

Active Ice® Universal Therapy Pad & Compression Wrap Instructions

NOTE: For use only with the Active Ice® System manufactured by Polar Products, Inc.

WARNING: Read and follow ALL Instructions, Cautions and Warnings provided with the Active Ice® System before using this therapy pad or operating the therapy system. This product must be used in accordance with all instructions provided with the system. Polar Products, Inc. will not be liable for injuries that result from misuse or misapplication of this system. Please see Warnings & Cautions section on the reverse.

Using the Universal and Rectangular Therapy Pad with the 3" x 44" Belt

CAUTION: Always wear a protective layer of fabric between the therapy pad and the skin

Use an additional insulation barrier over a sterile dressing that does not completely protect the skin. Never use this non-sterile therapy pad directly on the skin.

Position the therapy pad on the target body part with the fabric side away from the body. Elastic belt(s) with hook & loop attachment are provided with all therapy pads. Wrap the belt around the target body part and attach back onto the therapy pad. Adjust the belt for comfort. All elastic belts and therapy pads are hook & loop compatible.



Be sure the tubes are not restricted or bent, as this will restrict water flow through the entire system.



Using the Universal Therapy Pad with the Optional Compression Wraps*

If an optional compression wrap is being used, place the therapy pad in the compression wrap and secure the therapy pad to the wrap using the hook tabs sewn into the wrap.

Positioning the compression wrap on the body

Knee and Joint Compression Wrap (#KAW)

Position wrap on the knee with tubes extending toward the foot. Adjust elastic belts for comfort.



Back and Hip Compression Wrap (#LAW)

Position wrap on the back or hip with tubes extending down. Secure with the attached hook tab. Adjust for comfort.



Shoulder Compression Wrap (#SAW)

Position wrap on the shoulder with tubes extending down. The short, elastic belt secures the wrap to the arm, and the long belt goes around the chest. Adjust for comfort.



CAUTION: Do not over-tighten the elastic belt(s) or pinch the tubes or therapy pad.

*Optional compression wraps and other accessories may be purchased from our website – or call us!

Active Ice® Body Part-Specific Therapy Pad Instructions

For use only with the Active Ice® System manufactured by Polar Products, Inc.

Position the therapy pad on the target body part with the fabric side away from the body. Elastic belt(s) and/or hook & loop attachment are provided with most therapy pads. Secure the therapy pad on the target body part with the elastic belts and/or hook & loop tabs. Adjust for comfort. All elastic belts and therapy pads are hook & loop compatible. It is OK to lay on top of the rectangular and blanket therapy pads. Many people tuck the rectangular pad inside a pillowcase.



Hand & Wrist
Therapy Pad
#HWB



Foot Therapy Pad #FB
(regular or large)



Universal "U" Therapy
Pad #UB w/ 3" x 44" belt



Back & Hip
Therapy Pad
#LB



Knee Therapy Pad #KB



Shoulder Therapy
Pad #SB



Universal Rectangular Therapy Pad #RB
12.5" x 22.5" w/ 3" x 44" belt



Cooling Head Cap #HC



Face
Therapy
Pad #FMB



Blanket Therapy Pad #BB
34" x 18" cooling area
w/ 3" x 44" belt

WARNINGS & CAUTIONS – ACTIVE ICE THERAPY PADS

WARNING: Read and follow all instructions, Cautions and Warnings provided with the Active Ice® System before using any Polar therapy pad or operating the therapy system. This product must be used in accordance with all instructions provided with the system. Polar Products, Inc. will not be liable for injuries that result from misuse or misapplication of this system.

CAUTION: Always use an insulation barrier between the therapy pad and the skin. Use an additional insulation barrier over a sterile dressing that does not completely cover the skin. Never use this non-sterile therapy pad directly on the skin.

CAUTION: Do not over-tighten the elastic belt(s) or pinch the tubes or therapy pad. Be sure the tubes are not restricted or bent, as this will restrict water flow through the entire system.