

vive®

COMPRESSION BACK ICE WRAP

Owner's Manual
SUP2022



vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Compression Back 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/yzo

WHAT'S INCLUDED

- (A) 1x Back Brace
- (B) 1x Arctic Flex Gel Pack
- (C) 1x Balloon Pump and Air Hose
- (D) 1x Length Extender Strap
- (E) 1x Small Secure Fabric Strap



(A)



(B)



(C)



(D)



(E)

HOT/COLD GEL PACK INSTRUCTIONS

Prior to use of the Compression Back 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

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, leave the pack off for at least 20 minutes before reapplying. 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 but not extremely hot. **DO NOT touch the pack directly, only touch the covering. Pack may be extremely hot.**
5. If the pack is too hot, let it cool for at least 1 minute before application.
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 application, protective layers of towel may be removed. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. Reheat if needed.

Stovetop Heating Instructions

1. Use a pot or pan large enough to accommodate the gel pack fully beneath the top edge of the pot/pan.
2. Place the gel pack inside the empty pot or pan.
3. Fill the pot with water. The water should not reach the top of the pot, but just high enough to cover the gel pack.
4. Remove the gel pack from the pot. **DO NOT boil the water with the gel pack still inside.**
5. Place the pot on the stove and bring the water to a boil.
6. Once the water boils, remove the pot from the stove and allow it to cool for 2 minutes.
7. Using tongs (without sharp edges) or oven mitts, gently place the gel pack in the boiled water. **Submerge for 10 seconds.**

8. Remove the pack with the 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 but not extremely hot. **DO NOT touch the pack directly, only touch the covering pack may be extremely hot.**
9. Remove from the covering and place the pack back in the water as needed in 5-second intervals. Resubmerge as necessary until the pack reaches the desired temperature.
10. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. Reheat if needed.

Note: Be careful when placing and removing the packs from the pot, as the boiled water may splash.

USING THE COMPRESSION BACK ICE WRAP



For a video demonstration
check out vhealth.link/4b9

1. Insert the Arctic Flex gel pack into the pocket of the back brace.



2. Make sure the hand pump and hose are attached properly and the air valve is set to "Open" before putting the brace on.



3. Center the gel pack around the target area, then grab each strap.



4. Secure the main straps around your stomach, wrap the right strap first then the left strap.



5. Adjust the secondary elastic straps to further increase the compression if needed



6. Grab the balloon pump and inflate to the desired compression. You can release air by pressing the deflation button on the side of the hand pump.



7. Use the included detachable fabric strap to secure the rubber hose and pump to the brace itself.



ADVANCED COMPRESSION PUMP TECHNIQUE



For a video demonstration
check out vhealth.link/dOq

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

1. Compress the back ice wrap using the hand pump 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 INSTRUCTIONS

- Do NOT machine wash or dry. Doing so may damage the internal bladder or allow water inside.
- 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.
- 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 application.
- 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.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/zyo 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

 1-800-487-3808

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