

vive®

# COMPRESSION ANKLE ICE WRAP

Owner's Manual - SUP2017GRY



[vivehealth.com](http://vivehealth.com)

## OVERVIEW

The Compression Ankle Ice Wrap utilizes a hot/cold therapy gel pack combined with an internal air bladder that can be filled to compress the gel pack to your ankle for more targeted hot/cold therapy

We are constantly answering questions and recording helpful videos to make using your Vive Compression Ankle Ice Wrap as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place  
visit [vhealth.link/863](https://vhealth.link/863)

## WHAT'S INCLUDED

### Ankle Ice Compression Wrap

- 1x Detachable Fabric Strap



- 1x Arctic Flex Gel Pack



- 1x Balloon Pump and Air Hose



- Ankle Wrap



## HOT/COLD GEL PACK INSTRUCTIONS

Prior to use of the Compression Ankle Ice Wrap, it is important to understand proper gel pack heating and cooling procedures for safe and effective use.



For a video demonstration of each method check out [vhealth.link/n2e](https://vhealth.link/n2e)

**NOTE:** Plan for a 15 - 20 minute cold or heat treatment before use. Do not walk while wearing the compression wrap.

## COOLING INSTRUCTIONS

1. Gently knead the gel pack to ensure that its contents are spread evenly throughout, then lay flat in the freezer for a minimum of 2 hours.
2. Apply the gel pack to the affected area either within the included removable brace or within a layer of towel wrapped around the pack to protect your skin from the intense cold.
3. Leave the pack on the area for no more than 15-20 minutes at a time. If used repeatedly, wait at least 20 minutes before re-applying the pack. Refreeze if needed.

## MICROWAVE HEATING INSTRUCTIONS

**NOTE:** Overheating will lead to leaks and ruptures.

1. Gently knead the gel pack throughout to ensure that its contents are spread evenly, this will ensure the pack heats evenly.

2. Place the gel pack flat in the microwave on a dry paper towel. Fold larger packs in half if needed to fit inside the microwave.
3. **Heat the pack at full power in 5-second intervals, overheating will cause the pack to expand and rupture.** Inspect the gel pack each interval to make sure there is no leaking.
4. Remove the pack with tongs and place within the brace or a wrapped towel before checking the warmth with a light touch. Packs are best used when warm to the touch not extremely hot. **DO NOT touch the pack directly, only touch the covering. The pack may be extremely hot.**
5. If the pack is too hot, let it cool for at least 1 minute before applying.
6. Apply the gel pack to the affected area with either the included removable brace or a layer of towel between the pack and your skin.
7. Leave the pack on the affected area for no more than 15-20 minutes.
8. As the pack loses heat during the application, protective layers of towel may be removed. If used repeatedly, leave the pack off for at least 20 minutes before re-applying. Reheat if needed.

**\*\*Stove-top heating is not permitted for this gel pack. The gel pack has a fabric backing that should not be heated at extreme temperatures\*\***

## USING THE COMPRESSION ANKLE ICE WRAP



For a video demonstration  
check out [vhealth.link/pxl](https://vhealth.link/pxl)

1. While in a seated position, open the ice wrap and place your ankle inside.



2. Wrap the top section of the gel pack over the top of the ankle to provide full coverage, then secure the outer brace with the strap.



3. Turn the valve to "OPEN" and begin pumping to the desired compression. Turn the air valve to "CLOSE" to lock in the desired compression level and prevent any air leakage during use.



**NOTE:** Release compression by pressing the release valve on the hand pump. For a quicker air release, set the valve to "Open", detach the rubber hose from the valve, and manually push the air out with hand pressure.

4. During use, you may remove the hose by setting the air valve to "CLOSE" and detaching. Alternatively, you may use the included small strap and keep the hose secured during use.



## ADVANCED COMPRESSION PUMP TECHNIQUE

To help reduce swelling and inflammation around the affected area, perform the steps below. This technique will help push the swelling out and away from the target area.

1. Compress the ankle ice wrap until comfortably tight.
2. Leave compressed for about 10 seconds.
3. Slowly release air for about 3 seconds.
4. Leave uncompressed for about 10 seconds.
5. Repeat steps 1-4 for 5-10 minutes or between 5 - 7 repetitions.

## CARE

- DO NOT machine wash or dry. Doing so may damage the internal bladder.
- Spot clean the brace with a damp cloth and air dry
- Wipe down the gel packs with a dry cloth

## WARNINGS

- Overheating the gel pack may cause it to burst or leak.
- Monitor the gel pack in the microwave. If it begins to expand, turn off the microwave and allow the pack to cool.
- Check the pack for punctures before each use. If there is a puncture, throw the pack away and wash skin if it came in contact with the inner gel.
- The gel pack shouldn't come into direct contact with the skin. Always use a brace or other protective layer, such as a towel. Supervise use by children or older adults, who may be more prone to skin irritation.
- Use caution when using compression as it will cause cooling and heating to intensify.
- Use caution when using compression as it can lead to restricted blood flow.
- Do not machine wash the brace, the internal air bladder may damage.
- Always check the temperature of the pack before use. If it's too hot or too cold, leave it to sit for a few minutes before applying.
- If you have diabetes, poor circulation, nerve damage, sensitive skin, or paralysis, do not use gel pack therapy.
- Don't apply pain-relieving ointments prior to using the gel pack.
- Don't apply the gel pack to open skin. If the affected area has broken skin, disinfect the cut or wound and apply a sturdy bandage before using the pack.
- In the case of contact with the inner gel pack substance with eyes, skin, or clothing, rinse the affected area with warm water. If irritation persists, contact a doctor.

## GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vhealth.link/863](https://vhealth.link/863) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

 [service@vivehealth.com](mailto:service@vivehealth.com)

 1-800-487-3808

 [vivehealth.com](https://vivehealth.com)