

# HOT AND COLD THERAPY GEL SLEEVE

RHB2084



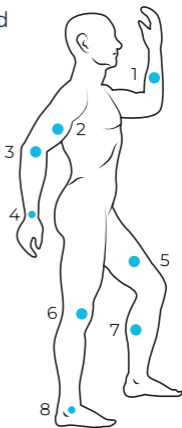
## QUICK START GUIDE

## IMPORTANT INFORMATION

- Recommended use time: 15 - 20 minutes
- Wait 1 hour before reapplication.
- Always place sleeve inside the provided resealable bag before freezing or storing.

## FOR USE ON

1. **Forearm** - Measure around largest portion
2. **Bicep** - Measure around largest portion
3. **Elbow** - Measure 2" above elbow joint
4. **Wrist** - Measure 2" above wrist joint
5. **Thigh** - Measure around largest portion
6. **Knee** - Measure 3" above knee cap
7. **Calf** - Measure around largest portion
8. **Ankle** - Measure 2" above the ankle joint



## SIZING GUIDE

If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit. Tape should be taut but not tight when measuring.

| Size          | S        | M         | L         | XL        | XXL       | XXXL      |
|---------------|----------|-----------|-----------|-----------|-----------|-----------|
| Circumference | 8" - 10" | 10" - 13" | 13" - 16" | 16" - 20" | 20" - 24" | 24" - 28" |
| Length        | 10.2"    | 10.2"     | 11.2"     | 11.2"     | 11.2"     | 11.2"     |

## COOLING INSTRUCTIONS

1. Place the sleeve inside the protective resealable bag.
2. Lay the sleeve flat in the freezer for a minimum of 2 hours.
3. Apply the sleeve to the affected area. Recommended use time is 15 - 20 minutes, wait 1 hour before reapplication.

## HEATING INSTRUCTIONS

1. Place the sleeve in the microwave.
2. Heat at full power in 5-second intervals. Carefully check until desired temperature is reached.

- Carefully remove the sleeve from the microwave. The sleeves are best used when warm to the touch but not extremely hot, let it cool down if needed before use.
- Apply the sleeve to the affected area. Recommended use time is 15 - 20 minutes, wait 1 hour before reapplication.

## COMPRESSION STRAP

Wrap the compression strap over the gel sleeve for more intense cooling, heating, or support.



## CARE INSTRUCTIONS

- Wipe with a damp cloth.
- Lay flat and air dry.
- Do NOT machine wash or dry.
- Keep in resealable bag for storage.

## WARNINGS

- For external use only. Use caution if you have sensory or circulatory issues.
- Do not submerge sleeve under water.
- Recommended application 15-20 minutes at a time with repetitions every 1 hour as needed.
- Do not puncture or tear the gel sleeve.
- Check for leaks before use and discard if leaking.
- This product is non-toxic and latex free. If contents come in contact with your skin or eyes, rinse the affected area with warm water immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product please consult your doctor immediately.



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