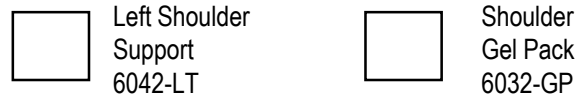
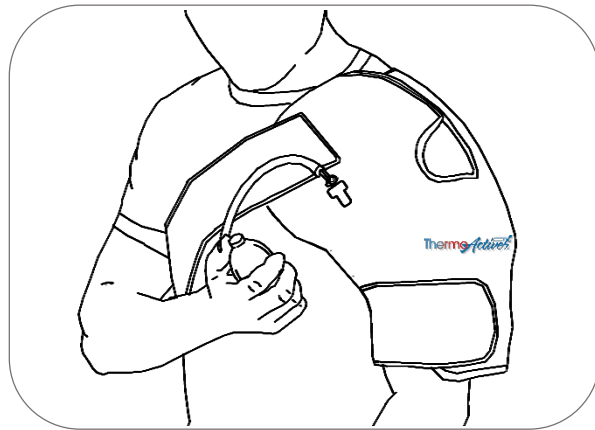




Cold & Hot Mobile Compression Therapy

Left Shoulder Support



Made in Taiwan

DIRECTIONS FOR USE

COLD THERAPY:

Store for a minimum of 1 hour in a freezer or 2-3 hours in a refrigerator. May use an ice-cooler if you place the removable gel pack within a plastic bag to keep it dry. Ideal to lay the removable gel pack flat while cooling, but will work folded in half as well. It may be left in the freezer indefinitely until ready to use. Pack will remain flexible even at -20° F. **NOTE: We suggest storing the removable gel pack in a plastic bag while in freezer for better hygiene.**

For Intermittent Compression, keep inflated for 2-3 minutes and then deflate compressor for 1 minute. Repeat this process for a total of 20 minutes. Do not exceed 20 minutes of therapy time. Intermittent Compression should be used for post surgical therapy.

HEAT THERAPY:

**\* Do not apply gel pack directly to the skin. Use a towel, cloth or a sheet between the removable gel pack and the skin.**

**Microwave unit:** Before heating, **removable gel pack must be at room temperature.** Place gel pack with black hook (rough) side down into the microwave on a paper towel, and heat for 15 seconds on one side, then flip over and heat for an additional 15 seconds on the other side. **Use caution as the removable gel pack may be hot.**

- After heating, wait one (1) minute before applying to shoulder. The product should feel WARM to the touch, NOT HOT. If the product is not warm enough, heat in 10 second increments, while rotating the product each time until desired temperature is reached. Some microwave ovens heat unevenly and can develop "hot spots" on the product and become too hot. Before applying the product to the skin, massage the gel pack to evenly disperse the heated gel inside. **NOTE: Smaller gel packs may take less time to heat than large removable gel packs.**
- This instruction is based on a 1300 WATT microwave. All microwaves vary in power wattage and heating times may vary. Be cautious and adjust time accordingly. **DO NOT OVERHEAT.**
- Always use caution when heating.
- Due to the nature of the gel, it may only feel warm to the touch, but if the product has been overheated, too much heat may be transferred to the body and can cause burns.
- When microwaving, make certain that the removable gel pack is laying flat without any objects on top of it.

COMPRESSION:

- Simple, user adjustable compression, ensures total and uniform contact on soft tissue and around bony areas.
- Compression provides deep and faster cold or hot therapy.

FITTING INSTRUCTIONS:

- 1) Before use, ensure that the gel is evenly dispersed in the gel chambers.
- 2) Using the hook and loop, place the removable gel pack within the inner borders of the air bladder on the inside of the support. Always use a towel, cloth, clothing or a sheet as an interface between the removable gel pack and the skin.
- 3) Positioning the body strap. Lay the support out as flat as possible, with the logo facing you. Attach the body strap through the "Floating D-Ring™" on the back, as shown in Step 3 below. The "D-Ring" can be moved on the support for the best fit and the body strap can be adjusted to accommodate different size users.
- 4) Attaching the shoulder support to LEFT shoulder:
  - a) Slip your left arm in the support, and wrap the arm 'Y' strap around your arm just above the elbow. Fit should be snug.
  - b) Pull the support up and onto the shoulder, until it stops.
  - c) The aperture (hole) should be located over the corner of the shoulder.
  - d) Adjust arm strap as needed. Support should be snug, not tight.
- 5) Attaching body strap to keep shoulder support in place:
  - a) Using your right hand, reach behind and pull the Body Strap around your back and across your chest.
  - b) The Red Hook on the body strap attaches directly onto the support in the front.
  - c) Body strap can be attached to support in different locations to achieve varied amounts of movement control. (See options in Step 7)
- 6) Adjust all straps as needed. If adjustments cannot be made, then remove shoulder support and adjust accordingly. (Refer to Steps 1 – 6 for reapplication)
  - a) Unit comes with 2 Extender Straps, that can be added to either end of the body strap - OR - to the 'Y' Arm Strap - to provide an additional 10 – 12" in circumference, if needed.
- 7) Turn the valve to the 'ON' position allowing the air to flow into the compressor.
  - a) Securely attach the pressure tube to the Tube Connection opening on the support. Tighten the tube connection by turning the locking collar clockwise. (See diagram in Step 8)
  - b) Squeeze the pressure bulb 5 times. Wait for 3 seconds.
  - c) If more pressure is needed, squeeze the pressure bulb 2 more times. Wait 3 seconds. Repeat if necessary, until desired pressure is achieved.
- 8) To reduce pressure, press the release valve on the pressure bulb until the desired amount of pressure is achieved. (See diagram in Step 9)
- 9) When desired pressure is achieved, turn valve counterclockwise to 'OFF' position to lock air in. (See diagram in Step 10)
- 10) For better mobility, pressure bulb and pressure tube may be removed by unscrewing the locking collar counterclockwise. (See diagram in Step 11)

STORAGE:

- If pressure bulb and Tube are removed, keep in a safe place.
- When finished using the Cold and Hot Compression Therapy Support, fasten the pressure bulb and tube to the support for safe keeping.
- Once support is removed, turn valve to the 'ON' position to release the air inside the support.
- The removable gel pack fits best when applied to a support that has minimal air pressure inside.
- If planning to use for heat therapy, make certain that gel pack is stored laying flat without any objects on top of it.
- If planning to use for cold therapy, make sure that gel pack is stored in the freezer in a plastic bag, laying flat.

CLEANING INSTRUCTIONS:

**Removable Gel Pack:**  
Hand wash in cold water and mild soap. Hang up to dry, or pat dry with towel.

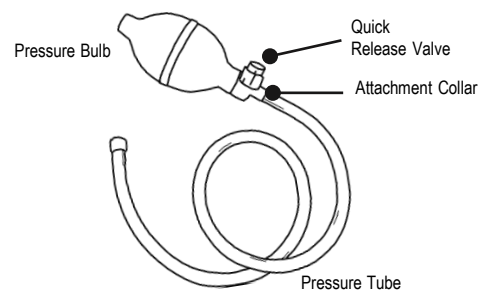
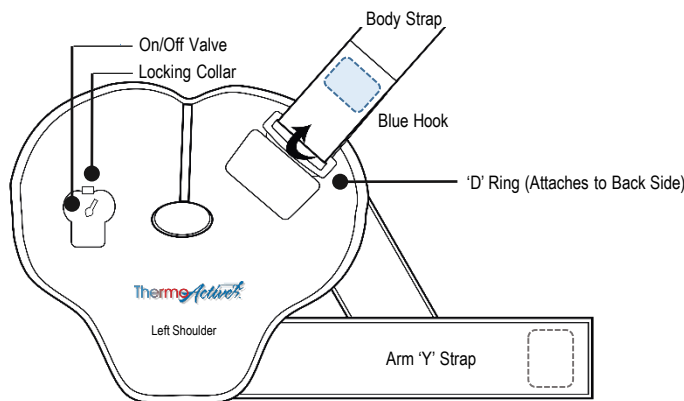
**Support:**  
Wipe the support down with a damp (not wet) cloth using mild soap. Allow the product to fully air dry before continuing use.

**CAUTION: Clean the removable gel pack and support separately.**

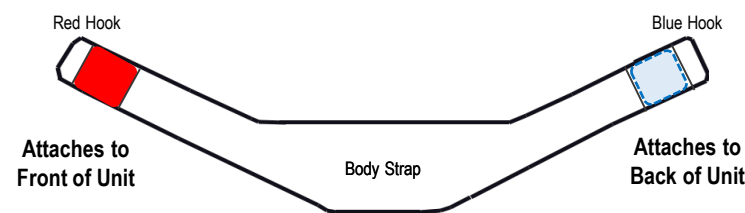
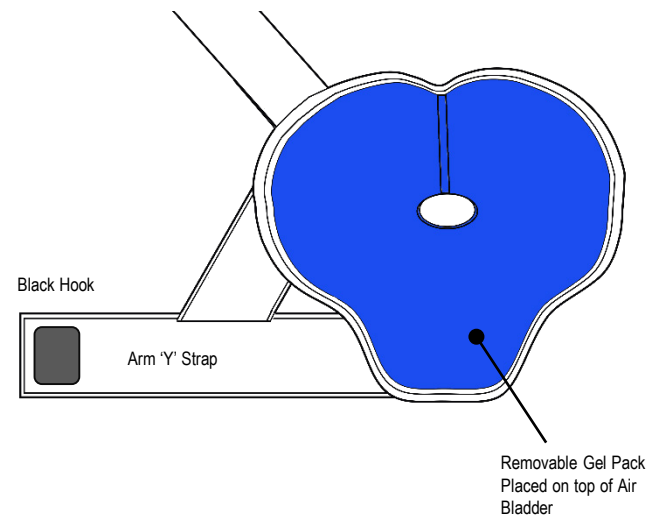
CAUTION:

- Consult your physician before using this product.
- Only use this product for **20 MINUTES** at a time on the affected area.
- Do not use this removable gel product over open wounds or on sensitive skin.
- Do not use where there is poor circulation.
- If at any time soreness, rash or an increase in pain occurs, discontinue use and consult your physician.
- Only use this product for its intended purposes as described in the manual.
- Do not use this product while using transdermal drug delivery skin patches, skin creams, balms, liniments or lotions.
- Individuals using pacemakers or insulin pumps should NEVER use this product.
- Do not use during pregnancy.
- Do not use HEATED removable gel pack on parts of body where there is swelling, redness or immediately after injury. COLD therapy is recommended for these conditions.
- If removable gel pack has been torn, overheated or has been compromised (and is leaking) discard immediately.
- KEEP OUT OF REACH OF CHILDREN.
- PRODUCT IS LATEX FREE.
- DO NOT APPLY GEL PACK DIRECTLY TO THE SKIN. USE A TOWEL, CLOTH OR SHEET AS AN INTERFACE BETWEEN THE REMOVEABLE GEL PACK AND SKIN.

Outer View



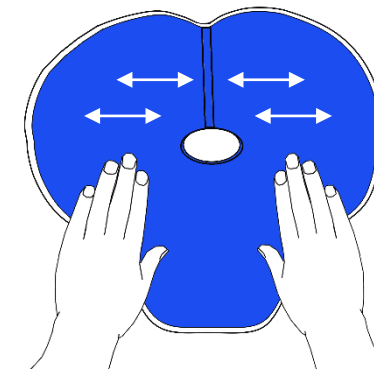
Inner View



FITTING INSTRUCTIONS:

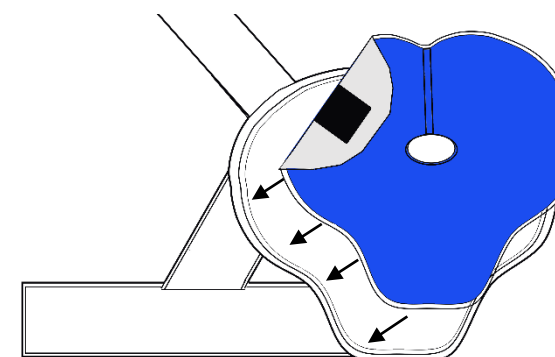
Step 1

Before use, ensure that the gel is evenly dispersed throughout the gel chambers.



Step 2

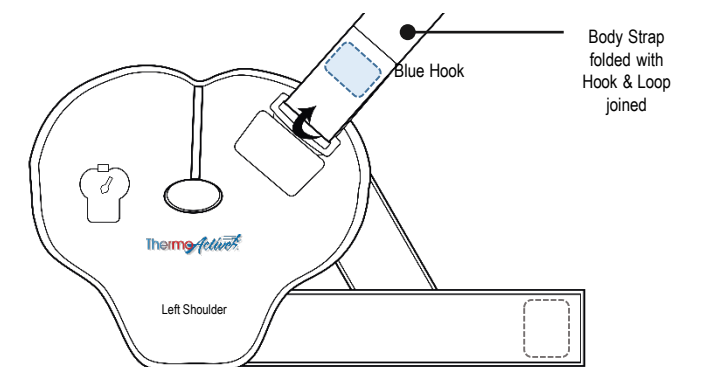
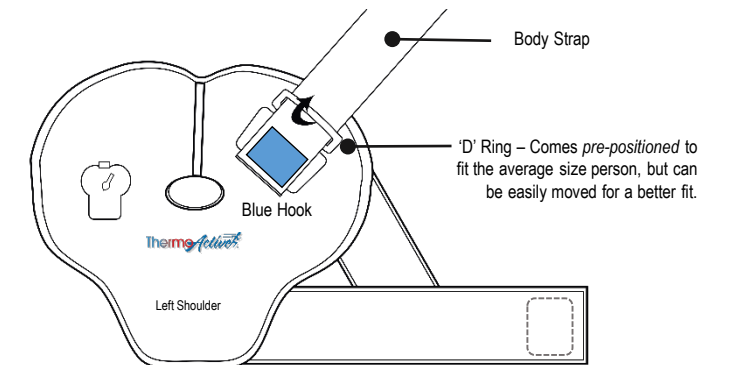
Using the hook, place the removable gel pack within the inner borders of the air bladder on the inside of the support. (For sensitive skin, use a towel, cloth or a sheet as an interface between the removable gel pack and the skin.)



Inner View

Step 3

Lay the support out as flat as possible, with the logo facing you. Attach the body strap through the 'D' Ring as shown below.

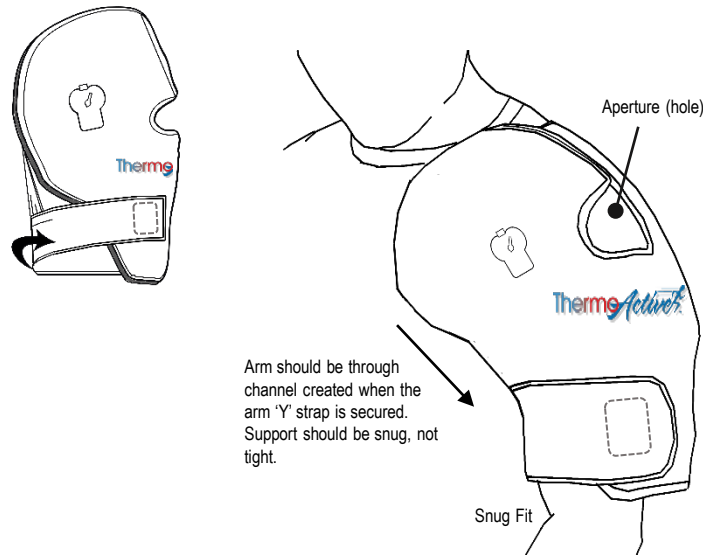


Outer View

**Step 4**

Attaching the shoulder support to LEFT shoulder:

- a) Slip your left arm in the support, and wrap the arm "Y" strap around your arm just above the elbow. Fit should be snug.
  - b) Pull the support up and onto the shoulder, until it stops.
  - c) The aperture (hole) should be located over the corner of the shoulder.
  - d) Adjust arm "Y" strap as needed. Support should be snug, not tight.
- Support should be snug, NOT tight, to allow for added compression. Straps can be adjusted accordingly.



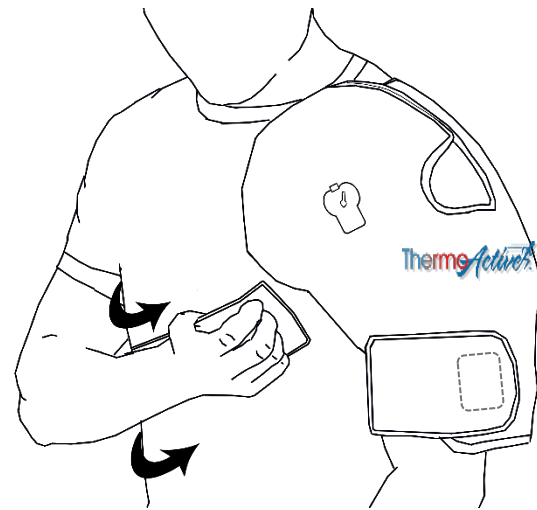
**Step 5**

Attaching the Body Strap to keep the Shoulder Support in place:

- a) Using your right hand, reach behind and pull the Body Strap around your back and across your chest.
- b) The Red Hook on the body strap attaches directly onto the support.
- c) Body strap can be attached to unit in different locations to achieve varied amounts of movement control. See options in Step 7.

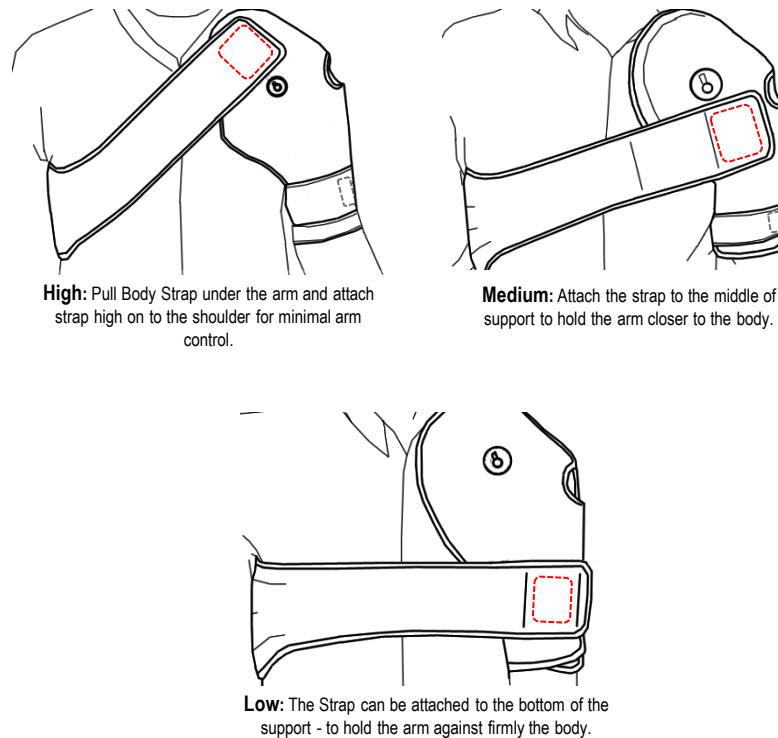
**Step 6**

Adjust all straps as needed. If adjustments cannot be made, then remove shoulder support and adjust accordingly. (Refer to Steps 1 – 6 for reapplication)



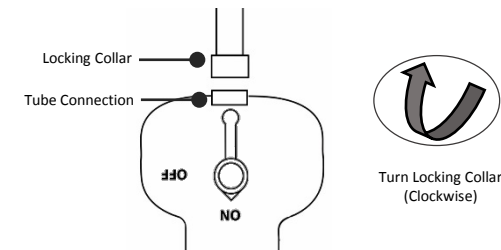
**Step 7**

Adjust all straps as needed. If adjustments cannot be made, then remove shoulder support and adjust straps accordingly. Follow Steps 3 and 4 for reapplication.

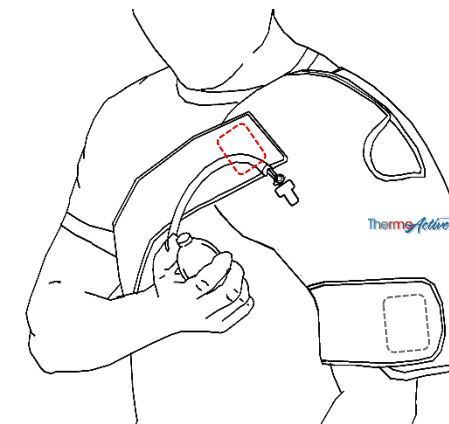


**Step 8**

Turn the valve to the "ON" position. Next, securely attach the pressure tube to the Tube Connection opening on the support. Tighten the tube connection by turning the locking collar clockwise.

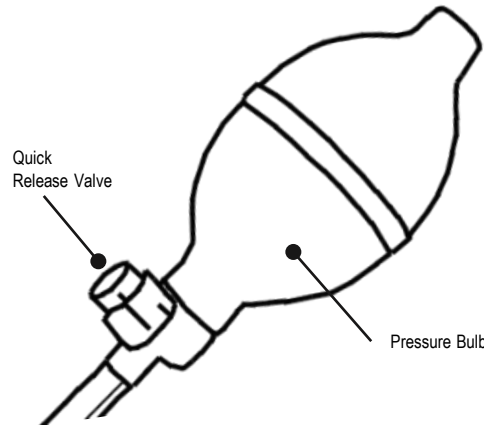


With the Valve in the "ON" position: Squeeze the pressure bulb 5 times. Wait for 3 seconds. If more pressure is needed, squeeze the pressure bulb 2 more times. Wait 3 seconds. Repeat if necessary, until desired pressure is achieved.



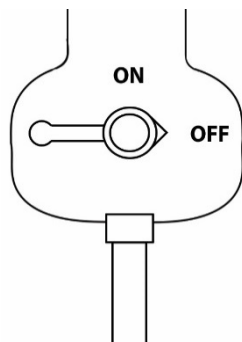
**Step 9**

If you need to reduce the pressure, press the Quick Release Valve on the pressure bulb until desired amount of pressure is achieved. If too much pressure is released, squeeze the pressure bulb 2 more times and wait 3 seconds. Repeat this step until desired pressure is achieved.



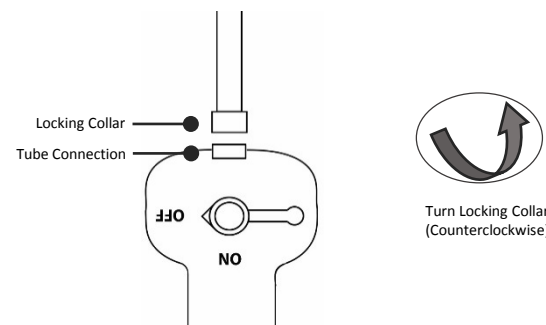
**Step 10**

When desired pressure is achieved, turn valve counterclockwise to "OFF" position – to lock air / compression in.



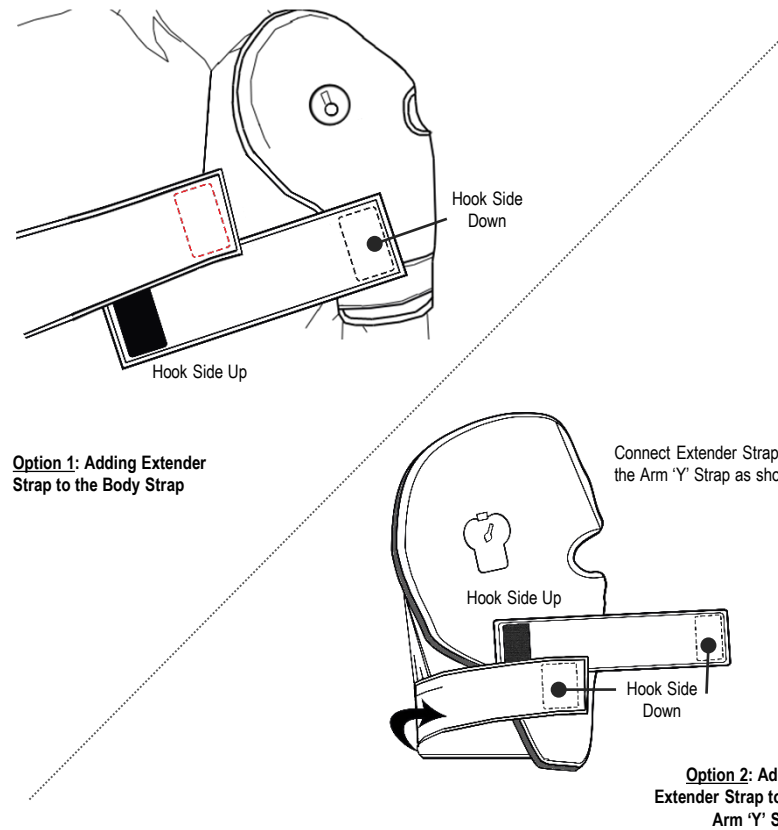
**Step 11**

For better mobility, pressure bulb and pressure tube may be removed by unscrewing the Locking Collar counterclockwise.



**ADDING EXTENDER STRAP(S) – 2 options**

Unit comes with 2 Extender Straps. Depending on where you need additional circumference added, the straps can be added to the end of the body strap - OR - to the end of the 'Y' Arm Strap. Extender Straps can provide an additional 10 – 12" in circumference, if needed.



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