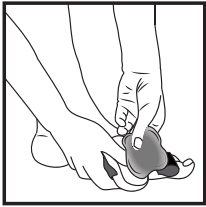
**For Plantar Fasciitis:** Place hands-free strap in slot. Place ice pack on top of the curved surface of the VibraCool®. Place foot on top of ice pack and attach unit to foot with the Velcro® strap.



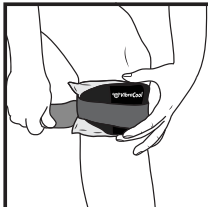
**For Muscle Prep and Recovery:** Prior to exercise, wake up the muscles with 5 - 10 minutes of high frequency vibration massage directly on muscles without the ice. After exercise, use vibration and ice together.

**How to use VibraCool® Plantar/Neck/Shoulder Unit:**

1. Prepare unit: **A.** For neck/shoulder use, remove hands-free strap from the slot. Place frozen ice wings under the vertical VibraCool® silicone band on the curved side of the unit, then place directly where you hurt. **B.** For plantar/foot use, insert hands-free strap through slot. Place ice pack on top of the curved surface of the VibraCool®. Place foot on top of ice pack and attach unit to foot with the Velcro® strap.
2. Press switch to “on” and leave in place until ice pack melts (8-10 minutes).
3. Repeat if desired. Unit will vibrate until switch is turned off.



- VibraCool PLACEMENT:**
- For General Aches and Pains:** Apply directly to aches, injuries, or myofascial trigger points for 10 minutes or longer. Not recommended for more than 20 minutes. Hold in place or attach to extremities with hands-free strap or neoprene compression strap. For back, shoulder, or hip pain, position under tight clothing to hold in place.
- For Knee or Iliotibial (IT) Band Pain:** Apply directly over painful area around the knee, using neoprene compression strap to secure in place. For IT Band pain, apply above or below the knee joint, toward the outer aspect of the knee joint.



**CLEANING:**

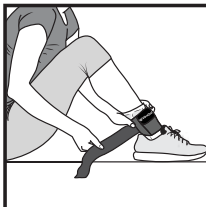
VibraCool® is a personal consumer product intended to be used by a single user. VibraCool may be cleaned with alcohol based sanitation wipes. Do not immerse unit in liquid. Soiled ice packs should be disposed of and replaced.

**BATTERIES:**

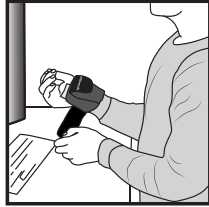
VibraCool's batteries will last at full strength about 20 hours. For best pain relief, replace batteries when vibration weakens. Unscrew the back using a Phillips-head screwdriver to remove back panel. VibraCool is powered by 2 alkaline AAA batteries. Remove batteries if VibraCool is not being used for extended periods of time.

For best results, use alkaline batteries. Install only new batteries of the same type in your VibraCool. Failure to insert batteries in the correct polarity, as indicated in the battery compartment, may shorten the life of the new batteries. Do not mix Alkaline, Standard (Carbon-Zinc) or Rechargeable (Nickel Cadmium) or (Nickel Metal Hydride) batteries. Do not dispose of batteries in fire. Batteries should be recycled or disposed of as per state and local guidelines.

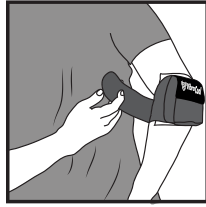
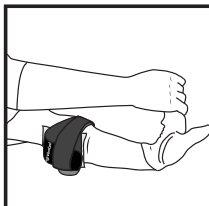
**For Ankle Pain:** Apply directly over painful area on ankle, using neoprene compression strap to secure in place.



**For Carpal Tunnel / Wrist Pain:** Feed strap through D-ring, creating loop. Partially tighten the strap. Position ice pack along the inside of the loop, against unit pocket. Slide strap over the hand and position against the location of pain. Tighten the strap and secure snugly.



**For Elbow Pain / Tendinitis:** Apply directly over painful area around elbow. For Tennis Elbow (lateral epicondylitis), placement may be directly on or above the bony knob on the outside of the elbow joint.



**For Golfer's Elbow (medial epicondylitis):** Placement may be directly on or above the bony bump on the inner part of the elbow or forearm.

**WARNING:** Ice packs can cause frostbite or skin burns if used incorrectly. Do not freeze below -10°F (-23°C). Remove ice pack from skin if you feel pain, itchiness, or numbing, or if skin changes in color.

**Also from the makers of VibraCool:**



Buzzy® is a personal consumer use product intended to be used by a single user. Bring with you to the doctor; or use at home for:

- SHOTS
- STINGS
- SPLINTERS

**www.BuzzyHelps.com**