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).

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

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

2 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 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 splits.

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.

6 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.

7 KT RECOVERY+® ICE/HEAT MASSAGE BALL can be used over KT TAPE® tape products.

3 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.