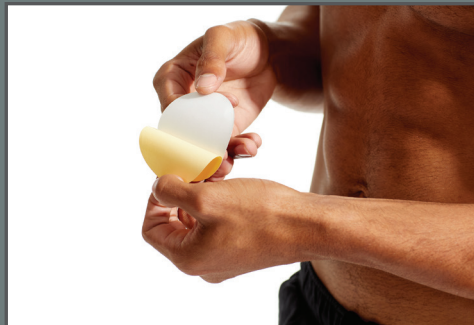


# MINI COLD THERAPY PACKS

## USAGE GUIDE

1. Remove the chilled Mini Cold Therapy Pack(s) from the storage pouch.
2. Remove the backing from one side of the adhesive sticker.
3. Place the sticky side of the adhesive on the Mini Cold Therapy Pack. Press gently but firmly to adhere.
4. Remove the backing from the other side and apply to the affected area. Press gently but firmly.
5. Leave Mini Cold Therapy Pack in place on affected area for 3-10 minutes.
6. After use, peel off the adhesive and discard. Return the Mini Cold Therapy Pack to the storage pouch and chill for the next use.



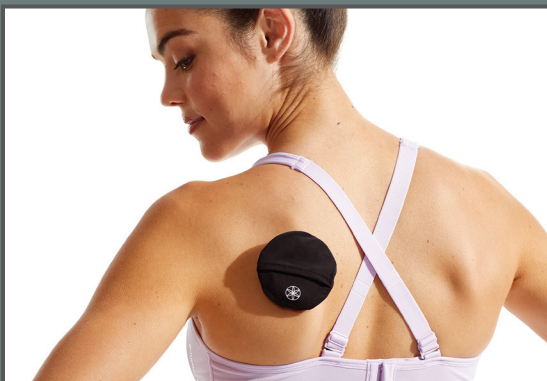
### CHEST



### CALVES



### BACK



### LEGS

