

Soft Ice® Cold and Hot Compression Insulated Therapy Wrap

Natural, Drug-Free Pain Relief

The Polar Soft Ice® Therapy Wrap delivers convenient and effective cold or hot therapy with a gentle, adjustable compression. This wrap allows freedom of movement while holding our reusable Soft Ice® Packs securely on the target body part. Soft Ice® Packs stay soft and flexible, even when frozen. Wraps include velcro type closure.

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

- Body Target Wrap:** Foot & Elbow FW Knee K2 Lumbar SM LS8R Lumbar LS8L Lumbar XL LS8XL
 Lumbosacral LS12L Neck NB Shoulder SW Shoulder & Arm SHA
 Head HB Ankle SPA Wrist SPW8 Neck & Upper Spine NCX
 Hand & Wrist MIT

Elastic & Hook & loop belt(s) to hold the wrap securely and comfortably on the target body part

- 3" x 27" 3" x 40" (shoulder) 3" x 20" 3" x 10" N/A



Reusable and environmentally-friendly Soft Ice® packs are made of 99% recycled and biodegradable material.



POLAR PRODUCTS

polarproducts.com

800-763-8423

SOFT ICE® COLD AND HOT COMPRESSION

Insulated Therapy Wrap

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. We will be happy to help!

DIRECTIONS FOR USE

TO USE FOR COLD THERAPY: Store the Soft Ice® Packs in the freezer. Remove when ready and insert directly into the wrap. Position over the targeted area and secure with hook and loop tab closure.

Caution: One or more layers of clothing or insulating fabric should always be worn between the skin and the Soft Ice® Pack.

For acute pain, use cold therapy during the first 48 hours and alternate with heat after the swelling goes down.

TO USE FOR HEAT THERAPY: Follow instructions on the back of the Soft Ice® Pack. Caution: Do not overheat as this may damage the product or burn the patient. Microwave ovens vary; always test the pack before using to ensure it is a safe and comfortable temperature.

Please Note: Doctors typically recommend the application of cold or heat therapy not exceed 20 minutes at a time. Allow 20 minutes between applications.

CARE AND STORAGE

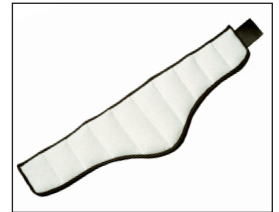
Soft Ice® compression wraps may be hand washed with a mild detergent using cold water. Air dry. The packs may be wiped clean with soap and water and allowed to air dry. Be sure packs are dry before storing in the freezer. When the system is not in use, it is best to store the Soft Ice® packs in the freezer. If this is not possible, a cool, dry location is best.

WARNINGS AND CAUTIONS

Persons with circulatory problems should consult their physician before using any cold or hot therapy products. Persons with diabetes should be careful applying heat. Closely supervise children and those who are incapacitated during their use of this product. Limit application to 20 minute intervals. Consult your physician if pain and / or swelling persist. Polar Products Inc. will not be liable for injuries or damages resulting from misuse or misapplication of our products.

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

WE ALSO RECOMMEND:



**Microwaveable
Moist Heat Therapy**



**Body Cooling
Garments**



**Migraine & Headache
Pain Relief Kit**

See our complete product line at polarproducts.com

ALSO AVAILABLE FROM POLAR PRODUCTS



Active Ice® System

Designed for post-surgery, when serious pain relief is required! This professional grade system circulates cold water through bladders and pads designed for knees, shoulders, back, feet, hips, hands and any other part of your body that needs targeted cold therapy.

Visit www.polarproducts.com to see our complete body cooling and hot/cold therapy product lines.



Shoulder
Therapy

Knee Therapy

Foot Therapy



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