

HOT AND COLD ERGONOMIC WRAP

RHB3048BLK



To see all FAQs in one place
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QUICK START GUIDE

IMPORTANT USAGE GUIDELINES

- Maximum use: 20 minutes at a time.
- Wait 1 hour before reapplying.
- Stay awake during use to monitor skin condition.
- Always test temperature before applying to skin.

VERSATILE APPLICATIONS



KNEE



ELBOW



FOOT/ANKLE



HAND

WHEN TO USE HEAT VS COLD THERAPY

Use heat therapy for:

- Chronic muscle tension
- Stiffness
- Before exercise
- After inflammation period has passed

Use cold therapy for:

- Recent injuries
- Post-workout recovery
- Inflammation reduction

APPLICATION STEPS

NOTE: The strap not sewn onto the gel pack can be attached to the pack to add compression in desired area for any method of use.

KNEE

1. Place the gel pack over the knee with the seam over the kneecap on the quadricep.
2. Wrap the strap sewn onto the gel pack around the knee.



ELBOW

1. Place the pack with the seam over the tricep.



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2. Secure sewn strap and secure it around forearm.



ANKLE

1. Place the heel of foot into the opening of gel pack.
2. Fold gel pack over the top of foot and secure with the sewn on strap.



HAND

1. Place thumb in opening of gel pack.



2. Wrap gel pack over the top of the hand.



3. Secure sewn on strap around wrist.



CARE INSTRUCTIONS

- Gel Pack - Wipe with a damp cloth, Lay flat and air dry.
- Strap - Hand wash with cold water and mild detergent, hand dry.

WARNINGS

CAUTION: For external use only. Carefully read all instructions and warnings before use. Use caution if you have sensory or circulatory issues.

- Do not overheat.

- Recommended application time is 20 minutes at a time. Wait at least one hour before reapplication.
- Do not puncture or tear the gel pack.
- Check for leaks before use. Discard if leaking.
- This product is non-toxic and latex-free. If contents come in contact with your skin or eyes, rinse the affected area with warm water immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- Assistance may be required during application of this product.
- Do not overtighten. Doing so may lead to restricted blood circulation.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product, please stop use and consult your doctor immediately.
- Keep away from pets and children.

FAQ

QUESTIONS	ANSWERS
How long should I heat the wrap?	Heat in microwave in 25-second intervals until desired temperature is reached, not exceeding 2 minutes total. Always test 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.
How long should I freeze the wrap?	Lay pack flat and leave in the freezer for a minimum of 2 hours.

WARRANTY INFORMATION

Your Arctic Flex Hot and Cold Ergonomic Wrap includes a 60 Day warranty against manufacturing defects with proof of purchase. Contact Vive Health (1-800-487-3808 or service@vivehealth.com) for warranty service