



Arctic Flex
SHOULDER ICE WRAP

Owner's Manual
RHB1068GRY



vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Arctic Flex Shoulder Ice Wrap as easy as possible.



To see all of the FAQs in one place vhealth.link/d13

WHAT'S INCLUDED

- 1 pc shoulder brace w/ adjustable strap
- 1pc gel pack
- 1pc 8" hook and loop extender

USE AS COLD THERAPY

- Place the gel pack flat in the freezer for at least two hours.
- Remove the gel pack from the freezer.
- Place the gel pack in the mesh pocket on the brace and close the hook and loop fastener strip.
- Apply the brace to your shoulder (see instructions below).
- Do not apply cold therapy for more than 15-20 minutes at a time.

USE AS HOT THERAPY

Heating in the microwave

NOTE: The gel pack must be room temperature before heating.

- Place the gel pack on a paper towel in a microwave.
- Heat the gel pack on High for 15 seconds.
- Check for desired temperature. If needed, continue to heat in 10 second intervals until the desired temperature is reached.

- Carefully remove the gel pack from the microwave using a towel.
- Reheat as needed in the microwave on High in 10 second intervals.

IMPORTANT: While heating, watch the gel pack carefully. If it starts to expand, stop heating immediately.

- Place the gel pack in the mesh pocket on the brace and close the hook and eye fastener strip.
- Apply the brace to your shoulder (see instructions below).
- Do not apply hot therapy for more than 10 minutes at a time.

Heating with boiling water

NOTE: The gel pack must be room temperature before heating.

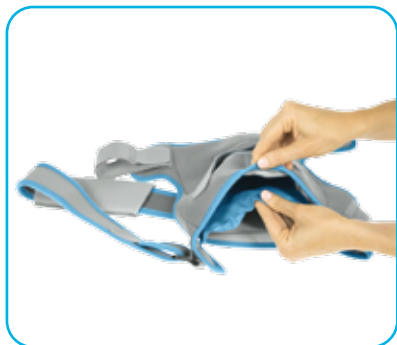
- Bring a pot of water to a boil.
- Remove the pot of water from the heat source and let cool down for 30 seconds.
- Using tongs, submerge the gel pack in the water for 20 seconds.
- Using tongs, carefully remove the gel pack.
- To reheat, submerge the gel pack back in hot water in 10 second intervals.
- Place the gel pack in the mesh pocket on the brace and close the hook and loop fastener strip.
- Apply the brace to your shoulder (see instructions below).
- Do not apply hot therapy for more than 10 minutes at a time.

HOW TO APPLY THE SHOULDER BRACE

The shoulder brace comes with an 8" hook and loop extender that can be used to increase the size range of either the shoulder strap or bicep strap.

Step 1:

Place the gel pack in the mesh pocket on the brace and close the hook and loop fastener strip.

**Step 2:**

Depending on which arm you will wear the brace on, remove the left or right strap from the plastic d-ring on the brace.

**Step 3:**

Making sure the opening of the bicep strap is wide enough to fit your arm, insert your arm through the bicep strap and position the brace on your affected shoulder.



Step 4:

Loop the opposite strap behind your back and bring around to your front. Secure the end of that strap through the plastic d-ring on the front of the brace. Adjust to fit as needed.

**Step 5:**

Pull the bicep strap to tighten around your shoulder and secure the strap using the hook and eye fabric fastener. Adjust as needed for comfort and fit.

**Step 6:**

For more compression on your shoulder, unhook and pull one or both outer compression straps to tighten. Rehook the strap securely.



CARE INSTRUCTIONS

- Remove the gel pack before washing
- Machine or hand wash the brace in cold water
- Do not bleach
- Hang to dry

CARE INSTRUCTIONS

- Shoulder strap length: 36 to 51 inches
- Shoulder strap length with extender: up to 59 inches
- Bicep strap length: 19.25 inches
- Bicep strap length with extender: 27.25 inches

WARNINGS

CAUTION: For external use only. Carefully read all instructions and warnings before using. Use caution if you have sensory or circulatory issues.

- Do not overheat
- It is recommended that application does not exceed 15 - 20 minutes at a time with repeated applications every 1 - 1.5 hours as needed.
- Always place the gel pack inside the shoulder brace pocket to avoid heat or cold burns to your skin.
- Do not puncture or tear the gel pack.
- Check the gel pack for leaks before using and discard if leaking.
- The gel pack is non-toxic and latex free. If the contents come in contact with your skin or eyes, rinse the affected area with warm water

immediately. If the contents are swallowed, please consult a physician immediately.

- Adult supervision is recommended when using this product on children.
- If you experience swelling, discomfort or pain, stop treatment immediately and consult a physician.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/d13 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.



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