

BACK ICE PACK

RHB3049BLU



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QUICK START GUIDE

IMPORTANT USAGE GUIDELINES

- Maximum use: 20 minutes at a time.
- Wait 1 hours before reapplying.
- Stay awake during use to monitor skin condition.

TWO-SIDED DESIGN



Plush Side: Safe for direct skin contact, gentler cooling.



Nylon Side: Stronger cooling effect, ALWAYS use with fabric barrier.

WHEN TO USE HEAT VS COLD THERAPY

Use cold therapy for acute injuries and inflammation, and heat therapy for chronic muscle tension and stiffness or after the initial inflammation period has passed.

Acute Injury Examples

- Sprains
- Strains
- Bruising
- Swelling

APPLICATION

1. Lay the plush side of the gel pack against the back. Secure the top strap.
2. Secure the straps to the hook patches near the top of the gel pack.



QUICK START GUIDE



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NOTE: The straps can be crossed over the chest or attached on the same side



NOTE: If cooling/heating effects start to lessen, switch the gel pack to the nylon side and repeat the same steps.



QUESTION	ANSWERS
How long should I freeze the ice pack?	Gently knead the gel pack so its contents are well distributed, fold pack in half and place in the freezer for a minimum of 2 hours
How long should I heat the ice pack?	Heat in the microwave in 30-second intervals until desired temperature is reached, not exceeding 2 minutes total. Always test the temperature before applying.
Why is my skin red after use?	Mild redness is normal and should subside within 1-2 hours. If redness persists or is accompanied by pain, discontinue use and consult a healthcare provider.