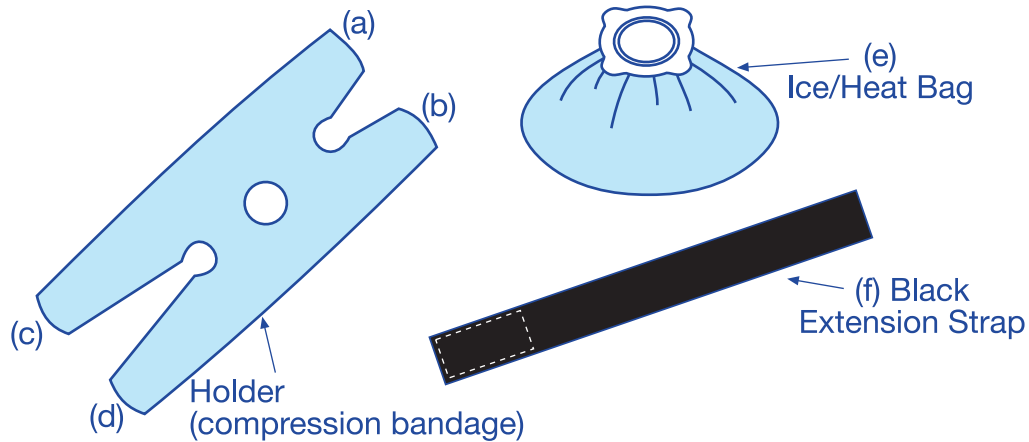


LET'S ICE IT!

ICE/HEAT BAGS

How to Use Instructions

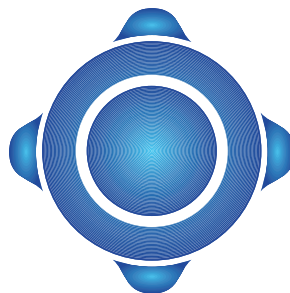


Cold Therapy

1. Fill (e) with ice cubes from freezer. Secure lid.
2. Solid ice is more effective and lasts longer than crushed ice. Do not hit bag to crush ice as it may cause damage.
3. Do not place bag filled with water in freezer.
4. Wash/rinse bag and drain upside down after use.

Heat Therapy

1. Fill (e) with hot water from tap (never use boiling water - it will burn skin). Secure lid.
2. Test against skin briefly for correct temperature before applying compression bandage.
3. Do not microwave.
4. Always test on adult before use on children.



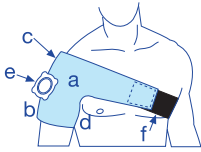
LET'S ICE IT!
ICE/HEAT BAGS

LET'S ICE IT!

ICE/HEAT BAGS

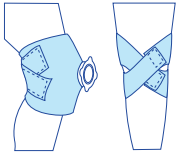
Application on Body

Shoulder



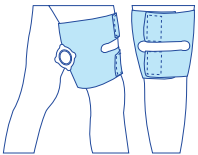
1. Place icebag (e) on desired area, ie. (front or back of shoulder).
2. Attach (b) to (d) around upper arm and connect under arm.
3. Attach extension strap (f) to (a) and pull across top of chest around, under opposite arm, across back and attach to area (c) on the neoprene.

Ankle, Elbow, Wrist, Knee + all other bendable joints



1. Criss cross (a) to (d) and (b) to (c) behind the joint for best mobility.
2. Do not walk on bag when on foot or ankle.

Thigh

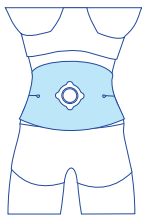


1. Place icebag (e) on thigh.
2. Attach (a) to (c) and (b) to (d) on other side of leg (no need to overlap).

Hamstring

Repeat as above but reverse to hamstring.

Back



1. Join (a) to (b).
2. Attach (f) extension strap female velcro end to (a) (b).
3. Place bag and holder in small of back on desired area and pull (f) extension strap around front of stomach.
4. Attach to (c) and (d) overlapped and stretch (f) to secure tightly on neoprene holder to keep in place.

Stomach

Repeat as above but reverse to stomach.

DO NOT USE ON OPEN WOUNDS & consult your doctor if any discomfort

