

HOT & COLD

FOOT ROLLER PLUS

Setup, Workout Tips and Care & Safety Guide

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

SETUP

1. Remove the Hot & Cold Foot Roller Plus from the packaging and check for possible shipping damage.
2. Your Hot & Cold Foot Roller Plus is ready to use.

INSTRUCTIONS FOR USE

FOOT THERAPY

For treatment of foot ailments and to help soothe foot pain, begin in a seated position (not standing). Place the Hot & Cold Foot Roller Plus 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 Plus 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 Plus in 120-degree (very hot) tap water for approximately 10 minutes; test temperature before applying to skin. The Hot & Cold Foot Roller Plus 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 Plus. We do not recommend placing the Hot & Cold Foot Roller Plus 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 Plus. Use only while seated.

HOT & COLD

FOOT ROLLER PLUS

Setup, Workout Tips and Care & Safety Guide

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

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.

CARE

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

IMPORTANT SAFETY CAUTIONS!

1. 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. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. Perform massages in a slow and controlled manner.
3. Stop and rest if you feel dizzy or short of breath
4. 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.

SEE MORE AT WWW.GAIAM.COM

© & TM 2020 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452
MADE IN THE CHINA.