

COLD THERAPY

FOOT ROLLER

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove from box and check for possible shipping damage (scratches).
2. Your product is now ready for use.

INSTRUCTIONS FOR USE

Place in the freezer for 20 minutes to freeze; product will stay cold 15-20 minutes. Refreeze as necessary. Do not leave in the freezer for more than 20 minutes at a time.

MASSAGE 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 in an open area free of furniture or other items that could get in the way while rolling.

CARE

1. Dry with a towel after use. Check for nicks, punctures or gouges.
2. Spot clean with a damp cloth. Air dry.
3. Avoid exposing to sharp or abrasive surfaces, or to direct heat or excessive sunlight.

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IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor or physical therapist before beginning any self-treatment program.
2. Suitable for ages 13 and over. Keep out of reach of younger children.
3. 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.
4. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
5. Perform movements in a slow and controlled manner.
6. Stop and rest if you feel dizzy or short of breath.
7. 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.
8. These statements have not been evaluated by the FDA. This product is not intended to diagnose or cure any medical conditions.

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