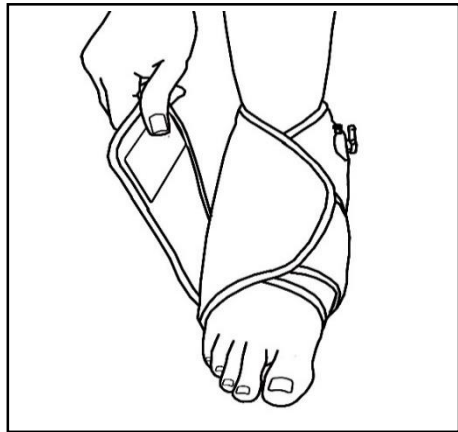


The intended use of the *ThermoActive ThermoTherapy Mobile Compression System* is to provide mobile cold or heat compression therapy to the ankle to help support healing post-injury and/or surgery.

Ankle Support

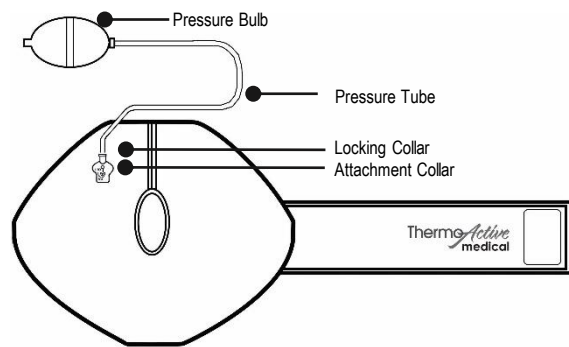


REF Ankle Support
Item No. 6412

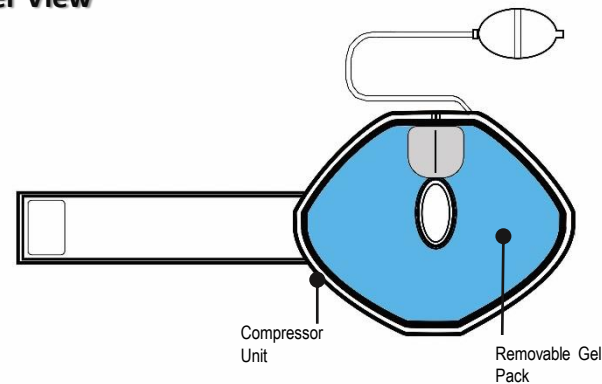
Made in Taiwan

TAINS6412517_Y REV.0

Outer View



Inner View



DIRECTIONS FOR USE

COLD THERAPY:

Store for a minimum of 1 hour in a freezer or 2-3 hours in a refrigerator. May use an ice-cooler if you place the removable gel pack within a plastic bag to keep it dry. Ideal to lay the removable gel pack flat while cooling, but will work folded in half as well. It may be left in the freezer indefinitely until ready to use. Pack will remain flexible even at -20° F. **NOTE: We suggest storing the removable gel pack in a plastic bag while in freezer for better hygiene.**

HEAT THERAPY:

*** Do not apply gel pack directly to the skin. Use a towel, cloth or a sheet as an interface between the removable gel pack and the skin.**

Microwave unit: Before heating, removable gel pack must be at room temperature. Place gel pack with black hook (rough) side down into the microwave on a paper towel, and heat for 15 seconds on one side, then flip over and heat for an additional 15 seconds on the other side. **Use caution as the removable gel pack may be hot.**

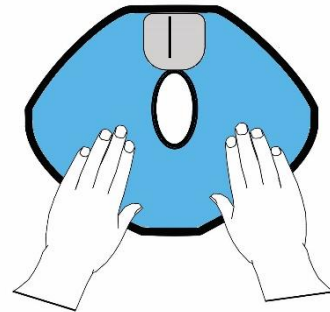
- After heating, wait one (1) minute before applying to the ankle. The product should feel WARM to the touch, NOT HOT. If the product is not warm enough, heat in 10 second increments, while rotating the product each time until desired temperature is reached. Some microwave ovens heat unevenly and can develop "hot spots" on the product and become too hot. Before applying the product to the skin, massage the gel pack to evenly disperse the heated gel inside.
- **NOTE: Smaller gel packs may take less time to heat than large removable gel packs.**
- This instruction is based on a 1300 WATT microwave. All microwaves vary in power wattage and heating times may vary. Be cautious and adjust time accordingly. **DO NOT OVERHEAT.**
- Always use caution when heating.
- Due to the nature of the gel, it may only feel warm to the touch, but if the product has been overheated, too much heat may be transferred to the body and can cause burns.
- When microwaving, make certain that the removable gel pack is laying flat without any objects on top of it.

COMPRESSION:

- Simple, user adjustable compression, ensures total and uniform contact on soft tissue and around bony areas.
- Compression provides deep and faster cold or hot therapy.

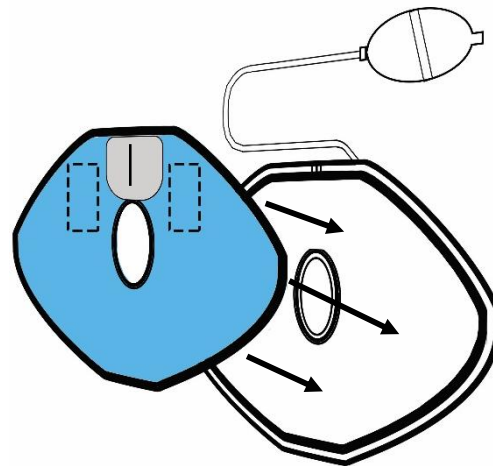
STEP 1

Before use, ensure that the gel is evenly dispersed in the gel chambers.



STEP 2

- 1) Using the hook and loop, place the removable gel pack within the inner borders of the air bladder on the inside of the support.



FITTING INSTRUCTIONS:

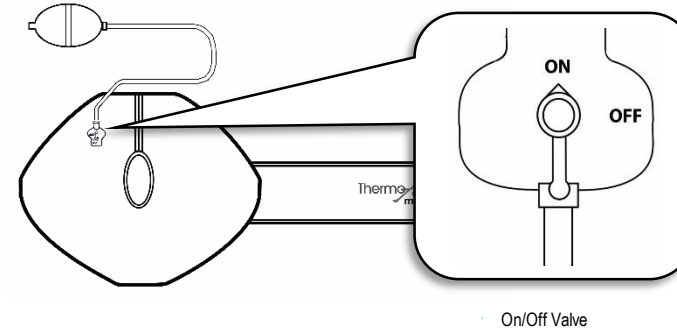
- 1) Before use, ensure that the gel is evenly dispersed in the gel chambers.
- 2) Using the hook and loop, place the removable gel pack within the inner borders of the air bladder on the inside of the support.
- 3) Turn the Valve CLOCKWISE to the "ON" position. Next, securely attach the Pressure Tube to the Tube Connection opening on the support. Then, tighten the tube connection by turning the Locking Collar CLOCKWISE.
- 4) Position the Ankle Support, with the heel centered in the aperture. Blue side of the removable gel pack should face the skin. For sensitive skin, use a towel, cloth as an interface, between the removable gel pack and the skin. Secure by wrapping the strap over the top of the foot and bring around the bottom of the foot, with the ON/OFF valve in the "ON" position, with the valve facing up and on the outside of the foot.

NOTE: the support should be snug, but not too tight, as it may restrict blood circulation.

- 5) With the valve in the "ON" position:
 - a) Apply compression by squeezing the pressure bulb 5 times. Wait for 3 seconds.
 - b) If more compression is needed, squeeze the pressure bulb 2 more times. Wait 3 seconds. Repeat until appropriate pressure is achieved. **CAUTION: Do not over pressurize the treated area as it may restrict blood circulation.**
- 6) If you need to reduce the pressure, press the release valve on the pressure bulb until desired amount of pressure is achieved. If too much pressure is released, squeeze the pressure bulb 2 more times and wait 2 seconds. If more pressure is needed, repeat until desired pressure is achieved.
- 7) When desired pressure is achieved, turn the valve COUNTERCLOCKWISE to the "OFF" position to lock air/compression in.
- 8) For better mobility, pressure bulb and pressure tube may be removed by unscrewing the locking collar COUNTERCLOCKWISE.

STEP 3

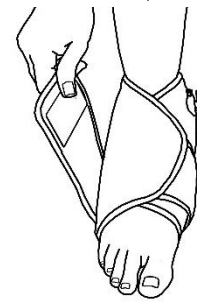
Turn the Valve to the "ON" position. Securely attach the Pressure Tube to the Tube Connection opening on the support. Then tighten the tube connection by turning the Locking Collar CLOCKWISE.



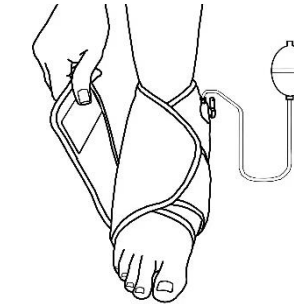
STEP 4

- 1) Position the Ankle Support, with the heel centered in the aperture. Blue side of the removable gel pack should face the skin. For sensitive skin, use a towel or cloth as an interface, between the removable gel pack and the skin. Secure by wrapping the strap over the top of the foot and bring around the bottom of the foot, with the ON/OFF valve in the "ON" position, with the valve facing up and on the outside of the foot.

Position Heel in Aperture



Wrap Strap Around Foot and Secure



STEP 5

- With the valve in the "ON" position:
- a) Apply compression by squeezing the pressure bulb 5 times. Wait for 3 seconds.
 - b) If more compression is needed, squeeze the pressure bulb 2 more times. Wait 3 seconds. Repeat until appropriate pressure is achieved.

STORAGE:

- If pressure bulb and Tube are removed, keep in a safe place.
- When finished using the **Cold and Hot Compression Therapy Support**, fasten the pressure bulb and tube to the support for safe keeping.
- Once support is removed, turn valve to the 'ON' position to release the air inside the support. The removable gel pack fits best when applied to a support that has minimal air pressure inside.
- If planning to use for heat therapy, make certain that gel pack is stored laying flat without any objects on top of it.
- If planning to use for cold therapy, make sure that gel pack is stored in the freezer in a plastic bag, laying flat.

CLEANING INSTRUCTIONS:

Removable Gel Pack: Hand wash in cold water and mild soap. Hang up to dry, or pat dry with towel.

Support: Wipe the support down with a damp (not wet) cloth using mild soap. Allow the product to fully air dry before continuing use.

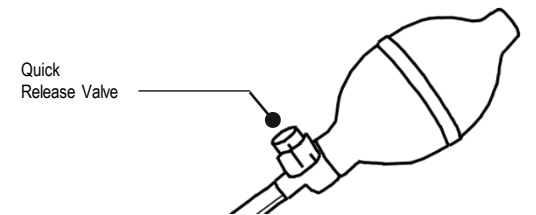
CAUTION: Clean the removable gel pack and support separately.

CAUTION:

- Consult your physician before using this product.
- Only use this product for **20 MINUTES** at a time on the affected area.
- Do not use this removable gel product over open wounds or on sensitive skin.
- Do not use where there is poor circulation.
- If at any time soreness, rash or an increase in pain occurs, discontinue use and consult your physician.
- Only use this product for its intended purposes as described in the manual.
- Do not use this product while using transdermal drug delivery skin patches, skin creams, balms, liniments or lotions.
- Individuals using pacemakers or insulin pumps should **NEVER** use this product.
- Do not use during pregnancy.
- Do not use **HEATED** removable gel pack on parts of body where there is swelling, redness or immediately after injury. **COLD** therapy is recommended for these conditions.
- If removable gel pack has been torn, overheated or has been compromised (and is leaking) discard immediately.
- **KEEP OUT OF REACH OF CHILDREN AND PETS.**
- **PRODUCT IS LATEX FREE.**
- **DO NOT APPLY GEL PACK DIRECTLY TO THE SKIN. USE A TOWEL, CLOTH OR SHEET AS AN INTERFACE BETWEEN THE REMOVEALBE GEL PACK AND SKIN.**

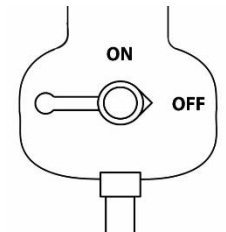
STEP 6

If you need to reduce the pressure, press the release valve on the pressure bulb until desired amount of pressure is achieved. If too much pressure is released, squeeze the pressure bulb 2 more times and wait 2 seconds. If more pressure is needed, repeat until desired pressure is achieved.



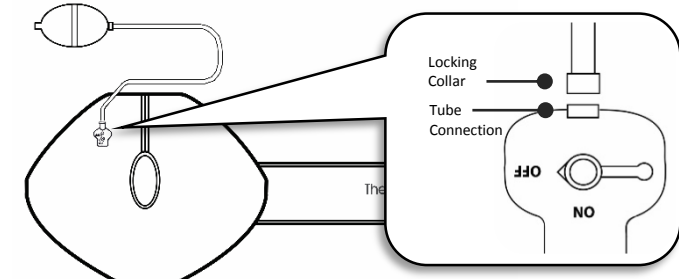
STEP 7

When desired pressure is achieved, turn the valve COUNTERCLOCKWISE to the "OFF" position to lock air/compression in.



STEP 8

For better mobility, pressure bulb and pressure tube may be removed by unscrewing the locking collar COUNTERCLOCKWISE.





USE OVER CLOTHING OR PLACE FABRIC INTERFACE BETWEEN THE GEL PACK AND THE SKIN, PRIOR TO USING HOT OR COLD THERAPY.

POSSIBLE INTERFACES INCLUDE:

- A light towel • A cloth • A sheet / pillowcase (cut to size)
- 6 layers of paper towel • Stockinette

Either wrap the interface around the gel pack prior to attaching the gel pack to the support or hold the interface on the skin while securing the support around the body.

CAUTION:

- Consult you physician before using this product.
- Only use this product for 20 minutes at a time on the affected area.
- Do not use where there is poor circulation.
- If at any time soreness, rash, or an increase in pain occurs, discontinue use and consult your physician.
- Only use this product for its intended purposes as described in the manual. Do not use this product while using transdermal drug delivery skin patches, skin creams, balms, liniments or lotions.
- Individuals using pace makers or insulin pumps should NEVER use this product.
- Do not use during pregnancy.
- Do not use heated removable gel packs on parts of body where there is swelling, redness or immediately after injury. Cold therapy is recommended for these conditions.
- If removable gel pack has been torn, overheated or has been compromised (and is leaking) discard immediately.
- Keep out of reach of children.

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This product is not manufactured with Dry Natural Rubber or Natural Rubber Latex.