

## ELBOW WRAP: QUICK START GUIDE

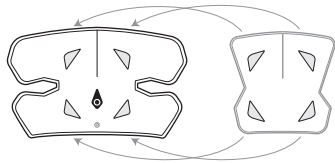
⚠ ATTENTION: CONSULT ACCOMPANYING DOCUMENTS BEFORE USE.

1

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

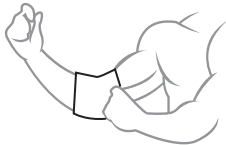


2



Attach cold Gel Pack inside of wrap using velcro.

3



Place supplied sleeve over elbow. Squid also works over clothing.

4



Position elbow in the center of the wrap's interior with the connector pointing towards wrist.

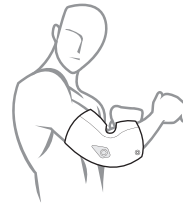
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5

Fasten the larger strap around bicep.



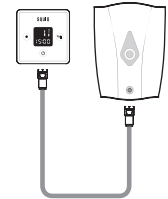
6



Then fasten the smaller strap around forearm. Adjust tightness as needed.

7

Attach connector tube to pump and wrap.



8



Begin 15 Minute Treatment.