

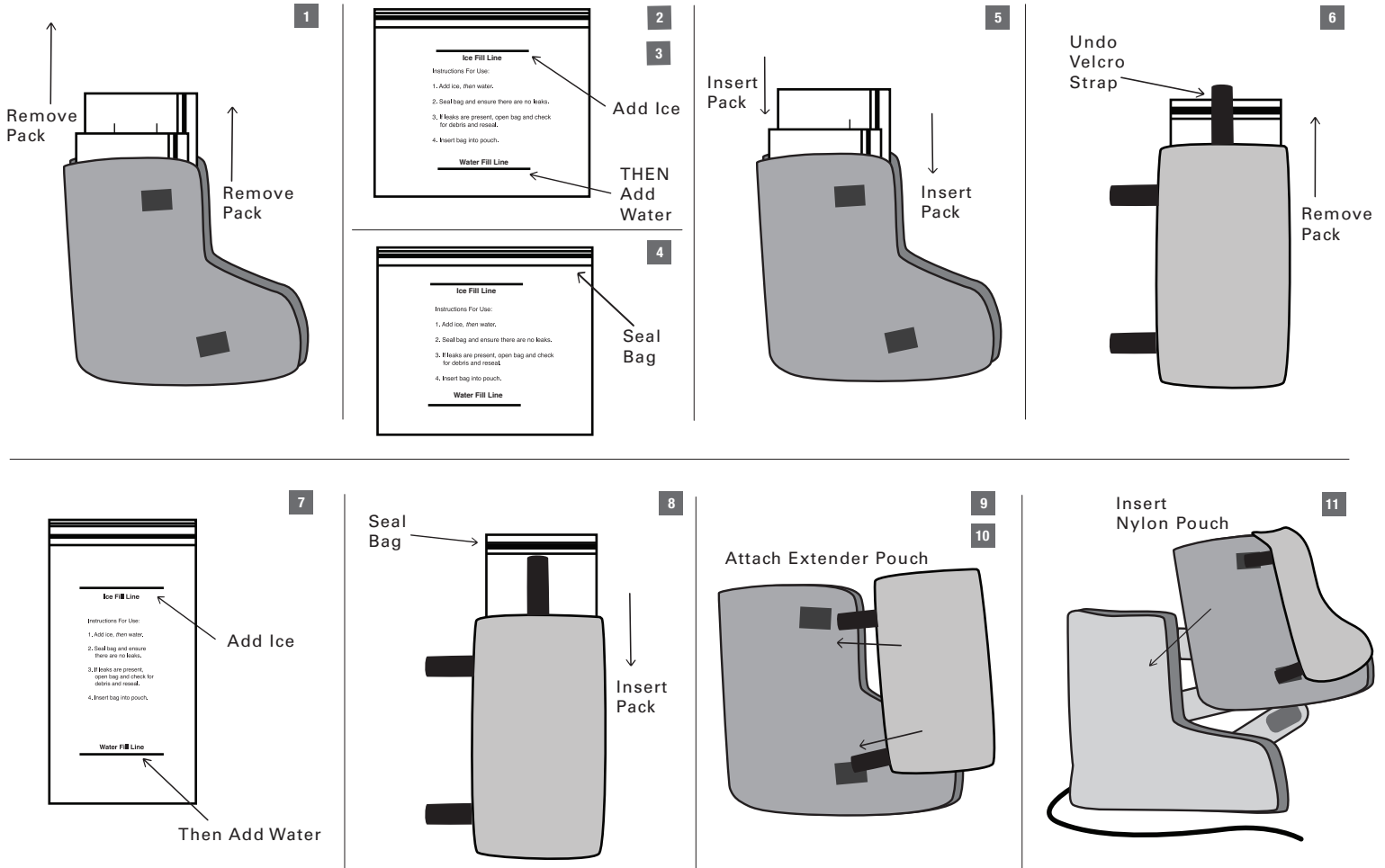
MODEL #: **ICE-08-01**



Ice Pack for Ankle

INSTRUCTIONS FOR USE

1. Unfasten velcro tabs on the inside of the nylon pouch and remove both clear poly-bags from pockets.
2. Add ice FIRST to the "Ice Fill Line" indicated on each poly-bag.
3. Add water to the "Water Fill Line" indicated on each poly-bag.
4. Seal the poly-bags, removing excess air to extent possible and ensure there are no leaks. If leaks are present, open bag and check the seal for debris, then reseal.
5. Insert poly-bags back into pockets in the nylon pouch and secure velcro tabs.
6. For coverage on the top of the foot, use the included rectangular extension pouch. Unfasten velcro strap at top and remove poly-bag.
7. Add ice FIRST to the "Ice Fill Line" indicated on each poly-bag. Then add water to the "Water Fill Line" indicated on each poly-bag.
8. Seal the poly-bag, removing excess air to extent possible and ensure there are no leaks. If leaks are present, open bag and check the seal for debris, then reseal.
9. Insert the poly-bag back into nylon pouch and secure velcro tab.
10. Re-attach side velcro tabs on extension pouch to velcro on side of ankle ice bag.
11. Attach nylon pouch with filled poly-bags to the inside of Ankle Wrap. Be sure to use a thin cloth barrier between the skin and the ice pack.



For questions about this product, call **800.994.0464**