



HOT & COLD

FOOT ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Hot & Cold Foot Roller.

SETUP

1. Remove Hot & Cold Foot Roller from box and check for possible shipping damage (scratches, punctures or gouges).
2. Your Hot & Cold Foot Roller is now ready for use.

INSTRUCTIONS FOR USE

FOOT THERAPY

For treatment of Plantar Fasciitis (PF) and other foot ailments, begin in a seated position (not standing). Place the Hot & Cold Foot Roller on a non-skid surface such as a carpet or fitness mat and roll it back and forth underneath the foot, paying careful attention to the most painful areas. Recommended treatment time is 4-6 minutes, but may vary according to your pain level. PF patients may benefit most from morning therapy.

COOLING THERAPY

Place the Hot & Cold Foot Roller in the freezer for 4-6 hours to freeze gel; product will stay cold 15-20 minutes. Refreeze as necessary.

HEAT THERAPY

Place the Hot & Cold Foot Roller in 120-degree (very hot) tap water for 7-10 minutes; test before applying to skin. Roller stays heated approximately 10-15 minutes. Reheat as necessary.

DO NOT USE OTHER HEATING METHODS—conventional or microwave ovens or stove tops, for example—as overheating may cause burns or damage the Hot & Cold Foot Roller. We do not recommend placing the Hot & Cold Foot Roller in boiling water, as this may damage the seals on the product and/or cause burns.

DO NOT STAND on the Hot & Cold Foot Roller. Use only while seated.



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MESSAGE TIPS

1. Use a smooth and steady motion when performing each massage.
2. Perform massage routines to the best of your ability without strain.
3. Avoid holding your breath while massaging or stretching.
4. Always use the Hot & Cold Foot Roller in an open area.

CARE

1. Dry the Hot & Cold Foot Roller with a towel after use. Check for nicks or tears.
2. Spot clean Hot & Cold Foot Roller with a damp cloth. Air dry.
3. Avoid exposing the Hot & Cold Foot Roller to sharp or abrasive surfaces, or to direct heat or excessive sunlight.

IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CAUTION: Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.

Learn more at <http://life.gaiam.com>

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MADE IN CHINA.

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