

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



Wear 10-20 minutes

For More information visit
www.lifeandlimbgel.com