Introduction

Cold pack is a simple and effective method of applying cold therapy to localized area Pack maintains cold for up to 30 minutes Remain pliable and soft even below freezing (to 12°F/-11°C)

Available in standard blue vinyl and extra heavy-duty black urethane; black urethane packs can withstand heavy use

Apply pack with a towel to reduce cold if you feel discomfort

When treatment is complete pack can be stored in plastic bag in freezer

Cold therapy can soothe discomfort from injury, sprains and strains, muscle soreness, bruises, swelling, and tension headaches



Instructions for use

Chill Cold Pack

Place pack in chilling unit or freezer; do not chill below 0°F (-17°C)

Application

Place a Relief Pak® cover or hand towel between skin and cold pack; apply to area being treated

Treat for up to 30 minutes

Care for Cold Pack

Wipe all moisture from cold pack before returning it to freezer It is best to store cold pack in freezer flat, not folded Cold packs are most serviceable when kept at 12°F (-11°C)

Store cold pack in freezer when not in use

Precautions

DO NOT sit, lie or apply excessive pressure on cold pack Monitor cold pack application to insure skin is not ebing irritated by cold

DO NOT chill below 0°F (-17°C)

DO NOT attempt to use the cold pack as a hot pack; DO NOT heat in hot water; DO NOT put cold pack in microwave; the cold pack is only for cold therapy

Limit treatment time to 30 minutes per application



Blue Vinyl & Black Urethane Cold Packs

	Size	Blue Vinyl	Black Urethane
standard	11" x 14" (28 x 35 cm)	11-1000	11-1250
neck	6" x 23" (15 x 58 cm)	11-1001	11-1251
oversize	11" x 21" (28 x 53 cm)	11-1002	11-1252
half-size	7" x 11" (18 x 28 cm)	11-1003	11-1253
circular	10" (25 cm) diameter	11-1006	11-1257
quarter-size	5" x 7" (14 x 18 cm)	11-1004	
slim	3" x 11" (8 x 28 cm)	11-1005	



slim



quarter-size



half-size



circular



neck



standard



oversize

REP

EC



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