



Simple serious relief.

VibraCool® is a reusable device to relieve pain and stiffness by direct application of focal motor vibration with or without cold or heat. The VibraCool is applied for 20 minutes 2-3 times per day as needed for pain or as prescribed or recommended by a clinician for:

- Weakness and pain from inactivity, stroke, arthritis, tendinopathies, post surgery

- Chronic pain, overuse injuries or spasms causing muscle tension and restricting motion

- Acute pain from post-operative muscle spasm, inflammation, skin disruption

- Acute muscle pain from physical therapy or inflammation

PainCareLabs.com

IFU-003 Rev 01 VibraCool Instructions for Use
01.17.2022

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



877.805.2899

PainCareLabs.com • info@paincarelabs.com
195 Arizona Ave NE L78 • Atlanta, GA 30307, U.S.A.

MMJ Labs, LLC dba Pain Care Labs
purchase for a full refund, or contact us at the address below.

Guarantee:

If not completely satisfied, return within 30 days to place of purchase where the device was purchased for return instructions. For returns, or if not completely satisfied within 30 days of purchase, contact us at: orders@paincarelabs.com.

Warranty:

The Company covers every type of malfunction or defect arising from normal use in the motor unit for three years, and for soft goods and ice packs within one year from date of purchase. Heat packs are good for approximately 10 boil-cool-reuse cycles. The Company will replace your product or refund your purchase price, and reserves the right to upgrade or replace parts with the latest product versions. This warranty is provided to the original purchaser and is non-transferable. Returning the device for service: Buyer must contact Customer Service or the authorized distributor in the country where the device was purchased for return instructions. For returns, or if not completely satisfied within 30 days of purchase, contact us at: orders@paincarelabs.com.

VibraCool® contains a durable therapeutic vibration motor unit device. Neoprene cuffs, thermal packs and straps are reusable single user accessories.

Indications For Use:

VibraCool® is intended for the temporary relief of minor injuries, aches and pains, and to treat muscle pain from trigger points, restricted motion and muscle tension.

Warnings:

For intended use only • Repeated application of ice could reduce blood flow or damage tissue.

Contraindications:

This device should not be used over broken skin or skin eruptions. • Do not use in the presence of unexplained calf pain. Consult a physician. • Do not place directly on a thermal burn. • Do not use Ice Pack with underlying sensitivities to ice or cold (e.g. Sickle Cell Disease, Reynaud's Disease, CRPS).

Cautions:

Store Ice Packs in a cool, dry place. • Ice Packs must be frozen solid for best effect. • Do not use dry ice to freeze packs 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 SERVICE WHILE IN USE

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

How To Order/Additional Information:

This device does not require sterilization for use. hospital-grade sanitizing wipe. Do not autoclave or immerse. wipe all exposed surfaces with alcohol or chlorhexidine, or a soft cloth dampened with a mild soap solution. To disinfect, inside the device. Gently wipe clean all exposed surfaces with a open back panel, placing batteries in the orientation shown screw(s) are secure. To replace AAA batteries, unscrew and Ensure that the switch moves freely. Make sure external device for any visible evidence of damage such as cracks. Motor Unit Maintenance Between Patients: Check the entire heat packs. before machine washing with other items. Replace soiled ice or water and air dry. Attach Velcro® hooks to the soft loop side are for single patient use. If cuffs become soiled, wash in cold Soft goods (compression cuff) and Thermal (hot or cold) Packs

Maintenance:

VibraCool® Includes:

- All VibraCool® kits include a motor unit with 2 AAA batteries (installed) and instructions. All accessories are latex free and reusable.
- Knee/Ankle includes 28" neoprene compression strap, two 4-chamber Ice Packs.
- Elbow/Wrist includes 20" neoprene D-ring compression strap, two 2-chamber Ice Packs.
- Plantar includes a velcro strap and two Ice Packs.
- Flex includes pocket with 2 D-rings, 50" flex strap, one 2-chamber Ice Pack, one heat pack.

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

Troubleshooting:

20 hours of operation are expected with new batteries. With heavy use or extreme temperature fluctuations, batteries may need to be replaced more frequently. If the switch doesn't turn on device with new batteries, toggle switch on and off several times, or press button switch for a full second to activate. If device stops working or has weak mechanical stimulation, replace batteries. If the unit becomes louder, try to tighten the screw(s). If the unit is dropped and becomes very loud, contact customer service for a replacement.

VibraCool® Directions For Use:

Store Ice Packs in freezer, or freeze for approximately one hour until solid. Remove just prior to use.

Ice Packs:

Ice Packs will stay frozen for approximately 25 minutes at room temperature and 20 minutes against skin. For best effect, 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, face the soft side of the Ice Pack against the skin. Tip: For icing larger areas, prepare additional Ice Packs (sold separately).

Heat Packs:

To activate the heat pack, bend the metal tab inside the heat pack back and forth until crystallization begins.

Gel inside ice may deteriorate if not stored properly and will dehydrate over time or in dry climates. Ice Packs do not contain Ethylene Glycol ("anti-freeze").

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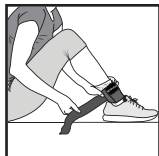
How to use VibraCool® Extended Knee/Ankle:

1. Put VibraCool® vibration unit into neoprene pocket on the compression strap. **2.** Place thermal pack under elastic bands behind the pocket and secure snugly over the area of pain. **3.** Activate vibration toggle switch.



For Knee, Anterior Tibia, or Iliotibial (IT) Band Pain:

Apply directly to pain using neoprene compression strap to secure in place. For jumper's knee, center the ice and motor unit below the kneecap.



For Ankle Pain:

Apply directly to pain, using neoprene compression strap to secure in place.

For Jaw Pain:

After dental surgery, place the unit directly on the site of pain and wrap the strap around the head and chin to hold in place. May also be used for headaches due to occipital neuralgia or tension headaches. Do not wrap around neck.



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How to use VibraCool® EasyFit for Elbow/Wrist:

1. Put VibraCool® vibration unit into neoprene pocket on compression strap. **2.** Place thermal pack under elastic band behind the pocket 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. Repeat for 20 minutes of therapy.

For Carpal Tunnel / Wrist Pain:

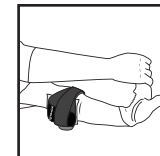
Feed strap through D-ring, creating loop. Partially tighten the strap, and slide hand through the loop. Position pocket and thermal pack over pain. Tighten the strap and secure snugly.



For Elbow Pain / Tendinitis: Apply directly over painful area or over restricted muscles near the elbow joint. For Tennis Elbow (lateral epicondylitis), placement may be directly on or just 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.



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How to use VibraCool®

Flex Back/Shoulder/Hip Unit:

1. Put VibraCool® vibration unit into neoprene pocket. **2.** Thread a belt or the latex-free strap through slots on pocket. **3.** Attach the thermal pack beneath the elastic band behind the pocket. **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:

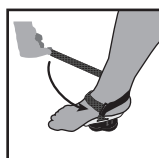
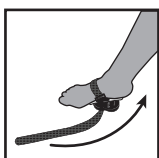
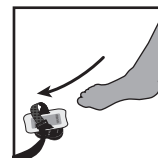
Apply to painful area directly on neck, near the base or on location of tension. Hold with hand or against firm surface. DO NOT wrap strap around neck.



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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 the other side and through D-ring (if present). **2.** Place Ice Pack on top of the curved side of the vibration unit (with the VibraCool® logo). Thread the strap through the Ice Pack. **3.** Place foot on top of Ice Pack. **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.



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Type B 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 that are 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.

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