

# Thera-Temp Moist Heat Wraps

## Natural, Drug-Free Pain Relief

**Microwavable wrap provides convenient, effective and deep penetrating moist heat therapy. Mineral beads collect and hold moisture from humidity in the air and will not break down, decay or develop an odor. Offers temporary relief from chronic pain including arthritis, rheumatic pain, muscle strains, headaches and more!**

Includes wrap constructed of insulated outer fabric with vapor barrier and a soft plush inner fabric:

**Universal Wrap:**  6 x 12 MH612  9 x 12 MH912  12 x 16 MH1216  9 x 18 MH918  14 x 18 MH1418

**Body Target Wrap:**  Wrist MHW  Cervical MHC  Head & Sinus MHE  Knee MHS-K  
 Ankle MHA  Shoulder MHS  Hand & Wrist MHMITT  Neck & Upper Spine MHCEX

**Elastic & Hook & loop belt(s) to hold the wrap securely and comfortably on the shoulder**

3" x 27"  3" x 40" (shoulder)  3" x 20"  3" x 10"



UNIVERSAL WRAPS



MHS



MHS-K



MHE



MHMITT



MHC



MHC



MHCEX



MHA



MHW



MHA



MHC



# POLAR PRODUCTS

polarproducts.com

800-763-8423

Thera-Temp

# Moist Heat Wraps

If you have any questions or concerns regarding your product, please contact our Customer Service at 800.763.8423 or send an e-mail to [polar@polarproducts.com](mailto:polar@polarproducts.com). We will be happy to help!

## DIRECTIONS FOR USE

Instructions for heating the wrap can be found on product tag.

Fold the wrap so the white fleece side is inside the fold, with the black side out. Place in a clean microwave, alone, for the recommended time period on the tag. Heat wrap individually in a clean microwave, do not microwave the elastic belts.

Remove from the microwave and test for temperature - if the wrap is too hot, allow it to cool before using. If it's not hot enough, refold and put back in the microwave for an additional 10 seconds. Retest.

Always use a protective layer of fabric between the wrap and the skin.

Position the wrap on the targeted body part and secure with the elastic belt. Do not over tighten the elastic belts.

Always allow the wrap to completely cool between uses.

## CARE AND STORAGE

Thera-Temp® moist heat wraps may be hand washed with a mild detergent using cold water. Air dry the wrap after cleaning.

## WARNINGS AND CAUTIONS

**Always follow your healthcare practitioner's recommendations for use of hot or cold therapy.**

Persons with circulatory problems should consult their physician before using any cold/hot pack. Persons with diabetes should be especially careful applying heat. Children and those who are incapacitated should be supervised in their use of this product. Limit applications to 20 minute intervals. Read and follow all instructions on product insert. Do not overheat this product as this may damage the product or burn the patient. Always test the product before use to ensure the product is a safe temperature and use a protective layer of fabric between the wrap and the skin.

**Polar Products Inc. will not be liable for injuries or damages resulting from misuse or misapplication of our products.**

## WE ALSO RECOMMEND:



**Cold Compression Therapy**



**Body Cooling Garments**



**Migraine & Headache Pain Relief Kit**

See our complete product line at [polarproducts.com](http://polarproducts.com)

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## Active Ice® System

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