BIOS living

SHOULDER COLD & HOT WRAP INSTRUCTIONS

PM104

For Cold Therapy:

Place your gel pack in the freezer for 2 hours. The gel pack will stay flexible even when frozen. Take it out of the freezer and place it in the provided wrap, now you can use it freely on the left or right shoulder, or needed area.

Cold use: Provides cold therapy to manage pain, inflammation and swelling.

For Hot Therapy:

Microwave: Evenly distribute the gel within the pack. Heat each gel pack on high for 40 seconds. If the pack is too hot, let it sit for 1 minute before use. If the pack is not hot enough, heat in 10 second intervals until desired temperature is reached. Always flip the pack over between heating intervals. Carefully wrap the gel pack in the provided wrap and apply to injured area.

Hot use: Provides heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

How to use:

Step 1: Place the gel pack in the mesh pocket on the wrap, and close the hook and loop fastener strip.

Step 2: Making sure the opening of the bicep strap is wide enough to fit your arm, insert your arm through the bicep strap and position the wrap on your affected shoulder.

Step 3: Loop the opposite strap behind your back and bring around to your front. Adjust to fit as needed.

Step 4: Pull the bicep strap to tighten around your shoulder and secure the strap using the hook and eye fabric fastener. Adjust as needed for comfort and fit.

Step 5: For more compression on your shoulder, unhook and pull one or both outer compression straps to tighten. Rehook the strap securely.

Warning & Care Instructions:

1. For the time of use of cold or hot therapy, doctors recommend using a gel pack for a maximum of 20 minutes. Wait at least a half hour and until your skin has returned to normal temperature before applying again.
2. **DO NOT** apply the gel pack directly to your skin. Always use the provided wrap or a towel. Gel packs can cause burns or frostbite.
3. **DO NOT** use a hot gel pack if you have poor circulation or diabetes, or use on an open wound or stitches.
4. Discard if the gel pack is punctured or leaking.
5. Keep out of reach of children.
6. Always consult a medical professional for advice about treatment of injuries or irritation. If discomfort or pain results, persists or increases, discontinue and consult a physician.

Material

Gel pack: PVC and Nylon with gel filling (Water, Glycerol, Sodium carboxymethylcellulose)

Wrap: Neoprene with mesh pockets

Washing Label

Wrap: Hand wash with mild detergent or light machine wash, then line dry. Keep the wrap in a cool place, away from direct sunlight.

Gel pack: Wipe with a damp towel or spray with rubbing alcohol then wipe off.

Warranty

This shoulder cold & hot wrap has a limited 1 year warranty to be free of manufacturing defects in materials and workmanship under normal applications for the original owner. If this product becomes inoperable due to defect, please return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.
Attn: Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Email: support@biosmedical.com

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