



Roller Ice®

Cold and Hot Trigger Point Massage

Combines cold therapy and trigger point massage into one effective, ergonomic and easy-to-use tool. Liquid reservoir holds temperature for an extended period. Provides soothing cryogenic massage therapy to relax muscles and relieve pain and tension.



RI includes:

- Ergonomically designed rubber liquid reservoir
- Stainless steel roller ball rolls freely in all directions.



POLAR Products

www.polarproducts.com

1.800.763.8423

Directions for Use:

To use for cold therapy: Store the Roller Ice® in the freezer or the refrigerator.

To use for heat therapy: Place Roller Ice® in warm water for 10 minutes. **Caution: Do not overheat this product. Do not microwave.**

Caution: One or more layers of clothing or insulating fabric should always be worn between the skin and the Roller Ice® when used for cold or heat therapy.

Care and Storage:

Hand wash & air dry. Roller ball should be wiped with alcohol between uses.

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 therapy. 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 Roller Ice® 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:

**Roller
Ice®
Cover**



**Roller
Ice®
Bullet**

