

# Long Wrap



# Product Guide



To prevent snagging of the hook and loop, keep strapping attached to cover when not in use



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



Press firmly to distribute gel evenly



Ankle application



Hip Application



Back Application  
Wear 10 – 20 minutes



Knee Application

For more information visit:  
[www.lifeandlimbgel.com](http://www.lifeandlimbgel.com)