

Small Wrap Product Guide



Always keep straps attached to the cover when not in use



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



Press firmly to distribute the gel evenly



WRIST loosely attach strapping and lay on a sturdy surface



Slide arm into device positioning thumb between strapping.



Tighten strap above thumb. Tighten strap below thumb.



Can be used right or left hand. Wear 10-20 minutes



ANKLE Apply strapping loosely then tighten. Wear 10-20 minutes



ELBOW loosely attach strapping and lay on sturdy surface.



Gently slide arm into device.



Tighten strapping one strap at a time above and below elbow crease



Wear 10-20 minutes

For More information visit www.lifeandlimbgel.com