

PRODUCT SIZING

Ref No. 7000-XXX

Widest circumference of affected limb and size of treatment area

Size	Ref No.	Max	Max
Universal Compression Wrap	7000-XXX	40"	101cm
Bundle Options	Pack Size	Packs	XXX
Wrap Only	-	0	000
First Ice® System (Wrap, Packs, & Tote-Bag)	6" x 10"	4	102
First Gel® System (Wrap, Packs, & Tote-Bag)	6" x 10"	4	202

Note: All options are available in single and 6-pack case quantities, wraps only in 24 packs

FIRST ICE® & FIRST GEL® (PACK ONLY)

Intergrated Hot or Cold Therapy

Product Name	Pack Size	Storage	Packs	Ref No.
First Ice® Direct Stick™ Cold Therapy Packs	6" x 10"	Zip-Lock	2	130-0610
		Direct Freeze Package (DFP)	4	144-0610
First Gel® Direct Stick™ Hot / Cold Therapy Packs	6" x 10"	Zip-Lock	4	230-0610

Note: DFP decreases pack freeze time and facilitates freezer storage

UNIVERSAL COMPRESSION THERAPY SYSTEM

APPLICATIONS:

- Shoulder
- Calf
- Hip
- Ankle
- Elbow
- Back
- Knee

INDICATIONS:

Patient Population: Adults and Children with identified indications

- Post-Operative pain and inflammation
- Post-Injury pain and inflammation
- Rehabilitation pain and inflammation
- Acute Injuries (Muscle Sprains, Strains, Spasms, Fractures, Burns)
- Chronic Conditions (Tendonitis, Bursitis, Arthritis)

WARNING: This product is intended for single-patient use at the direction of a medical professional and does not prevent or reduce the risk of injury. Do Not Over Tighten. If you experience a sudden increase in pain, numbness, or unusual activity with this device, discontinue use immediately and consult your healthcare provider.

CAUTION: Review all instructions included with Hot or Cold Therapy, First Ice® or First Gel® before use. Hot or Cold Therapy is intended for external use only.

CARE: Hand-wash using a mild detergent. Rinse thoroughly. Air Dry only. Do not tumble dry.

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Made in the USA

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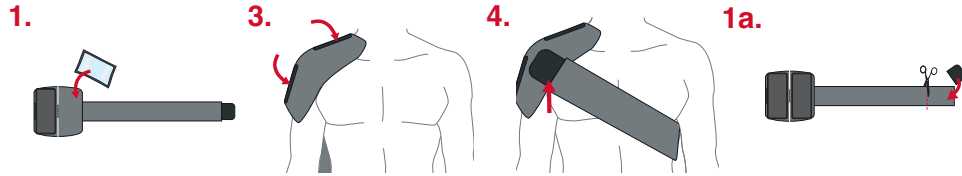
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REV A 5/23



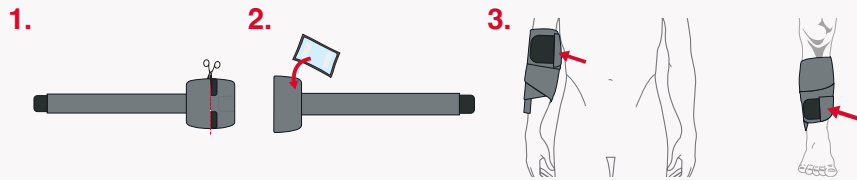
Note: This system is intended to be applied over any post-operative dressing when present.



SHOULDER INSTRUCTIONS

1. Place Direct Stick™ pack(s) on desired wrap area with black barrier facing the skin
2. Place wrap on affected shoulder with strap facing towards the back
3. Contour using tabs for tailored fit
4. Wrap band around torso and secure to desired compression

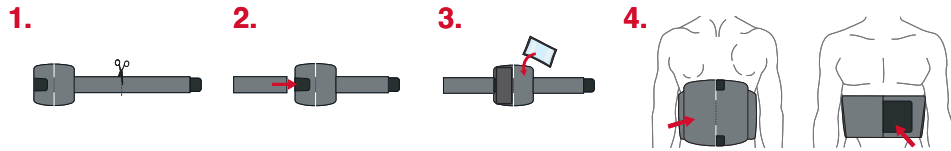
Optional Adjustment: 1a. Remove hook and trim strap for tailored fit



ELBOW / CALF INSTRUCTIONS

1. Cut landing pad to half-size along small support
2. Place Direct Stick™ pack on desired wrap area with black barrier facing the skin
3. Wrap band around arm or leg repeatedly and secure to desired compression

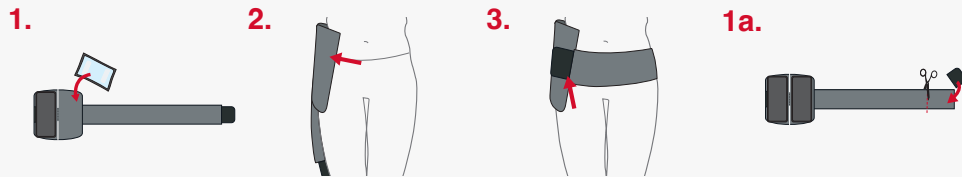
Optional Adjustment: 1a. Remove hook and trim strap for tailored fit



BACK INSTRUCTIONS

1. Cut band in half to create two pieces
2. Open extra tab and secure free-cut strap
3. Place Direct Stick™ pack(s) on desired wrap area with black barrier facing the skin
4. Wrap band around waist and secure to desired compression

Optional Adjustment: 1a. Remove hook and trim strap for tailored fit



HIP INSTRUCTIONS

1. Place Direct Stick™ pack(s) on desired wrap area with black barrier facing the skin
2. Place wrap on affected hip with strap facing towards the back
3. Wrap band around waist and secure to desired compression

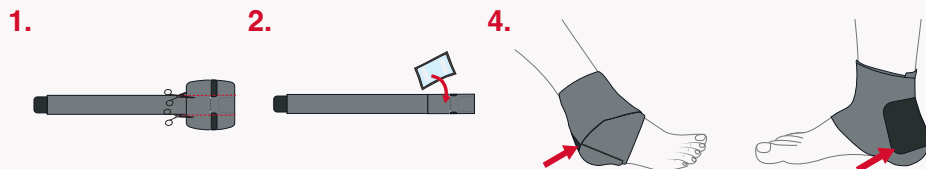
Optional Adjustment: 1a. Remove hook and trim strap for tailored fit



KNEE INSTRUCTIONS

1. Place Direct Stick™ pack(s) on desired wrap area with black barrier facing the skin
2. Place wrap on affected knee with strap facing towards the back
3. Wrap band around knee repeatedly and secure to desired compression

Optional Adjustment: 1a. Remove hook and trim strap for tailored fit



ANKLE INSTRUCTIONS

1. Cut band twice in line with strap
2. Place Direct Stick™ pack on desired wrap area with black barrier facing the skin
3. Place wrap on affected ankle with strap facing towards the heel
4. Wrap band around ankle repeatedly and secure to desired compression

Optional Adjustment: 1a. Remove hook and trim strap for tailored fit