

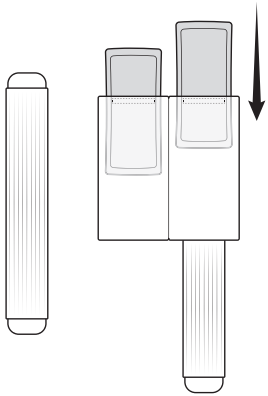


REF MDS162004KIT

# ACCU-THERM<sup>®</sup> SHOULDER/HIP WRAP

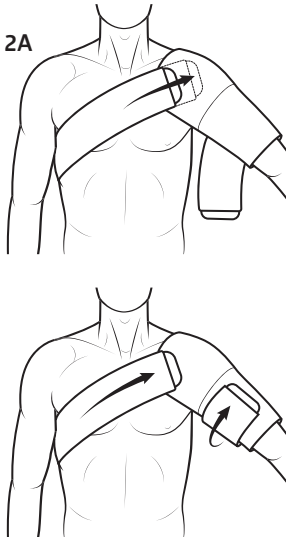
## APPLICATION INSTRUCTIONS

1. Place gel packs into freezer or microwave to achieve desired level of cold or heat. Insert gel packs into the pockets of the wrap.

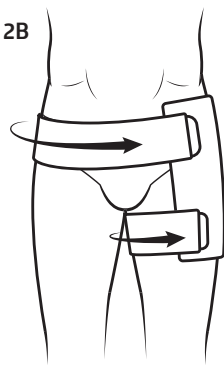


2. Secure warm or cold wrap over affected shoulder, hip or knee.

**2A For shoulder:**  
Wrap shorter strap around arm near elbow. Wrap longer strap around chest and secure back onto the wrap.



**2B For hip** (it may help to lie on your side): Place wrap over the injured hip. Wrap and secure the shorter strap around the thigh and the longer strap around the waist.



3. Readjust straps 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.

QTY: 1