

## Shoulder Cold Hot Wrap

- Comfortable, Convenient, Cost Efficient, Highly Effective application of Heat/Cold therapy
- Convenient pack targeted for shoulder
- Helps provide Relief from pain and helps to Reduce Swelling (*edema*)
- *Reusable* - Perfect for *continuing therapy* at Home
- Additional Gel Packs (*re-useable*) are available for continuation of therapy (*quick & easy*)
- Air Compression provides Enhanced Support, Improved Ergonomic Fit/Comfort and is effective for Reducing/Minimizing Edema (*swelling*)
- Includes two (2) straps. Strap 1) to fasten around the arm Strap 2) to fasten from the shoulder down across the back, under the arm (ribs) and back up across the chest.

### Usage directions for **COLD** therapy:

1. A removable gel pack (secured by Velcro) is included to the Wrap. Remove the gel pack from the Wrap.
2. In an appropriate manner store and place the removable gel pack in the freezer for a minimum of two hours. It is okay for to store the gel pack and/or wrap in freezer when not in use.
3. After the gel pack has been placed in the freezer for two or more hours the gel pack can be removed from the freezer for use. *Safety first – “use caution” when handling the “cold” gel pack!*
4. Using the Velcro tabs adhere the gel pack back into the Wrap in the appropriate position.
5. Protective Barrier (*for tissue and skin*) \_ Make sure that an appropriate barrier (ex. clothing, dish towel, stocking) is in place to protect the tissue/skin at the area to be treated. *Please do not place the wrap/gel pack direct to the skin.*
6. Place the Wrap appropriately on the area for therapy and secure using the two large Velcro straps.
7. Apply for no longer than 20 mins. and repeat every 1-1.5 hours as needed/instructed.
8. Reuse \_ It is important to allow a minimum of 20 minutes between each use (*cold therapy*) to help protect the tissue and skin at the treated area.

**Warning** \_ *Please be sure to use a protective barrier from the Wrap (cold) at the treated area for tissue and skin protection. Please use Caution when handling the “COLD” gel pack!*

### Usage directions for **HEAT** therapy:

Microwave ovens vary in power, you'll need to determine the correct heating time carefully.

1. Flatten the pack and ensure the gel is evenly distributed
2. Place the pack in microwave for 45 seconds at 800W, increase heating time at 20 seconds intervals to reach desired temperature if needed. Time should be reduced for microwave with higher power ratings. *Safety first – “use caution” when handling the “Heated” gel pack!*
3. Once the gel pack has cooled enough to handle, use the Velcro tabs to secure the gel pack back into the Wrap in the appropriate position.
4. Protective Barrier (*for tissue and skin*) \_ Make sure that an appropriate barrier (ex. clothing, dish towel, stocking) is in place to protect the tissue/skin during therapy. *Please do not place*

*the wrap/gel pack direct to the skin.*

5. Place the Wrap appropriately on the area for therapy and secure using the two large Velcro straps.
6. Apply for no longer than 20 min. and repeat every 1-1.5 hours as needed/directed.
7. Re-use \_ It is important to allow a minimum of 20 minutes between each use (cold therapy) to help protect the tissue and skin at the treated area.

**Warning** \_ *Please be sure to use a protective barrier from the Wrap (heat) at the treated area for tissue and skin protection. Please use Caution when handling the "Heated" gel pack!*

#### **Usage directions for [Air Compression therapy](#)**

1. Locate the ON/OFF valve on the exterior of the wrap.
2. Connect the bulb/pump hose connector to the valve by turning clockwise.
3. Turn the valve to "ON" (open).
4. Using your hand (grip) manually compress the bulb/pump intermittently to fill the Wraps outer bladder to a desired and comfortable setting. To reduce the amount of air pumped into the Wrap press the "black button" below the bulb/pump to release air. Adjust air pressure to a desired and comfortable setting.
5. Once the desired air pressure is set turn the valve to "OFF" (closed).
6. Disconnect the bulb/pump and tubing by turning the hose connector counterclockwise.
7. Store the bulb/pump and tubing properly and conveniently for re-use.
8. To remove the air in the Wrap bladder simply turn the valve to "ON" (open).
9. To remove the Wrap pull the Velcro tabs/straps to release and remove Wrap.
10. Store Wrap components (wrap, gel pack, bulb/pump and hosing) appropriately in a convenient area for re-use.

**Caution: DO NOT OVER INFLATE the Wrap Air Bladder.** Over inflating will destroy the air bladder.

\*This product should not be used by people who are insensitive to temperature extremes, such as those with circulatory problems, diabetes, nerve damage or paralysis. \*Adult supervision is recommended if used by children. \*If the gel pack is or becomes punctured or opened and the gel is accidentally swallowed, drink plenty of water. \*If gel contacts eye, wash out thoroughly with water. \*Consult your doctor if you have concerns of your health. \*Always inspect gel pack for leakage before use. \*Be sure to clean Wrap and gel pack after each use.

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