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Simple serious relief.

VibraCool® (Model Names: EasyFit, Extended, Plantar, Flex) 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:

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

PainCareLabs.com

IFU-003 Rev 02 VibraCool Instructions for Use  
04.09.2024

## 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 could reduce blood flow or damage tissue. Ice packs are Intended for age 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 medical 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).

## 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.

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MMJ Labs, LLC dba Pain Care Labs

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

## Guarantee:

Pain Care Labs 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. 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.

**Returning the device:** Buyer must contact customer service (support@paincarelabs.com) or the authorized distributor in the country where the device was purchased for return instructions.

## Warranty:

## DO NOT SERVICE WHILE IN USE

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

## How To Order/Additional Information:

Motor Unit Maintenance: 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.

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 rough hooks to the soft loop side before machine washing with other items. Replace soiled Ice Packs or Hot 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.
- VibraCool® Extended includes 28" neoprene compression cuff, M-Stim® vibration unit with toggle switch (manual power switch), two 4-chamber Ice Packs.
- VibraCool® EasyFit includes 20" neoprene D-ring compression cuff, M-Stim® vibration unit with button switch & energy-saving 10-minute shut off, two 2-chamber Ice Packs.
- VibraCool® Plantar includes a hands-free strap, M-Stim® vibration unit with toggle switch (manual power switch), and two Ice Packs.
- VibraCool® Flex includes pocket with 2 D-rings, M-Stim® vibration unit with toggle switch (manual power switch), 50" flex strap, one 2-chamber Ice Pack, one Hot Pack.

## 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, see our website troubleshooting FAQs or contact customer service if the device is under warranty.

## 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 10 - 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). **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").**

**Note:** To transport, place Ice Packs between your own commercial cold packs or inside a Cold2Go Bag (sold separately, includes insulation packs) to maintain frozen temperature.

### Hot Packs:

To activate the Hot Pack, bend the metal tab inside the Hot Pack back and forth until crystallization begins. If the Hot Pack has been previously activated, boil until clear (5-10 minutes) then allow to cool before re-activation. Do not microwave. Hot Packs for use with VibraCool Extended or EasyFit sold separately.

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### For General Aches and Pains:

Apply directly by pressing or under compression to aches, injuries, or myofascial trigger points for 10 minutes or longer. Hold in place or attach to extremities with hands-free strap or neoprene compression cuff. For back, shoulder, or hip pain, may also position under tight clothing to hold in place.



### How to use VibraCool® Flex Back/Shoulder/Hip Unit:

1. Insert VibraCool® vibration unit into neoprene pocket. 2. Thread a belt or the included latex-free strap through slots on pocket. 3. Attach the Ice Pack or Hot 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® Extended Knee/Ankle:

1. Insert 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, or Iliotibial (IT) Band Pain:

Apply directly to pain using neoprene compression cuff to secure in place. For Jumper's Knee, center the Ice Pack and motor unit below the kneecap.

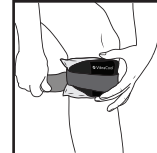


### For Ankle Pain:

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

### For Jaw or Tooth Pain:

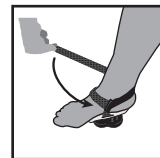
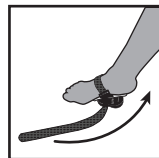
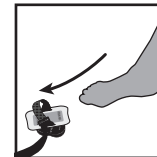
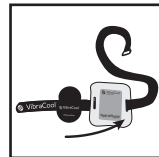
Place the unit directly on the site of pain and wrap the cuff around the head and chin to hold in place. May also be used for occipital myofascial pain or muscle tension headaches. Do not wrap around neck.



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## For Muscle Prep and Recovery:

Prior to exercise, wake up the muscles with 5 - 10 minutes of high frequency vibration directly on muscles, or with a Hot Pack under it. After exercise, use vibration and ice together for 20 minutes or as recommended by clinician.



## How to use VibraCool® Plantar:

1. Feed strap, logo side up through slot in middle of vibration unit. 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 hands-free strap around ankle or under the unit. 5. Activate vibration with toggle switch.

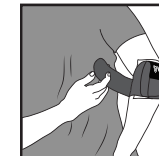
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## How to use VibraCool® EasyFit for Elbow/Wrist:

1. Insert VibraCool® vibration unit into neoprene pocket on compression cuff. 2. Place thermal pack under the elastic band behind the pocket. Feed the end of the cuff through the D-ring, creating a loop. Partially tighten the strap, and slide hand through the loop. Secure snugly over the area of pain, or just above (closer to the head) if there is a bandage. 3. Activate vibration by firmly pressing button on top of unit for 1.5 seconds. Unit has an automatic shutoff after 10 minutes of constant use. Repeat for 20 minutes of therapy.

### For Wrist Pain:

Position pocket and thermal pack over pain. Tighten the cuff and secure snugly.



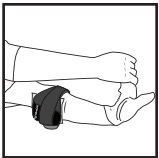
### For Elbow Pain:

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.



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## How to videos, FAQs, & more:



**Type B Applied Part**  
US Patented  
British Patent No. 2455695  
VC-2, VC-E, VC-K, VC-Plantar



## 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



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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