

## 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+

## COLD MASSAGE ROLLER

**WARNING:** Use only as directed to avoid possible injury. Never microwave or heat the steel ball or blue core. Follow usage instructions outlined hereafter.

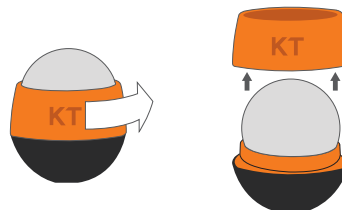
### 1 VIDEO INSTRUCTIONS



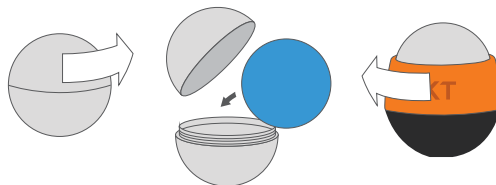
[www.kttape.com/instructions](http://www.kttape.com/instructions)

### 2 MASSAGE ROLLER INSTRUCTIONS

- To use massage ball, twist orange collar counter-clockwise from black handle and remove steel ball.



- FOR COLD THERAPY:** Twist open steel ball and insert 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)



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- 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+® COLD MASSAGE ROLLER** can be used on a wide range of muscles with or without the cold gel-core insert. The steel ball can also be used outside of the outer casing if desired. Do not use the blue 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 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.
- 4 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 cold gel-cores, do not apply KT RECOVERY+® COLD MASSAGE ROLLER to skin for more than 20 minutes at a time. After each cold therapy interval, allow treated area to return to room temperature prior to re-applying ice therapy again.
- 6 KT RECOVERY+® COLD MASSAGE ROLLER** can be used over KT TAPE® tape products.

### 4 CUSTOMER SUPPORT



[support@kttape.com](mailto:support@kttape.com)

**WARNING:** Never microwave or heat the steel ball or blue core. Never use product to massage over an open wound. Discontinue use if cold 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. ©2019 KT Health, LLC. All rights reserved.

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**ORIGINAL**  
Cotton Tape - Lasts 1-3 Days



**PRO®**  
Synthetic Tape - Lasts 4-7 Days



**PRO EXTREME™**  
Extra Strength Adhesive - Lasts 4-7 Days



**BLISTER TREATMENT PATCH**



**RECOVERY PATCH**  
Swelling & Inflammation Relief



**BLISTER PREVENTION TAPE**



\*Not clinically proven for all injuries

**KT FLEX™**  
Extra Support For Knee†



†Not clinically verified

**KT RECOVERY+®**  
ICE/HEAT Wrap System

