

# ACTIVE ICE® BODY-PART SPECIFIC THERAPY PAD INSTRUCTIONS

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



Connect the therapy pad to the cooling reservoir. Confirm the metal tabs on the female couplings are pressed down before connecting. Couplings will click when they lock together.

Position the therapy pad on the target body part with the fabric side away from the body. Secure the therapy pad with the included elastic belt(s) and/or hook and loop tab(s). Adjust for comfort.

It is okay to lay or sit on the therapy pads. Many people tuck the rectangular pad inside a pillowcase.



**UNIVERSAL "U"**  
(#UB)



**KNEE & JOINT**  
(#KB)



**FULL CIRCUMFERENCE KNEE**  
(#KBFULL)



**SHOULDER (#SB)**



**BACK & HIP (#LB)**



**EXTENDED COVERAGE BACK & HIP**  
(#RBFULL)



**FOOT & ANKLE**  
(#FBN)



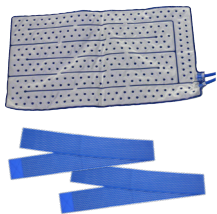
**FOOT (#FB)**



**FOOT - LARGE**  
(#FBLG)



**HAND & WRIST**  
(#HWB)



**RECTANGULAR (#RB)**



**BLANKET (#BB)**



**FACE (#FMB)**



**HEAD CAP (#HC)**



**EXTENDED HEAD CAP**  
(#HCL)

## WARNINGS & CAUTIONS: ACTIVE ICE® THERAPY PADS

**WARNING:** Read and follow all instructions, cautions and warnings provided with the Active Ice® System before using any 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.

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.



[polarproducts.com](http://polarproducts.com)

# 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 any 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 refer to the warnings and 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.

Connect the therapy pad to the cooling reservoir. Confirm the metals tabs on the female couplings are pressed down before connecting. Couplings will click when they lock together.

Position the therapy pad on the target body part with the fabric side away from the body. Elastic belt(s) with hook and 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 and loop compatible.



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

## USING THE UNIVERSAL "U" 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.

See below for 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.

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

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



To see all of our body cooling and therapy products, visit [polarproducts.com](http://polarproducts.com). If you have any questions or need any assistance, please reach out to customer service at 800.763.8423 or [polar@polarproducts.com](mailto:polar@polarproducts.com).

[polarproducts.com](http://polarproducts.com)

