

## Ankle & Achilles Ice/Heat Pack Holder (pre-assembled for easier application)



Fig. 1

1. Unfasten and remove bottom elastic strap.
2. Insert foot/ankle thru top strap opening in between the pads, as shown in Fig. 1. Adjust top strap fastener as needed for sizing. Elastic fastener on top strap should meet in the middle of front of leg.  
  
Tip - For easier application top strap should remain weaved thru pads.
3. Position pads over left and right ankle as shown in Fig 1.



Fig. 2

4. Re-wrap and fasten bottom elastic strap around the outside of the holder as shown in Fig. 2.



Fig. 3

5. Insert ice or heat element(s) from the top as shown in Fig. 3. Position as needed in between the pads & ankle, Achilles area(s).

### Contact Us:

Email: [hotcoldmotioncompress@gmail.com](mailto:hotcoldmotioncompress@gmail.com)

Twitter: @MotionCompress

Facebook: [facebook.com/motioncompress](https://www.facebook.com/motioncompress)

[www.motioncompress.com](http://www.motioncompress.com) (Videos Available)

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