

KT TAPE

KT RECOVERY+

ICE/HEAT COMPRESSION THERAPY SYSTEM

The KT Recovery+™ ICE/HEAT Compression Therapy System consists of an adjustable wrap with an insulated pocket which holds either a KT Recovery+ Heat Pack or KT Recovery+ Ice Pack. These packs can be used interchangeably to help speed recovery. This adjustable wrap system can be used for most body parts and offers greater mobility than standard wraps.

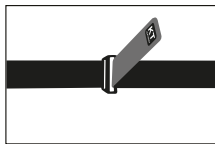
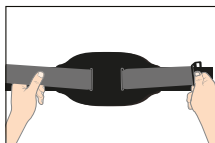
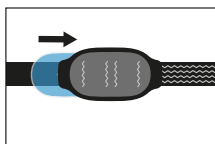
1 VIDEO INSTRUCTIONS



www.kttape.com/instructions/iceheat

2 WRAP INSTRUCTIONS

- 1 Depending on ice or heat therapy, freeze or heat KT Recovery+ Ice or Heat Pack following directions on the product.
- 2 Insert desired pack into the insulated pocket on the wrap and secure with fastener.
- 3 Adjust the extension strap if necessary and with the insulated mesh pocket facing the body, place the pack on the desired area.
- 4 Holding onto the strap, insert the end through the buckle and tighten the wrap by pulling on the strap and secure with fastener.
- 5 Wrap should fit snugly against the body but should not restrict blood flow. Ideal ice or heat therapy is achieved when wrap is under compression.



3 STRAP EXTENSION

- 1 If a longer wrap length is needed (for shoulders, back or larger body parts), lengthen the elastic extension strap. This extension strap is attached to the middle of the belt.
- 2 On the extension strap, locate the triangular fastener tab. Lift up to adjust, pulling the buckle at the opposite end until the desired length is achieved. Once lengthened, secure with fastener tab.

4 CUSTOMER SUPPORT



support@kttape.com



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WARNING: Do not overheat KT Recovery+™ heat pack. Overheating heat pack may cause it to rupture. This product contains neoprene. Use only as directed to avoid possible injury, including potentially serious burns. Discontinue use if ice or heat becomes uncomfortable. Keep out of reach of children. Product is not a replacement for professional medical care. Consult your doctor before using to treat serious injuries or if pain persists.

Consumers with circulatory issues should seek medical advice before using. Warranties and remedies limited to product replacement cost.

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