

HEAT THERAPY

The most convenient method of heating the gels is in a microwave oven.

Suggested heating times:

600-700 watt microwave: 30-45 seconds per side

1100 watt: 30 seconds per side

Be cautious when heating. All microwaves vary in heating and gels may have "hot spots."

Wait 60 seconds before use.

The gels should feel WARM to the touch, NOT HOT.

Hold the gels firmly against the skin for 30 seconds before deciding to reheat. If the gels are not warm enough, heat in 15-second increments, rotating each time.

COLD THERAPY

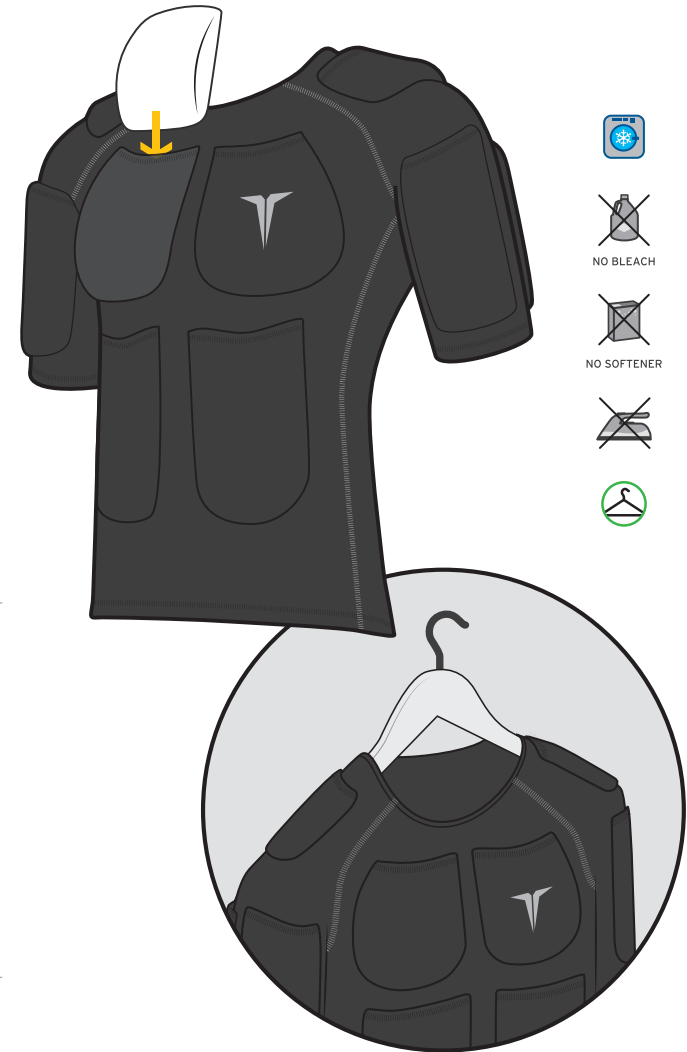
Store gels in the freezer for a minimum of 2 hours.

Gels may be left in the freezer indefinitely until ready to use.

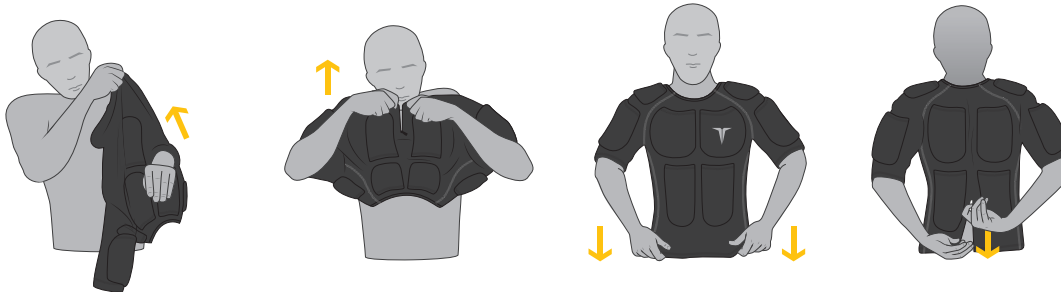
Gels will remain flexible and do not freeze solid even at -20°F (-30°C).

Always store gels in a plastic bag while in freezer.

Cold therapy is great for post-workout recovery! On your next workout, leave a second set in the freezer overnight and put it on after you return to help your muscles recover and reduce inflammation.



ON



OFF

