USER MANUAL · ENGLISH

Cold Therapy Machine
Model CM06

Please read this manual carefully before first use and keep it for future reference.



Model	Reservoir	Weight	Support
CM06	9 quarts	3.3 lbs / 1.5 kg	support@lifebushealth.com

SECTION 1

Important Safety Information

> **Read first.** The CM06 is intended for general comfort, cold application and recovery support. It is not a medical device and does not diagnose, treat or cure any condition. If you are recovering from surgery or injury, follow the instructions of your healthcare provider — including how long and how often to apply cold.

General precautions

- Always place a thin cloth or the provided sleeve between the cold pad and bare skin if you experience discomfort. Never apply intense cold directly to broken or irritated skin.
- Do not use while sleeping unless intermittent timer cycles are set as directed by your healthcare provider.
- Check your skin every 20–30 minutes. Stop immediately if you notice numbness, blistering, excessive redness or pain.
- Not recommended for persons with circulatory disorders, diabetes, cold hypersensitivity (e.g. Raynaud's), or reduced skin sensation, unless approved by a physician.
- Keep out of reach of children. This product is intended for adult use.

Electrical safety

- Use only the power adapter supplied in the box.
- Keep the pump unit, plug and adapter dry at all times. Never submerge the lid/pump assembly in water.
- Unplug the machine before filling, emptying or cleaning the reservoir.
- Do not operate with a damaged cord, plug or housing. Contact support for assistance.

Water & ice safety

- Use clean tap water with sealed frozen water bottles (recommended) or ice cubes. Do not add salt, alcohol or other additives.
- Do not overfill — keep the water level between the MIN and MAX marks inside the reservoir.
- Always operate the machine on a flat, level, water-resistant surface at or below the height of the treated limb.

SECTION 2

What's in the Box

Item	Qty	Description
Cooler reservoir with pump lid	1	9-quart insulated tank; the pump and control panel are built into the lid.
Universal cold pad	1	Flexible circulating pad with adjustable straps for knee, leg, arm and hand.
Insulated connection hose	1	Quick-connect couplings on both ends; links the reservoir to the pad.
Power adapter	1	AC wall adapter. Use only the supplied adapter.
User manual	1	This document.

> Missing or damaged part on arrival? Email **support@lifebushealth.com** with your order ID and a photo — we'll make it right under the warranty. See Section 8.

Machine overview

- **Control panel** — power, timer-on (10–180 min), timer-off (10–60 min) and 4 flow speeds.
- **Quick-connect ports** — push the hose couplings in until they click; press the release collar to detach. Couplings self-seal, so the pad can be disconnected without draining.
- **Reservoir lid** — twist to open for filling. Houses the ultra-quiet pump.
- **Carry handle** — the filled unit is designed to be moved; keep it level while carrying.



9-quart reservoir loaded with frozen water bottles

SECTION 3

First-Time Setup

1. **Freeze bottles in advance**

   Freeze 4–6 small sealed water bottles (or prepare a good amount of ice cubes). Bottles are recommended: they last longer, and no melted ice dilutes into the pad circuit.

2. **Fill the reservoir**

   Open the lid, place the frozen bottles inside, then add cold tap water between the MIN and MAX marks. Close the lid firmly.

3. **Connect the hose**

   Push each hose coupling into the reservoir port and the pad port until you hear a click. Give a gentle tug to confirm both ends are locked.

4. **Wrap the pad**

   Position the pad over the target area and secure the straps — snug, but never tight enough to restrict circulation. See the wrapping guide below.

5. **Power on and prime**

   Plug in the adapter and press power. Run the pump on the Max flow speed for 1–2 minutes to fill the pad and purge air; you'll feel it turn evenly cold.

6. **Set your timer**

   Choose timer-on / timer-off cycles and a comfortable flow speed. The machine then cycles automatically. See Section 4.

Wrapping the cold pad correctly

- **Knee** — center the pad over the kneecap with the hose pointing up or to the side; wrap the straps above and below the knee.
- **Leg / calf / thigh** — align the pad along the muscle and overlap the straps evenly so the pad sits flat with no kinks.
- **Arm / elbow / hand** — fold the pad as needed to follow the joint; keep the hose supported so its weight doesn't pull the pad off-center.
- Two-finger rule: you should be able to slide two fingers under any strap. If your fingertips tingle or the limb changes color, loosen immediately.

> **Keep the machine level with or below the pad** for the strongest, quietest flow, and keep the hose free of sharp bends.

SECTION 4

Using the Timer & Flow Control

Controls

Control	Range	What it does
Power	On / Off	Starts and stops the pump.
Timer-on	10–180 min	How long the pump circulates cold water in each cycle.
Timer-off	10–60 min	Rest period between cycles; the machine restarts automatically.
Flow speed	4 levels (Max → Low)	Adjusts circulation strength and cooling intensity.

Suggested starting points

Situation	Timer-on	Timer-off	Flow
First use / trying it out	20 min	20 min	Level 2
Daytime recovery sessions	30 min	30–60 min	Level 2–3
Overnight intermittent cooling*	30 min	60 min	Low
After activity / general soreness	20 min	—	Level 3

*Overnight use only as directed by your healthcare provider. These are comfort suggestions, not medical guidance — always follow your provider's protocol for duration and frequency.

During a session

- The pad should feel distinctly cold within 2–3 minutes of the pump starting.
- Cooling gradually softens as the ice melts — this is normal. Top up with fresh frozen bottles for long sessions.
- Condensation on the hose or pad in humid rooms is normal; place a towel underneath if needed.

SECTION 5

Cleaning, Care & Storage

After each use

- Switch off and unplug the machine.
- Disconnect the pad (couplings self-seal — no need to drain for short breaks between daily sessions).
- Wipe the pad surface and hose dry with a clean towel.

Weekly (or before a pause of 3+ days)

1. **Drain everything**

   Empty the reservoir. Hold the pad and hose above the tank and let them drain back through the open couplings.

2. **Rinse the circuit**

   Refill with 2–3 quarts of clean water, run the pump for 2 minutes, then drain again. For deep cleaning, use a mild solution of water with a small amount of white vinegar, then rinse with clean water.

3. **Wipe and dry**

   Wipe the reservoir interior and lid with a soft cloth. Leave the lid open until the tank is fully dry inside.

Storage

- Store fully drained and dry, with the lid loosely closed, in a cool indoor space away from direct sunlight.
- Coil the hose loosely — never fold it sharply.
- Store the pad flat or loosely rolled; do not place heavy objects on it.

> **Never** put the pad, hose or lid/pump assembly in a washing machine, dishwasher or freezer, and never use bleach or solvent cleaners.

SECTION 6

Troubleshooting

Problem	Likely cause & what to do
Pump runs but the pad doesn't get cold	Air lock in the circuit — run Max flow for 2 minutes with the machine below the pad. Check both couplings are clicked in fully. Confirm there is enough ice and the water level is between MIN and MAX.
Pad is cold at first, then warms quickly	Ice has melted or too little was used. Refresh with 4–6 fully frozen bottles; pre-chill the water. Avoid running long sessions on Max in a warm room.
No power / pump does not start	Confirm the adapter is fully seated at both the wall and the machine. Try another outlet. If it still won't start, stop using it and contact support.
Water leaks at the hose	A coupling isn't fully locked — detach and reconnect until it clicks. Check the O-rings for debris. Keep the hose free of sharp bends.
Water leaks from the pad	Stop use. Inspect the pad for punctures. A damaged pad must not be used — contact support for help.
Pump is louder than usual	Usually a low water level or the tank sitting unevenly. Top up water, set the machine on a flat surface, and purge air on Max flow.
Flow feels weak	Raise the flow speed, shorten/straighten the hose path, and keep the reservoir level with or below the pad.
Condensation / "sweating" on hose or pad	Normal in humid environments. Place a towel between the pad and bedding.

Still stuck? Visit **www.lifebushealth.com/support** or email **support@lifebushealth.com** — include your order ID, a short description and (if possible) a photo or video. We reply within 1 business day.

SECTION 7

Specifications

Item	Specification
Model	CM06
Reservoir capacity	9 quarts (8.5 L)
Cold duration	Up to 12 hours per fill (with 4–6 frozen bottles)
Timer-on range	10–180 minutes
Timer-off range	10–60 minutes
Flow speeds	4 levels (Max → Low)
Weight (empty)	3.3 lbs / 1.5 kg
Insulation	Triple-layer, leakproof
Intended areas	Knee · Leg · Arm · Hand
Intended users	Adults

SECTION 8

Warranty & Support

- **12-month limited warranty** from the date of purchase, covering defects in materials and workmanship under normal home use.
- Not covered: normal wear, damage from misuse, unauthorized modification, or use of non-supplied power adapters.
- Purchases on Amazon are additionally covered by Amazon's standard 30-day return policy.
- Register your product at **www.lifebushealth.com/support** to speed up any future warranty claim.

> **Contact us:** support@lifebushealth.com · www.lifebushealth.com/support
> Please include your Amazon order ID (e.g. 111-1234567-1234567) for the fastest service.

© 2026. All rights reserved. Our cold therapy machines are intended for general comfort, cold application and recovery support. This product is not a medical device and does not diagnose, treat or cure any condition. Specifications are subject to change without notice. Manual v1.0 — July 2026.