



PainCareLabs™
DRUG FREE PAIN SOLUTIONS

How to Use VibraCool® Pro

VCP-200H, VCP-UE, VCP-LE, VCP-DME



IFU-006 Rev 01
06-30-2023

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Device Description:

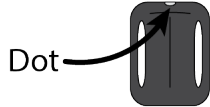
VibraCool® Pro (Model Names: VibraCool Pro Healthcare, VibraCool Pro Upper Extremity, VibraCool Pro Lower Extremity, VibraCool Pro DME) is a reusable device to relieve pain and stiffness by direct application of focal mechanical vibration with or without cold or heat. VibraCool® Pro is applied directly by a clinician, or used for 20 minutes 2-3 times per day as needed for pain or as prescribed or recommended for:

- Pain from inactivity, injury, post-surgery, tendinitis
- Chronic pain from overuse injuries or spasms causing muscle tension or restriction
- Before or during physical therapy to treat myofascial pain caused by trigger points, restricted motion and muscle tension

VibraCool® Pro is a durable therapeutic vibration motor unit device. Neoprene cuffs, Ice Packs, Hot Packs, and straps are personal consumer products intended to be used by a single user.

VibraCool® Pro Includes:

- All VibraCool® Pro motor units come with 2 AAA batteries (installed) and instructions. All accessories are latex free and reusable. Place the “dot,” an indicator of maximal intensity, near point of maximal pain or procedural pain. Units with a Hex screw include a 2mm Allen Wrench for battery replacement.
- VibraCool® Pro Lower Extremity Kit includes 30” neoprene compression cuff, two VibraCool Pro motor units, one 4-chamber Ice Pack, one Hot Pack.
- VibraCool® Pro Upper Extremity Kit includes 22” neoprene D-ring compression cuff, two VibraCool Pro motor units, one 2-chamber Ice Pack, one Hot Pack.
- VibraCool® Pro DME includes one motor unit, one 2-chamber Ice Pack.
- VibraCool® Pro Healthcare includes one motor unit, five 1-chamber Ice Packs, two hands-free straps.



Note: To transport, place Ice Packs between two additional Ice Packs or Cold2Go Bag (sold separately) to maintain frozen temperature.

Indications For Use:

VibraCool is intended for the temporary relief of minor injuries (muscle or tendon aches) and the treatment of myofascial pain post-surgery. It is also indicated for use prior to or during physical therapy to treat myofascial pain caused by trigger points, restricted motion and muscle tension.

Warnings:

- For intended use only • Repeated application of Ice Packs could reduce blood flow or damage tissue. Intended for ages 4 and up.
- WARNING: Use carefully. Hot Packs may cause serious burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of Hot Packs by children or incapacitated persons may be dangerous. Keep out of reach of children or pets. Hot packs only for age 12 and up.

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 Ice 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.

Maintenance:

- Soft goods (compression cuff), Ice Packs, and Hot Packs are for single patient use. If cuffs become soiled, wash in cold water and air dry. Attach Velcro® hooks to the soft loop side before machine washing with other items. Replace soiled ice or heat packs.
- Motor Unit Maintenance Between Patients: Check the entire device for any visible evidence of damage such as cracks. Ensure that the switch moves freely. Make sure external screw(s) are secure. To replace AAA batteries, unscrew and open back panel, placing batteries in the orientation shown inside the device. Gently wipe clean all exposed surfaces with a soft cloth dampened with a mild soap solution. To disinfect, wipe all exposed surfaces with

alcohol or chlorhexidine, or a hospital-grade sanitizing wipe. Do not autoclave or immerse. This device does not require sterilization for use.

VibraCool® Pro Preparation 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 transmit vibration at the effective frequency and strength.
 - VibraCool® Pro 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). Ice Packs do not contain Ethylene Glycol (“anti-freeze”). Gel inside ice may deteriorate if not stored properly and will dehydrate over time or in dry climates.
- Hot Packs:
 - To activate the Hot Pack, bend the

metal tab inside the Hot Pack back and forth until crystallization begins. If the heat pack has been previously activated, boil until clear (5-10 minutes) then allow to cool before re-activation. Do not microwave.

How to use VibraCool® Pro Healthcare:

1. VibraCool Pro Healthcare is intended to be used for in-office warming up of muscles 5-10 minutes (without ice) or after physical therapy (with ice). M-stim® would be used any time you would apply E-stim as an in-office modality.
2. To use with heat, feed hands-free strap through the slot from the back of the VibraCool Pro, and through the other side. Place the activated Hot Pack (sold separately) under the vibration unit.
3. To use with ice, feed hands-free strap through one hole on the Ice Pack, then through one slot on the VibraCool® Pro from the underside, then over the top and through the second slot on the Ice Pack.
4. Place unit with or without Ice Pack or Hot



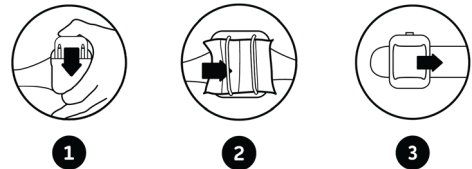
Pack directly against patient's skin at the location of maximal pain.

5. Connect the hands-free strap to hold in place.
6. Activate vibration with toggle switch.
7. Leave in place 20 minutes.

For Muscle Prep and Recovery:

Prior to physical therapy, warm up muscle fibers with 5 - 10 minutes of vibration by placing the unit directly on muscles, or with the Hot Pack. After exercise, use vibration and ice or heat together for 20 minutes or as recommended by clinician.

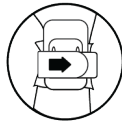
How to use VibraCool® Pro Lower Extremity:



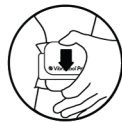
1. Slide VibraCool® Pro motor unit into neoprene pocket on the compression cuff, with the switch toward the top.
2. Secure Ice Pack/Hot Pack under elastic bands behind the pocket.
3. Thread the end of the compression cuff

through the second VibraCool® Pro unit ensuring the switch is oriented in the same direction as the opening of the pocket.

- Secure the unit with the Ice Pack/Hot Pack snugly over the area of pain, or just proximal (closer to the head) if there is a bandage. Attach the top of cuff over strap.



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- Activate vibration toggle switches.
- Slide the second unit approximately opposite the location of the first unit. Adjust position back and forth until pain relief is optimal.



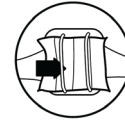
For myofascial pain after Lower Extremity Surgery: Apply just above or proximal (toward the head) to pain, using neoprene compression cuff to secure in place. Ice is recommended for acute pain or as recommended by your doctor.

For Knee or Ankle Pain: Apply directly to pain, using neoprene compression strap to secure in place.

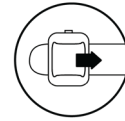
How to use VibraCool® Pro Upper Extremity:



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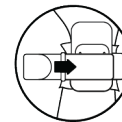


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- Slide VibraCool® Pro motor unit into neoprene pocket on the compression cuff, with the switch toward the top.
- Secure Ice or Hot Pack under elastic bands behind the pocket.
- Thread the end of the compression cuff through the second VibraCool® Pro unit ensuring the switch is oriented in the same direction as the opening of the pocket.
- Thread the end of the compression cuff through the D-ring, allowing the unit to be tightened on the upper extremity. Attach the top of cuff over strap.
- Secure the unit with the Ice Pack/Hot Pack snugly over the area of pain, or just above (closer to the head) if there is a bandage.



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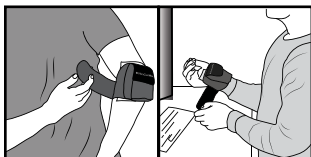


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- Activate vibration toggle switches.

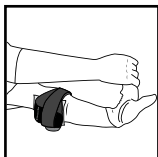
- Slide second unit approximately opposite the location of the first unit. Adjust position back and forth until pain relief is optimal.

For myofascial pain after Upper Extremity Surgery: Position pocket and Ice Pack/Hot Pack closer to the



head on the side of the arm with the incision. Tighten the cuff to secure snugly; loosen if fingers tingle.

For Elbow Pain/Tendinitis: Apply directly over painful area or over restricted muscles



near the elbow joint. For Tennis Elbow, placement may be directly on or just above the bony knob on the outside of the elbow joint. For Golfer's Elbow, placement may be directly on or above the bony bump on the inner part of the elbow or forearm.

How to use VibraCool® Pro DME with a Brace:

- If using an Ice Pack/Hot Pack, slide the Pack in place on unbroken skin on the area of maximal pain prior to applying the brace.
- Tighten the brace except for the strap

above the Ice Pack/Hot Pack/maximal pain.

- Attach VibraCool® Pro onto a brace using the straps. Orient the round dot on the side opposite the switch to be closest to the site of maximal pain. (Mechanical stimulation will be also most effective close to a bar or solid part of the brace structure).
- Activate vibration with toggle switch.



How to use VibraCool® Pro DME with a Support Orthotic:



- Activate vibration with toggle switch.
- If using an Ice Pack/Hot Pack, slide the Pack and the motor unit in place on unbroken skin on the area of maximal pain.

How To Order/Additional Information:

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

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.
4. Pain Care Labs, 195 Arizona Ave. LW08 Atlanta GA 30307 • 877-805-2899 (Pain Care Labs Responsible Party in USA.)

Warranty:

The Company 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 Ice Packs lasts 1 year from date of purchase. Hot Packs are warranted for 5 boil-cool-reuse cycles, with a shelf life of 3 years. The company will replace your product or refund your purchase, and reserves the right to upgrade or replace parts with the latest product versions. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Troubleshooting:

With proper care, your VibraCool® Pro motor unit will last for at least 3 years. With heavy use or extreme temperature fluctuations, batteries may need to be replaced more frequently. If device stops working or has weak mechanical stimulation, replace batteries. For units with on/off button, press switch firmly for 1.5 seconds to activate or turn off.

DO NOT SERVICE WHILE IN USE

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.

Guarantee:

If not completely satisfied, return within 30 days to place of purchase for a full refund, or contact us at the address below.

Environmental conditions:

Transport and storage between uses:

-25 to 70 °C.

0-95% RH. 700-1060 hPa

5-40 °C. 15-95% RH

700-1060 hPa. 2000m altitude

US Patented; British Patent No. 2455695

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