

CTN.FI

RECOVERY TECHNOLOGIES

X°CRYO™

Localised Cryotherapy Device

USER MANUAL



CTN.FI

05.2024

X°CRYOTM

QUICK GUIDE



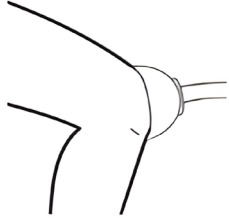

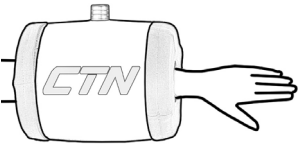
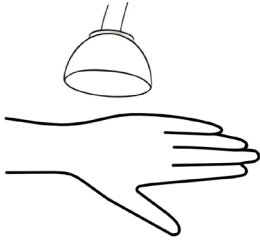
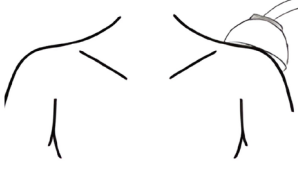
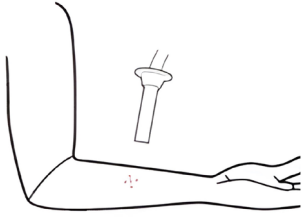
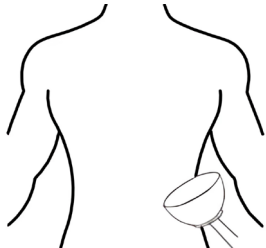

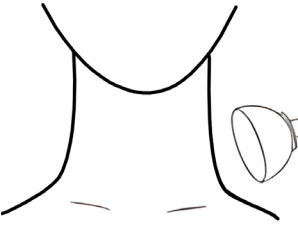


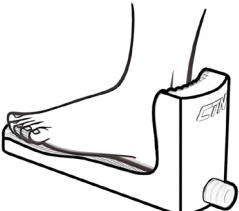
1 MIN



2 MIN



3 MIN

 <p>KNEE (PRO)</p> <p>Applicator: Cup, sleeve Air flow: 2 Time: 2.0 - 3.0 min</p>	 <p>FACE (FACE)</p> <p>Applicator: Mask Air flow: 2 Time: 2.0 - 3.0 min</p>
 <p>ELBOW (PRO)</p> <p>Applicator: Cup, sleeve Air flow: 2 Time: 2.0 - 3.0 min</p>	 <p>WRIST (PRO)</p> <p>Applicator: Cup, nozzle Air flow: 2 Time: 2.0 - 3.0 min</p>
 <p>SHOULDER (PRO)</p> <p>Applicator: Cup Air flow: 3 Time: 2.0 - 3.0 min</p>	 <p>SMALL AREA (SPOT)</p> <p>Applicator: Nozzle Air flow: 2 Time: 1.0 min</p>
 <p>BACK, HIP (PRO)</p> <p>Applicator: Cup Air flow: 3 Time: 2.0 - 3.0 min</p>	 <p>JAW (PRO)</p> <p>Applicator: Cup, nozzle Air flow: 2 Time: 2.0 - 3.0 min</p>
 <p>NECK (PRO)</p> <p>Applicator: Cup Air flow: 2 Time: 2.0 - 3.0 min</p>	 <p>MUSCLES (PRO)</p> <p>Applicator: Sphere, cup Air flow: 3 Time: 2.0 - 3.0 min</p>
 <p>ANKLE (PRO)</p> <p>Applicator: Cup Air flow: 2 Time: 2.0 - 3.0 min</p>	 <p>ACHILLES (PRO)</p> <p>Applicator: CryoFoot Air flow: 2 Time: 2.0 - 3.0 min</p>

Note. Air flow speed and treatment time should be adjusted according to the cold tolerance of the client. Using an infrared thermometer is recommended for optimal results and control. Maximum treatment time is 3 minutes

INTRODUCTION

100% ELECTRICALLY POWERED UNIT

The X°CRYO™ only requires a standard single phase electric outlet, which makes it mobile and easy to use.

THE X°CRYO™ IS MAINTENANCE FREE

The cooling system is based on advanced electric compressor and heat exchange technology, which provides a continuous, maintenance free operation.

STRAIGHTFORWARD USER INTERFACE

Simply use the 8" touch screen to change treatment duration, air flow speed and switch between FACE, SPOT & PRO functions.

INTERCHANGEABLE APPLICATORS

CTN offers globally patented interchangeable treatment heads for the X°CRYO™ to help focus on nearly every part of the body and maximize the benefits of cryotherapy.

The X°CRYO™, developed and manufactured in Finland, is designed for safe, area specific cryotherapy treatment.

For sports injuries, mobility problems, swelling and inflammation, localised cryotherapy can be an efficient solution for immediate relief. During the treatment, the skin surface is rapidly cooled down with high velocity subzero air flow, creating a thermal shock in the treated area, which helps accelerate the body's natural healing processes.

Cryotherapy with the X°CRYO™ is quick and easy. With our range of applicators for different body areas and excellent controllability, the efficient treatment duration is only 1-3 minutes.



- **CRYO CUPS**
Suitable for various body areas, S, M & L sizes available.



- **CRYOSPHERE**
An excellent solution for cooling & massaging simultaneously.



- **DERMASPOT**
Precision nozzles provide a controlled stream of air to the desired areas. S & M sizes available



- **CRYOFOOT**
Ideal distribution of cooled air to soles and achilles.



- **FACE MASK**
Perfect facial cryotherapy each time.



- **THERMOMETER**
An accessory for accurate temperature control during the treatments.



- **CRYOSLEEVE**
Highly efficient for treating knees, hands & elbows. M & L sizes available.



- **CTN BOOSTERS**
Proprietary liquids that enhance and prolong the effect of treatments, while also conditioning and protecting the skin.

Note. Certain accessories are sold separately.

COMPONENTS



TECHNICAL SPECIFICATIONS

Product Name:	X°CRYO™
Display:	8" touchscreen
Power Adjustments:	1-2-3
Treatment Duration:	1-3 min
Work Time:	0-60 min
Power Supply (AC):	220 V / 50 Hz 110 V / 60 Hz
Cooling Power	1 800 W
Air Production Capacity:	75 m ³ /h
Power Consumption:	1000W
Compressor Power:	500 W
Weight:	85kg/ 187lbs
Device Dimensions:	75 x 44 x 73 (cm) 29,5 x 17,3 x 28.7 (in)

CONTRAINDICATIONS

Whenever unsure about any listed or other potential contraindications, please make sure that the client consults their doctor or seeks medical advice from the treating medical professional before administering any treatments.

Below are some of the possible contraindications:

- Raynaud's syndrome
- Cold Allergy / Cryoglobulinemia
- Vascular Diseases
- Active cancer or tumor in the area being treated (consult a doctor)
- Systemic lupus erythematosus (dysentery)
- Bacterial and viral infection of the skin, wound healing disorders - open sores or discharging wounds.

PRECAUTIONS AND WARNINGS

- Please read the instructions carefully before using the device.
- Warranty will be void if mainframe is opened or removed, except for authorised or trained CTN technicians.
- Warranty will be void if changes or maintenance of the machine has been performed by others, except for authorised or trained CTN technicians.
- If trouble occurs during the operation of the device, please stop using it immediately and contact CTN.
- Prolonged or excessive use of cryotherapy in general can cause permanent tissue or nerve damage. Using the device should be stopped immediately in the case of increased discomfort, pain, itching, blisters, swelling, burning, rash or other questionable observations. It is recommended to use the settings presented in this manual and the X°CRYO™ Quick Guide. Due to the unique design of the treatment applicators that enable maximum control, and the fact that the operating principle is based on high volume and velocity of cooled air, the risk of frostbite or other side effects are very minimal. It is recommended to wait until the skin has return to normal temperature before a new session.
- Humidity in the operating room must be controlled and kept below 50%.

MAINTENANCE

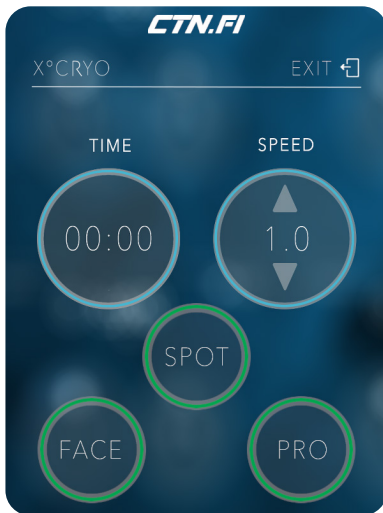
- Regularly disinfect and clean the applicators that come in contact with skin. The device itself can be cleaned with a damp microfibre towel. Ensure that the device is turned off and unplugged during the cleaning process.
- Regularly drain the condensed water from the water outlet at the front of the unit.
- The X°CRYO™ does not require any other maintenance procedures in addition to the ones described above. If the device appears to function abnormally, do not attempt to open the device and repair it. Please contact CTN support at service@ctn.fi.

INSTRUCTIONS FOR USE



1. PRECOOLING

Turn on the device from the power switch. The pre-cooling process will start automatically and will take approximately 3-5 minutes to complete. The progress of the precooling process will be displayed on the screen. When precooling has been completed, the operator screen in point 2. will appear automatically and the device is ready for use.

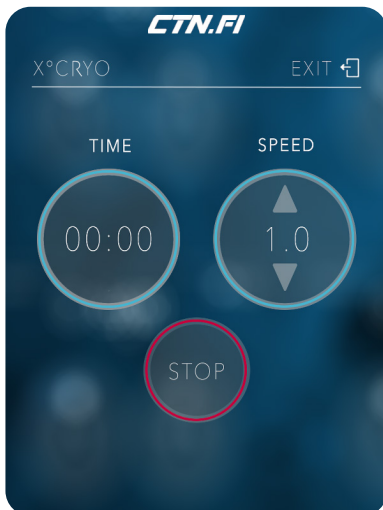


2. READY FOR SESSION

From the operator screen, choose between FACE, SPOT & PRO treatment programs to begin using the device.

SPOT: default duration - 1 minute
 FACE: default duration - 2 minutes
 PRO: default duration - 3 minutes

Wind speed is adjustable in each mode.



3. IN SESSION

When a session has been started, remaining time left will be shown on the screen. The session can be stopped at any time by tapping the STOP button.

It is possible to adjust the wind speed prior to starting the session as well as while in session.

4. STANDBY

If the system is idle for 30 minutes in the “Ready for session” state, the compressor will shut off automatically and the device will go to standby mode. The device can be put in standby mode manually by tapping on the exit button twice. Restarting the precool process to continue using the device after going to standby can be initiated after 4 minutes.

TROUBLESHOOTING

ERROR	DESCRIPTION	ACTION
Evaporator temperature error	TSensor 1 temperature is above 75°C	Wait. The compressor will shut off. Error message will be shown while the error is active.
Pipeline temperature error	TSensor 2 temperature is above 75°C	Wait. The compressor will shut off. Error message will be shown while the error is active.
Compressor temperature error	TSensor 3 temperature is above 75°C	Wait. The compressor will shut off. Error message will be shown while the error is active.
Water level error	Water reservoir is full from condensation	Drain the water.

WARRANTY INFORMATION

Void of factory warranty. A 36 months limited manufacturers factory warranty is applied to each sold CTN device, and is valid from the date of delivery. The term is 36 months for materials and manufacturing defects, and 12 months for computers and electronic components. Each device has its own specific requirements for the ambient conditions of the space it will be installed in or used. These include but are not limited to square meters, cubic meters, maximum ambient temperature and humidity, power feed etc. Non-compliance with the safety information, installation and operating instructions or specifications and ambient conditions of the space the device is used, can lead to danger for people, the environment, endanger the device and its functions, and lead to the loss of claims for damages of any kind.

WORLD'S #1 IN SPORTS RECOVERY

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