

POPULAR APPLICATION AREAS



SHOULDER



ANKLE



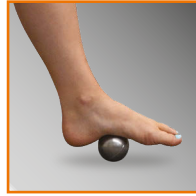
BACK



KNEE



NECK



FEET



TSA Compliant: This product includes liquid components that are below the TSA liquids rule threshold of 3.4 oz (100ml).



Keep away from sunlight



Keep dry



Min. Temp. = 20°C
Max. Temp. = 25°C



Keep away from open flames



NO FIRE



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KT TAPE

KT RECOVERY+

ICE/HEAT MASSAGE BALL

WARNING: Use only as directed to avoid possible injury, including serious burns. Overheating may cause the orange core to rupture, exposing hot fluid, which could lead to serious burns. Use oven mitts or other precautions when removing the hot orange core from microwave. Never microwave the steel ball or blue core. Follow usage instructions outlined hereafter.

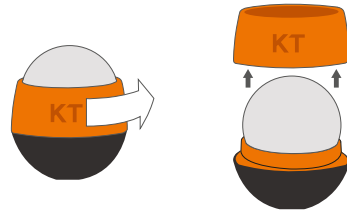
1 VIDEO INSTRUCTIONS



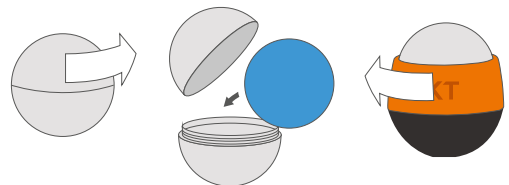
www.kttape.com/instructions/iceheatball

2 MASSAGE BALL INSTRUCTIONS

- To use massage ball with hot or cold gel-core insert, twist orange collar counterclockwise from black handle and remove steel ball.



- FOR HEAT OR COLD THERAPY:** Twist open steel ball and insert hot or cold gel-core insert. Twist steel ball shut, replace in handle, and twist handle and collar shut making sure the pointed corners from top and bottom align. (See *How to Use Section*)



3 FOR HEAT THERAPY:

FOLLOW ALL INSTRUCTIONS CAREFULLY AS OVERHEATING MAY CAUSE CORE TO RUPTURE.

Heating times may vary based on microwave wattage. If wattage is unknown, follow shorter recommended heating instructions below.

Microwave orange core in 10-second intervals; **DO NOT HEAT MORE THAN THREE 10-SECOND INTERVALS FOR A TOTAL TIME OF 30 SECONDS.** Heat only in intervals, not 30 seconds straight. For microwave wattage greater than 1200 watts, heat for only TWO 10-second intervals.

Between each 10-second interval, carefully pick up the core and hold in hand to check if the desired heat level has been reached. Core should be warm enough to provide heat therapy, but not uncomfortably hot to touch. Core should not be extremely hot for usage as the steel ball will feel hotter once the core has been inserted in the steel ball.

Allow the hot ball to fully return to room temperature before reheating for follow up use. This will take approximately 90-120 minutes outside of the steel ball.

Use care when handling to prevent burns.
DO NOT MICROWAVE STEEL BALL.

4 FOR COLD THERAPY:

Place blue core in freezer for at least 2 hours before use, or until fully cooled or frozen. Blue core can be stored in freezer.

To help the steel ball get colder faster and stay colder longer, place it in the refrigerator or freezer for about 5 minutes before use.

3 HOW TO USE

- 1 The KT RECOVERY+® ICE/HEAT MASSAGE BALL** can be used on a wide range of muscles with or without the hot and cold gel-core inserts. The steel ball can also be used outside of the outer casing if desired. Do not use the blue or orange gel-cores for therapy outside of the steel ball.
- 2 TO MASSAGE:** Begin with gentle pressure and apply more pressure to your own comfort level. Apply light pressure when moving away from the heart, and more pressure when moving toward the heart.
- 3 HEAT THERAPY:** Use heat therapy to help loosen stiff muscles and improve range of motion.
- 4 COLD THERAPY:** Use cold therapy for temporary relief of pain and inflammation caused by muscle strains. Use to help relieve pain associated with plantar fasciitis and shin splints.
- 5 Tip for muscle knots:** To help with myofascial trigger points, commonly known as muscle knots, roll the massage ball in circular motion around the knot, or apply direct pressure on top of the knot and move the massage ball in small circles around the area.
- When using the heat or cold gel-cores, do not apply KT RECOVERY+® ICE/HEAT MASSAGE BALL to skin for more than 20 minutes at a time. After each heat or cold therapy interval, allow treated area to return to room temperature prior to re-applying heat or ice therapy again.
- KT RECOVERY+® ICE/HEAT MASSAGE BALL can be used over KT TAPE® tape products.

4 CUSTOMER SUPPORT



support@kttape.com

WARNING: Never use product to massage over an open wound. Discontinue use if ice or heat therapy 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. ©2017 KT Health, LLC. All rights reserved.