

ANKLE WRAP: QUICK START GUIDE

⚠ ATTENTION: CONSULT ACCOMPANYING DOCUMENTS BEFORE USE.

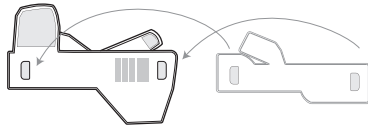
1

Place Gel Pack in freezer for 12 hours prior to use.



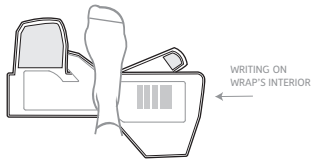
2

Velcro the cold Gel Pack to the inside of the ankle wrap.



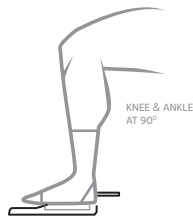
3

Place foot (wearing sock) in center of wrap, with writing on right side of the foot and heel at back edge of the wrap.



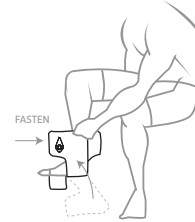
4

If possible, keep knee and ankle aligned at right angles.



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5



Pull the straps on each side of your foot up and towards knee. Wrap the strap with the Squid logo around your shin and fasten.

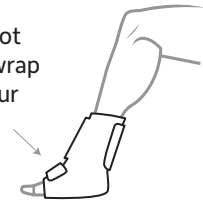
6

Fasten the back strap around calf.

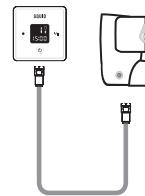


7

Connect the foot straps. Adjust wrap tightness to your comfort level.



8



Attach connector tube to pump and wrap.

Begin 15 Minute Treatment.

