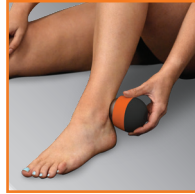


POPULAR APPLICATION AREAS



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



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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 hot insert to melt which could lead to serious injury or burns. Use oven mitts or other precautions when removing the hot insert from microwave. The hot insert will melt if microwaved longer than 2 minutes. Never microwave the steel ball or cold insert. Do not put the hot insert in the freezer. Keep away from children and pets. Do not drop or try to open the inserts. Don't cover the heat insert vents while microwaving. Do not get the hot insert wet and avoid contact with water. Follow usage instructions outlined below.

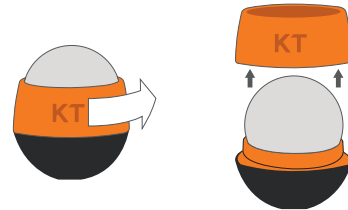
1 VIDEO INSTRUCTIONS



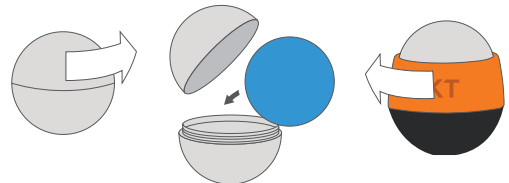
www.kttape.com/instructions/iceheatball

2 MASSAGE BALL INSTRUCTIONS

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



- FOR HOT OR COLD THERAPY:** Twist open steel ball and insert hot or cold 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 INSERT TO MELT. Heating times may vary based on microwave wattage. If wattage is unknown, follow shorter recommended heating instructions below. **USE CARE WHEN HANDLING TO PREVENT BURNS.** Use oven mitts or other precautions when initially removing hot insert from microwave to steel ball. **DO NOT MICROWAVE STEEL BALL.**

Microwave the hot insert on a clean microwave safe plate, **DO NOT HEAT THE HOT INSERT DIRECTLY ON THE GLASS MICROWAVE PLATFORM.**

Microwave hot insert for 20 seconds and leave in the microwave for an additional 30 seconds with no heat. (The insert will continue to warm during this time).

DO NOT HEAT MORE THAN ONE 20-SECOND INTERVAL. IF ADDITIONAL HEATING IS NEEDED, YOU CAN HEAT FOR AN ADDITIONAL 5 SECOND INTERVAL TWICE. FOR A TOTAL TIME OF 30 SECONDS ONLY (20+5+5).

After the insert has sat in the microwave for 30 seconds with no heat, **CAREFULLY USE OVEN MITTS OR OTHER PRECAUTIONS TO MOVE HOT INSERT FROM MICROWAVE TO STEEL BALL.** The steel ball will conduct heat once the insert has been placed inside. The steel ball should be warm, but not uncomfortably hot.

Allow the hot insert to fully return to room temperature before reheating. It will take approximately 90-120 minutes outside of the steel ball for the hot insert to return to room temperature.

- 4 FOR COLD THERAPY:** Place cold insert in freezer for at least 2 hours before use, or until frozen. Cold insert 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 inserts. The steel ball can also be used outside of the outer casing if desired. Do not use the hot or cold inserts 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 muscle pain and inflammation.
- 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 hot or cold inserts, do not apply KT RECOVERY+® ICE/HEAT MASSAGE BALL to skin for more than 20 minutes at a time. After each hot or cold therapy interval, allow treated area to return to room temperature prior to re-applying hot or cold 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. Applying too much pressure can cause bruises. Use caution as hair can get caught in steel ball. Keep out of reach of children and pets. 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.