



BodyMed Cold Compression Therapy Shoulder Wrap Instructions:

1. Open the chest strap completely. Secure frozen cold pack into wrap with hook-and-loop closures. To put on, first line up the center hole over top of shoulder. Bulb valve should hang in front of chest.
2. Loop the chest strap through the IN/OUT hinge and pull across the chest. The chest strap should be loosely fastened at this point.
3. Pull both straps underneath the arm and fasten them to the back of the wrap.
4. Adjust the chest strap to the desired tightness. Fit should be secure and comfortable.
5. To inflate wrap, first secure the base of the inflation valve. When turning ON/OFF, please secure the base where the tube screws in, then turn the switch. Before inflation, the switch must be pointed toward the ON position.
6. Inflate to the desired amount of compression by squeezing the inflation bulb.
7. When ready to remove wrap, first decompress wrap by switching to the OFF position. Hold bulb valve button and press on wrap to release air. Do this before removing the cold pack from the wrap.
8. After taking off wrap, place the cold pack back in the freezer for a minimum of 2 hours. DO NOT place entire wrap in the freezer.