

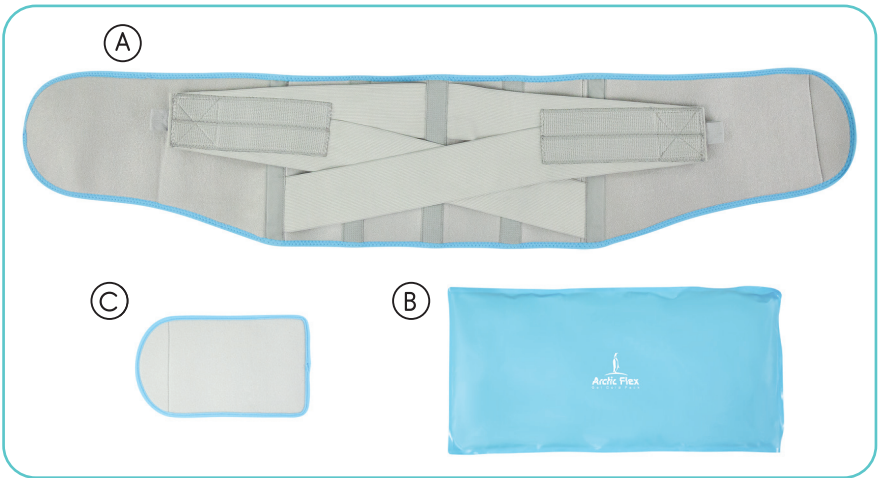
# BACK ICE WRAP

Owner's Manual - SUP2012GRY



## WHAT'S INCLUDED

- (A) 1x Back Wrap
- (B) 1x Arctic Flex Ice Pack
- (C) 1x 8" Length Extender



## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Back Ice Wrap as easy as possible. Throughout the manual, we will include QR codes and links to important videos that you can visit to help you through the process.

## HOT/COLD GEL PACK INSTRUCTIONS

Before the use of the Back Ice Wrap, it is important to understand proper gel pack heating and cooling procedures for safe and effective use.

### Cooling Instructions

1. Lay the gel pack flat in the freezer for a minimum of 2 hours.
2. Remove from the freezer and gently knead the gel pack to ensure that its contents are spread evenly.
3. Apply the gel pack to the affected area either within the included removable brace or within a layer of towel wrapped around the pack to protect your skin from the intense cold.
4. Leave the pack on the area for no more than 15 - 20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before re-applying. Refreeze if needed.

### Microwave Heating Instructions

Note: Overheating will lead to leaks and ruptures. Do NOT heat the gel pack inside the fabric wrap, the wrap includes inner aluminum splints.

1. Gently knead the gel pack to ensure that its contents are spread evenly, this will ensure the pack heats evenly.
2. Place the gel pack flat in the microwave on a dry paper towel. Fold larger packs in half if needed to fit inside the microwave.

3. **Heat the pack at full power in 5-second intervals, overheating will cause the pack to expand and rupture.** Inspect the gel pack at each interval to make sure there is no leaking.
4. Remove the pack with tongs and place within the brace or a wrapped towel before checking the warmth with a light touch. Packs are best used when warm to the touch but not extremely hot. **DO NOT touch the pack directly, only touch the covering. The pack may be extremely hot.**
5. If the pack is too hot, let it cool for at least 1 minute before use.
6. Apply the gel pack to the affected area with either the included removable brace or a layer of towel between the pack and your skin.
7. Leave the pack on the area for no more than 15 - 20 minutes.
8. As the pack loses heat during use, protective layers of towel may be removed. If used repeatedly, leave the pack off for at least 20 minutes before re-applying. Reheat if needed.

### **Stovetop Heating Instructions**

1. Use a pot or pan large enough to accommodate the gel pack.
2. Place the gel pack inside the empty pot or pan.
3. Fill the pot with water. The water should not reach the top of the pot, but just high enough to cover the gel pack.
4. Remove the gel pack from the pot. **DO NOT boil the water with the gel pack still inside.**
5. Once the water boils, remove the pot from the stove and allow to cool for 2 minutes.

- Using tongs (without sharp edges) or oven mitts, gently place the gel pack in the boiled water. **Submerge for 10 seconds.**
- Remove the gel pack with the tongs and place it within the brace or a wrapped towel before checking the warmth with a light touch. Packs are best used when warm to the touch, but not extremely hot. **DO NOT touch the pack directly, only touch the covering. The gel pack may be extremely hot.**
- Remove from the covering and place the pack back in the water as needed in 5-second intervals. Retest and resubmerge as necessary until the pack reaches the desired temperature.
- If used repeatedly, leave the pack off for at least 20 minutes before re-applying. Reheat if needed.

**\*\*Be careful when placing and removing the packs from the pot as the boiled water may splash\*\***

## USING THE BACK ICE WRAP

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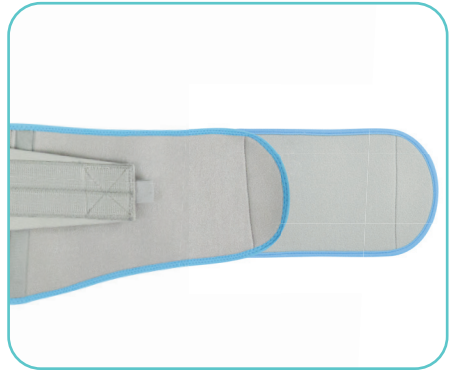
- Open the gel pack pocket and insert the gel pack. Secure the pocket shut.



2. Hold onto the main straps and bring the wrap around your lower back.



3. (Optional) Use the included 8" length extender to further adjust the length of the wrap if needed. Attach the soft loop part of the extender to the hook part of the main strap to extend the length.



4. Secure the main straps together, then adjust the outer straps to further increase the compression if needed.



## CARE INSTRUCTIONS

Spot clean only. Do NOT machine wash or dry, doing so can potentially damage the internal aluminum splints.

## WARNINGS

- Overheating the gel pack may cause it to burst or leak.
- Do NOT machine wash or dry, doing so can damage the internal aluminum splints.
- Do NOT heat the gel pack with the fabric wrap, the wrap includes inner aluminum splints.
- Monitor the gel pack in the microwave. If it begins to expand, turn off the microwave and allow the pack to cool.
- Check the pack for punctures before each use. If there is a puncture, throw the pack away and wash skin if it came in contact with the inner gel.
- The gel pack shouldn't come into direct contact with the skin.
- Always use a brace or other protective layer, such as a towel.
- Supervise use by children or older adults, who may be more prone to skin irritation.
- Use caution when using compression as it will cause cooling and heating to intensify.
- Use caution when using compression as it can lead to restricted blood flow.
- Always check the temperature of the pack before use. If it's too hot or too cold, leave it to sit for a few minutes before use.

- If you have diabetes, poor circulation, nerve damage, sensitive skin, or paralysis, do not use gel pack therapy.
- Don't apply pain-relieving ointments before using the gel pack.
- Don't apply the gel pack to open skin. If the affected area has broken skin, disinfect the cut or wound and apply a sturdy bandage before using the pack.
- In the case of contact with the inner gel pack substance with eyes, skin, or clothing, rinse the affected area with warm water. If irritation persists, contact a doctor.