Large Wrap



Product Guide



Always keep straps attached to the cover when not in use like shown



Place the gel packs inside the casing (Microwave 30+ seconds or freeze 2+ hours)



Press firmly to distribute the gel evenly



HIP Lay the wrap against the hip (Strapping should still be attached)



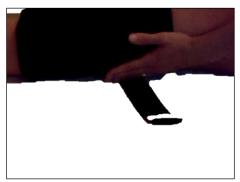
Secure the top strap



Secure the bottom strap and Wear 10-20 minutes



Knee/Leg Lay wrap open on a flat surface and center the leg on wrap



Apply straps



Wear 10-20 minutes



BACK Position in center of back and apply top strap first



Next apply the bottom strap

For More information visit www.lifeandlimbgel.com



Wear 10-20 minutes