

DO NOT SERVICE WHILE IN USE

With proper care, your VibraCool® should last for at least 1 year. With heavy use or extreme temperature fluctuations, batteries may need to be replaced more frequently. If device stops working, replace batteries. Press switch firmly for 1/2 second to activate or turn off.

Troubleshooting:

Please contact your local authorities to determine the proper method of disposal of potentially biohazardous parts and accessories.

Disposal:

period of time. Remove batteries if VibraCool® is not being used for extended back panel. VibraCool® is powered by 2 alkaline AAA batteries. Unscrew the back using a Phillips-head screwdriver to remove

Batteries:

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 autoclave. Do not immerse in liquid. Soiled ice packs should be disposed of and replaced.

Cleaning:

VibraCool® Includes:

- All VibraCool® kits include 2 AAA batteries (installed) and all items are latex free and reusable.
- Knee/Ankle includes 28" neoprene compression wrap, one 4-chamber ice pack.
- Elbow/Wrist includes 20" neoprene D-ring compression wrap, one 2-chamber ice pack.
- Plantar includes a velcro strap and one ice pack.
- Flex includes 50" flex strap, one 2-chamber ice pack, one heat pack

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

CS Lifesciences Europe Limited
The Black Church, St. Mary's Place
Dublin 7, D07 P4AX, Ireland



MMJ Labs, LLC dba Pain Care Labs
322 Sutherland Place • Atlanta, GA 30307, U.S.A.
vibracool.com • info@paincarelabs.com
877.805.2899

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

Guarantee:

This product's warranty covers every type of malfunction or defect that may appear or arise from normal use in the motor unit of the product for 3 years. The warranty for soft goods and other included products 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:

Please visit our website vibracool.com for a complete list of FAQs, other pain management tips, how-to videos, accessories, replacement parts, and more!

How To Order/Additional Information:

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.

Warnings:

For intended use only • Direct or prolonged application of ice could vasoconstrict or alter lab values.

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 a thermal burn • Do not use ice pack with underlying sensitivities to ice or cold (e.g. Sickie Cell Disease, Reynaud's Disease).

Cautions:

Store wings in a cool, dry place. • Wings must be frozen solid for best effect. - Do not use dry ice to freeze wings unless supervised by a healthcare professional • Do not puncture ice pack chambers. • Discard if leaking. • Do not ingest gel. • Keep out of reach of children or pets. • Do not use with neuropathy, CRPS, or sensitivities to ice.



VibraCool® is a personal consumer use product developed by a physician, VibraCool® is a reusable device for temporary relief of minor aches and pains. Intended to be used by a single user. VibraCool® is a therapeutic vibrator and icepack. IFU-003 Rev 00 VibraCool Instructions for Use 12.17.2021

VibraCool.com

- Acute muscle pain
- Overuse injuries
- Tendinitis
- Recovery

Developed by a physician, VibraCool® is a reusable device for temporary relief of minor aches and pains.

Simple serious relief.



Indications For Use	1
Warnings, Contraindications, Cautions	1
Includes	2
Directions For Use	3
Ice Packs	3
VibraCool® Extended Knee/Ankle	4
For Knee or Iliotibial (IT) Band Pain	4
For Ankle Pain	4
For Headaches	4
VibraCool® EasyFit for Elbow/Wrist	5
For Carpal Tunnel / Wrist Pain	5
For Elbow Pain / Tendinitis	5
For Golfer's Elbow	5
VibraCool® Flex Back/Shoulder/Hip Unit ...	6
For Neck Pain	6
VibraCool® Plantar	7
For General Aches and Pains	7
For Muscle Prep and Recovery	7
Cleaning, Changing Batteries, Disposal,	
Troubleshooting	9
Ordering, Warranty, Guarantee	10

VibraCool® Directions For Use:

Place ice packs in freezer until frozen solid. Remove ice packs just prior to use. 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.

Ice Packs:

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.

VibraCool® ice packs are reversible. 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.

Ice packs do not contain Ethylene Glycol, aka “anti-freeze.”

How to use VibraCool® Extended Knee/Ankle:

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 with toggle switch.



For Knee or Iliotibial (IT) Band Pain:

Apply directly to pain using neoprene compression strap to secure in place. For IT Band pain, apply above the knee joint, toward the outer aspect of the knee joint.

For jumper's knee, apply below the kneecap.



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

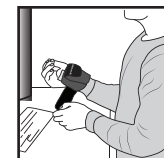
For Headaches:

For headaches due to occipital neuralgia, the neoprene cuff for the Extended Knee/Ankle Unit may be used, placing the unit directly on the site of pain and wrapping the strap around the head to hold in place.

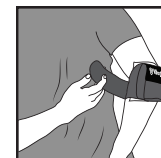


How to use VibraCool® EasyFit for Elbow/Wrist:

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 1.5 to 2 seconds. Unit has an automatic shutoff after 10 minutes of constant use. Press the button a second time if an additional 10 minutes of vibration is desired or recommended by a medical professional.

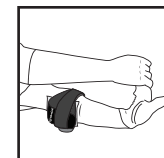


For Carpal Tunnel / Wrist Pain: Feed strap through D-ring, creating loop. Partially tighten the strap. Position ice pack along the inside of the loop, against unit pocket.



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):

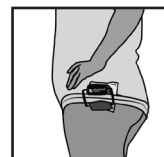
Placement may be directly on or above the bony bump on the inner part of the elbow or forearm.



How to use VibraCool®

Flex Back/Shoulder/Hip Unit:

1. Put VibraCool® vibration unit into neoprene pouch.
2. Thread the latex-free strap through slots on pouch.
3. Attach either frozen ice pack or activated heat pack beneath elastic band. To activate the heat pack, bend the metal tab inside the heat pack back and forth until crystallization begins.
4. Activate vibration with toggle switch.
5. Place over painful area, then tie and adjust strap as necessary to keep VibraCool® in place.



For Neck Pain

Apply to painful area directly on neck, near the base or on location of tension. Hold with hand or against pillow, DO NOT use any strap device on neck area.



How to use VibraCool® Plantar:

1. Feed strap, logo side up through slot in middle of unit. Your strap may look different. Thread the end of the strap through other side and through D-ring (if present).
2. Place cold pack on top of the curved side of vibration unit that has the VibraCool logo. Thread the strap through the ice wing.
3. Place foot on top of ice wing.
4. Pull strap the opposite direction and wrap around ankle. Secure strap on velcro around ankle or under the unit.
5. Activate vibration with toggle switch.



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 Muscle Prep and Recovery:

Prior to exercise, wake up the muscles with 5 - 10 minutes of high frequency vibration massage directly on muscles with or without the ice or with a heat pack. After exercise, use vibration and ice together.



Type BF Applied Part

Environmental conditions:

Transport and storage between uses: -25 to 70 °C.
0-95% RH. 700-1060 hPa

Operating conditions:

5-40 °C. 15-95% RH
700-1060 hPa. 2000m altitude

US Patented British Patent No. 2455695
VC-2, VC-E, VC-K, VC-Plantar

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
2. Please note that changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
3. NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
4. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Pain Care Labs, 195 Arizona Ave • LW08 NE Atlanta GA 30307 • 877-805-2899 (Pain Care Labs Responsible Party in USA.)