



Original  
**SkiL-Care**  
CORPORATION  
Design



Ankle



Instep/Sole



Elbow



Knee

Re-Order #	Description	Gel Packs	Size	Unit
913100	Ankle	Three (3)	Universal	Ea.
913101	Instep/Sole	Two (2)	Universal	Ea.
913102	Elbow	One (1)	Universal	Ea.
913103	Knee	One (1)	Universal	Ea.
503092	Replacement Gel Packs for Thermal Sleeves	N/A	Universal	Ea.

### Purpose

Cold Therapy constricts the blood vessels to reduce the swelling. Heat is used mostly for increasing blood circulation and un-tightening the muscles therefore increasing the flexibility. When applying hot or cold therapy it is important to place a barrier fabric between the hot/cold pack and skin to moderate the temperature. With a thermal interface fabric you are able to apply the thermal pack for a longer period. There is a preponderance of thermal packs available, but holding sleeves are not readily available. This is a series of products that includes thermal packs and holding sleeves for five body regions.

### Application

There are five main body areas that may require thermal applications (hot or cold) to reduce swelling or to aid in tissue or muscle healing. The thermal sleeves are specifically designed for the sole and instep, ankles, elbow and knee. Images above depict proper application of the thermal sleeves. The thermal pads can be cooled in the refrigerator/freezer or heated in a pot of hot water (DO NOT MICROWAVE). If the thermal pad is heated, check to make sure that it isn't too hot and let it cool.

### Caution

After heating the thermal pack, touch with the hand to assure that it isn't too hot. Although the gel is non-toxic, consult with a physician if the gel is ingested. If any tears in the gel-packs are noticed, discard and replace.

### Easy Care

The gel packs can be cleaned with soap and water or a mild disinfectant. The thermal sleeves can be laundered and dried at temperatures that do not exceed 180°F (82°C).

