

# Premier Orthopedics

## CRYO-COOLER INSTRUCTIONS



- Fill the cooler to the water line.
- Add ice to the ice line (follow instructions enclosed with device).
- Sit in a chair and apply the sleeve over the knee.
- Connect the tube to the sleeve.
- Hold the cooler up at head level and allow the cold water to flow into the sleeve filling it, and causing tight compression around your knee.
- Once filled, disconnect the tube and remain seated with the sleeve on your knee for about 20 minutes.
- When finished, remove the sleeve.
- Then connect the tube to the sleeve.
- Now raise the sleeve in the air, and put the cooler on the floor. The water will drain out of the sleeve back into the cooler.
- **Repeat as many times as indicated per day by your physician.**