

ZAMST IW-1 SET/IW-2 SET (Icing Wrap + Ice Bag) INSTRUCTIONS FOR USE

EN

Thank you for purchasing this product. For safety reasons, be sure to read this user manual before use. Also, store it in a location where you can refer to it at any time.

Usage:

- Securing coolant
- Compression of affected body part

Read this first:

- These instructions for use are applicable to IW-1 and IW-2.
- This product can be used for the left or right side.
- Depending on the usage conditions, this product may not function as expected.
- This product is fully adjustable to suit all sizes.

When using the product:

- Exercise care to ensure that the hook-and-loop fasteners do not come into contact with the ice bag pocket. The hook-and-loop fasteners may damage the ice bag pocket.
- Due to the characteristics of the materials used in this product, the color may change depending on storage conditions.
- When storing the product, avoid applying excessive weight to the hook-and-loop fastener and raised fabric. Otherwise, the hook-and-loop fastener may not work effectively.

Precautions for use - Be sure to read this:

Safety precautions are divided into the following sections, according to the level of danger involved.

⚠ WARNING: Indicates a potentially hazardous situation, which may result in serious personal injuries if not avoided.

⚠ CAUTION: Indicates a potentially hazardous situation, which may result in minor personal injuries and/or property damage if not avoided.

⚠ WARNING

- To prevent abnormalities or worsening of symptoms, people who suffer from the following conditions should refrain from using the product:
 - Those predisposed to allergies or with sensitive skin.
 - This product contains natural rubber. Natural rubber contains latex allergens and may in certain rare cases cause allergic reactions such as itching, redness, hives, swelling, fever, difficulty breathing, asthma-like symptoms, a drop in blood pressure, or shock. If any of the above-mentioned symptoms are observed, immediately stop using this product and seek medical attention.
 - Those who have cuts, numbness, eczema, rashes or other abnormalities in the area where the product will be worn.
- If the product is not used correctly, it may cause circulatory problems or injury. Be sure to follow the warnings below and use the product correctly:
 - The product should only be used for holding the cooling materials and compressing the desired area.
 - If you are pregnant or think you are pregnant, consult a physician.
 - Do not use the product while sleeping.
 - If wearing the product for a long period of time, readjust it as necessary. The application of constant pressure for a long period of time may cause skin and/or circulatory problems.
 - Be sure to identify and use inner/outer sides correctly.
 - Follow the attachment steps in order to use this product correctly.
 - Do not wrap the main body of the product or the straps too tightly.
 - If the product loosens or comes off during use, be sure to refasten it correctly by following the noted steps from the beginning.
 - If the product shows any signs of wear or damage, or the hook-and-loop fastener no longer works

- well, do not use the product.
- Do not attempt to modify or repair the product.
- If any of the following abnormalities occur when using this product, immediately stop using it, and consult a physician. Continued use may worsen symptoms:

- If this product causes discomfort.
- If abnormalities such as a cut, pain, numbness, eczema, or rashes develop in the area where the product is worn.

⚠ CAUTION

- Hard materials are used for the hook-and-loop fastener. In certain rare instances, fingers or skin may be damaged, so use the product carefully.
- Sweat and friction may cause the color of this

product to fade or be transferred to other materials.

- Make sure the hook-and-loop fastener does not attach to clothing. If it does, clothing may become frayed or be damaged.

Care and cleaning

⚠ CAUTION

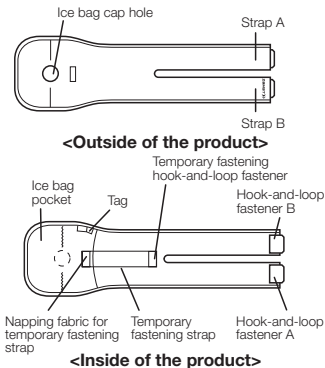
- Do not wash this product with light colored items. By doing so, color may fade or be transferred to other materials.
 - If washing the product together with clothing, etc., be sure to use a laundry net. If the hook-and-loop fastener becomes attached to clothing, it may cause the clothing to become frayed or be damaged.
- This product can be washed in a washing machine. After washing, hang it to dry in the shade.
 - When washing this product, attach the hook-and-loop fastener to the main body. Attempting to wash this product without closing the hook-and-loop fastener may weaken its fastening capability.
 - Do not use an iron or chlorine bleach, however, oxygen bleach can be used.
 - Do not tumble dry. Doing so may damage the product.
 - This product cannot be dry cleaned. Wet cleaning is allowed, however, avoid tumble drying.

How to apply IW-1

- Before attaching this product, carefully read the "Precautions for use - Be sure to read this" section. Then follow the steps provided to ensure the product is correctly attached.

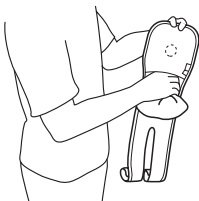
How to set the ice bag

1. Unfasten all the hook-and-loop fasteners of the icing wrap. Confirm the inner/outer sides of the product.



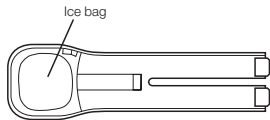
The side with the tag on the back of the icing wrap should be placed in contact with your body.

2. Set the ice bag.



Put the ice bag containing ice inside the ice bag pocket from the back side of the icing wrap while inserting the ice bag cap into the ice bag cap hole.

- Put the ice bag inside the ice bag pocket and pull it into shape.



Attaching the product to your elbow

- The attachment steps below use the right arm for reference. Follow the same attachment steps for the left arm.

- Make a loop with the temporary fastening strap.



Put the ice bag into the ice bag pocket in the icing wrap, and make a loop with the temporary fastening hook-and-loop fastener by attaching one end of it to the outside of the icing wrap.

- Insert your arm and position the ice bag against the area you want to cool.



Insert your arm into the loop that you made in step 1, and slide the product up your arm so that the ice bag is on the part of your elbow you want to cool. If the icing wrap becomes misaligned, adjust the temporary fastening strap.



*If you have difficulty inserting your arm into the loop, place the icing wrap on the desired area first, then attach the temporary fastening strap as shown in the illustration.

- Wrap the straps.



Pull and wrap straps A and B one at a time on either side of the ice bag cap, and fasten hook-and-loop fasteners A and B to the surface of the icing wrap.

- Make sure that the icing wrap is not loose or misaligned. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened



<For right arm>

Attaching the product to your wrist

- The attachment steps below use the right wrist for reference. Follow the same attachment steps for the left wrist.

1. Make a loop with the temporary fastening strap.

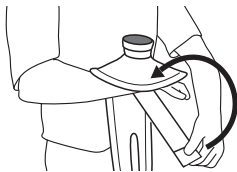


Put the ice bag into the product, and make a loop with the temporary fastening hook-and-loop fastener by attaching one end of it to the outside of the icing wrap.

2. Insert your hand and position the ice bag against the area you want to cool.

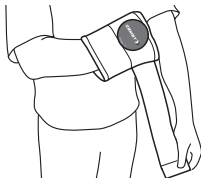


Insert your hand into the loop that you made in step 1, and slide the product up to the area you want to cool. If the product becomes misaligned, adjust the temporary fastening strap.



* If you have difficulty inserting your hand into the loop, place the product on the desired area first, then attach the temporary fastening strap as shown in the illustration.

3. Wrap the straps.



Pull and wrap straps A and B one at a time on either side of the ice bag cap, and fasten hook-and-loop fasteners A and B to the surface of the icing wrap.

The product correctly fastened

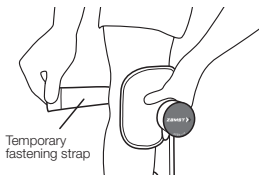


<For right wrist>

Attaching the product to your knee

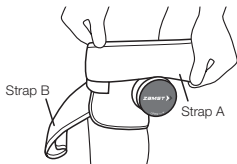
- The attachment steps below use the right leg for reference. Follow the same attachment steps for the left leg.

1. Temporarily fasten the icing wrap.



Put the ice bag into the ice bag pocket in the icing wrap and attach it to the part of your knee you want to cool. Wrap the temporary fastening strap around the back of your knee, pull it, and attach the temporary fastening hook-and-loop fastener to the icing wrap. If the temporary fastening strap feels excessively tight, you do not need to attach it. If you are not using the temporary fastening strap, fasten the temporary fastening hook-and-loop fastener to the napping fabric for the temporary fastening strap.

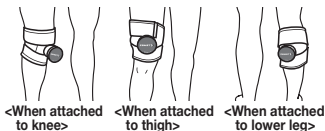
2. Wrap the straps.



Pull and wrap straps A and B one at a time on either side of the ice bag cap, and fasten hook-and-loop fasteners A and B to the surface of the icing wrap.

3. Make sure that the icing wrap is not loose or misaligned. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened



Attaching the product to your ankle

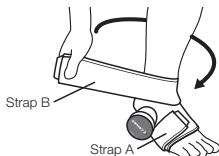
- The attachment steps below use the right ankle for reference. Follow the same attachment steps for the left ankle.

1. Make a loop with the temporary fastening strap.



Put the ice bag into the ice bag pocket in the icing wrap and attach it to the part of your ankle you want to cool. Wrap the temporary fastening strap around the bottom of your foot, pull it, and attach the temporary fastening hook-and-loop fastener to the icing wrap. If the temporary fastening strap feels excessively tight, you do not need to attach it. If you are not using the temporary fastening strap, fasten the temporary fastening hook-and-loop fastener to the napping fabric for the temporary fastening strap.

2. Wrap the straps.



Pull strap A and wrap it once around your foot, then attach hook-and-loop fastener A. Then, pull strap B and wrap it once around your ankle and attach hook-and-loop fastener B. When doing so, straps A and B are attached on either side of the ice bag cap.

3. Make sure that the icing wrap is not loose or misaligned. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened



How to apply IW-2

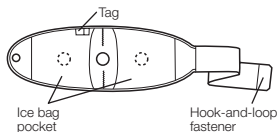
- Before attaching this product, carefully read through the "Precautions for use - Be sure to read this" section. Then follow the steps provided to ensure the product is correctly attached.

How to set the ice bag

1. Unfasten all the hook-and-loop fasteners of the icing wrap. Confirm the top/bottom and inner/outer sides of the product.



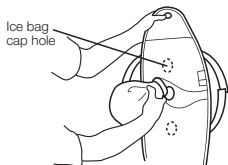
<Outside of the product>



<Inside of the product>

The side with the tag on the back of the icing wrap should be placed in contact with your body.

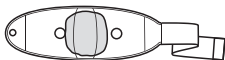
2. Set the ice bag.



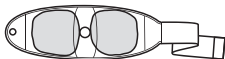
Put the ice bag containing ice inside the ice bag pocket from the back side of the icing wrap while inserting the ice bag cap into the ice bag cap hole.

3. Put the ice bag(s) inside the ice bag pocket and pull it into shape.

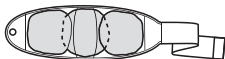
- **Cooling the center of your lower back or shoulder**



- **Cooling the front and back of your shoulder at the same time**



- **Cooling your entire shoulder**



- **Cooling the front side of your shoulder**



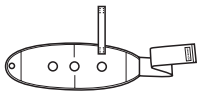
- **Cooling the back side of your shoulder**



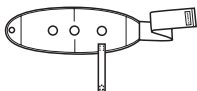
Attaching the product to your shoulder

- The attachment steps below use the right shoulder for reference. Follow the same attachment steps for the left shoulder.
- *The illustration shows the procedure to be followed when using two ice bags. Follow the same attachment steps when using one or three ice bags.

1. Attach the supplied fix strap to the icing wrap.



<When attaching to right shoulder>

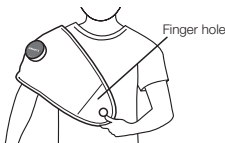


<When attaching to left shoulder>

Attach one end of the hook-and-loop fastener of the fix strap to the approximate location indicated in the illustration at the top.

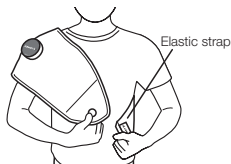
*When attaching the product on your left shoulder, refer to the illustration indicating the approximate location for your left shoulder.

2. Attach the product to the area you want to cool.



Attach the product to the part of your shoulder you want to cool while holding the product with the finger hole on the front.

3. Fasten the elastic strap.



Hook your finger into the finger hole. Pull the elastic strap with your other hand and wrap it around your body, then attach the hook-and-loop fastener.

4. Fasten the fix strap.



Pull the fix strap and attach it to the front of the icing wrap.

5. Make sure that the icing wrap is not loose or misaligned. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened



<Front view>

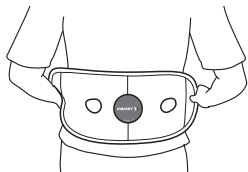


<Back view>

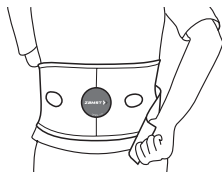
Attaching the product to your lower back

*The illustration shows the procedure to be followed when using one ice bag. Follow the same attachment steps when using two or three ice bags.

1. Attach the product to the area you want to cool.



2. Pull the elastic strap and fasten the hook-and-loop fastener.



Pull the elastic strap and attach the hook-and-loop fastener while overlapping the icing wrap and the elastic strap.

3. Make sure that the icing wrap is not loose or misaligned. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened

