



# Active Ice® System



The universal u-shaped bladder can be used on any part of the body that needs targeted cooling therapy.

Also available: rectangular or foot-shaped bladder.



Optional Compression Wraps hold the universal bladder comfortably, provide a gentle compression and insulate the targeted area.



Shoulder



Knee



Lumbar

"This system is a MUST for anyone who wants to accelerate their post-surgery recovery time. Using it has led to less pain and swelling." Barbara in VA

The Active Ice® Double Universal Therapy System offers convenient cold therapy to two parts of the body simultaneously.



Custom systems available!

Circulating Water Cool Flow® Head Cap



## When Should I Use Cold vs. Moist Heat Therapy?

**Cold therapy is for injuries and acute pain.**

Ice calms down inflamed, hot and swollen tissue and reduces the pain of inflammation.

**Heat therapy is for muscles, chronic pain and stress.**

Heat comfortably reduces the pain of muscle spasms and cramps and soothes the nervous system and the mind. Stress can be a major factor in some chronic pain.

Caution: Do not use heat therapy on an injury that is already warm to the touch.

## ALTERNATING COLD AND HEAT

Some experts like the Mayo Clinic recommend alternating hot and cold therapy for effective pain relief from overuse injuries and chronic joint pain.

## MOIST HEAT VS. DRY HEAT

For most people, moist heat provides better pain relief than dry because it penetrates deeper to relax tight muscles and increase circulation to the area through vasodilatation.

Please note: Consult your doctor before starting any type of therapy. Always follow your healthcare professional's recommendations.

Visit [www.polarproducts.com](http://www.polarproducts.com) to see our complete hot & cold therapy product line.

GSA Contract #V797D-30220

# POLAR Products Hot & Cold Therapy Product Guide



# Active Ice® System

Designed to deliver maximum post-surgery pain relief!



## Active Ice® Optional Features



Lithium ion battery pack or 12 volt DC adapter offer mobility

(System includes grounded transformer)

15-quart cooling reservoir offers extended time between adding ice



Retractable handle and wheels

Order on-line at [www.polarproducts.com](http://www.polarproducts.com).



# NATURAL DRUG-FREE PAIN RELIEF

## Soft Ice® Cold & Hot Packs

**Packs stay soft, flexible and comfortable when frozen!**

The patented eco-friendly formula transfers heat out of the area more effectively than alternate methods.

Pack sizes available from 3" x 6" to 11" x 23".

**You can customize the packs with your logo, name and contact info with a minimum order of just 48 packs.**



**SOFT AND FLEXIBLE • SAFE AND NON-TOXIC • DURABLE AND REUSABLE**

## Soft Ice® Compression Therapy Wraps

- Insulated wraps deliver a gentle, adjustable compression.
- Wrap pockets hold Soft Ice® Packs securely in place for convenient cold or hot therapy.



Shoulder Wrap



Knee Wrap



Neck/Spine Wrap



Foot/Ankle/Elbow



Head and Jaw



Neck Wrap



Lumbar Wrap

Visit our website to see our complete line of targeted and universal compression wraps.

## Roller Ice® Trigger Point

The therapeutic benefits of massage and cold/hot therapy in an ergonomical tool with a stainless steel ball or bullet.

1.800.763.8423 • [www.polarproducts.com](http://www.polarproducts.com) • [polar@polarproducts.com](mailto:polar@polarproducts.com)



## Thera-Temp® Moist Heat Therapy Wraps

- Professional-quality microwaveable wraps provide deep-penetrating, effective moist heat therapy.
- Therapeutic mineral beads collect and hold moisture from humidity in the air. These non-organic beads will never decay or develop an odor!
- Designed with soft, luxurious fleece on the side nearest the skin and insulated multi-ply fabric with a vapor barrier on the outside to direct the moisture and heat toward the body.



Cervical Wrap



Shoulder Wrap



Target, Standard, King, XL Pad



Neck/Spine Wrap



Sinus Wrap



Wrist Wrap



Knee Wrap



Lumbar Wrap



Mitt

## HOT & COLD PAIN RELIEF KITS

Targeted kits provide the therapeutic benefits of both cold compression and moist heat therapy for pain management.

Save 15% when you purchase a therapy kit!



Migraine Pain Relief Kit