

ACCU-THERM® ANKLE WRAP APPLICATION INSTRUCTIONS

- 1. Place gel pack into freezer or microwave to achieve desired level of cold or heat. Insert gel pack into the pocket of the wrap.
- 2. Lay out wrap on flat surface.
- 3. Place injured ankle over the elastic strap with heel below the gel pad.
- 4. Wrap and fasten the strap around the ankle.
- 5. Readjust strap as desired for secure comfort and even distribution of heat or cold.

WARNING: DO NOT Apply a frozen or heated pack directly onto the skin.





