

# Medium Wrap Product Guide



Always keep straps attached to the cover when not in use



Place the gel pack into casing (freeze for cold or heat 30+ seconds)



Press firmly to distribute the gel evenly



Elbow Application



Arm application



Knee application

Wear 10- 20 minutes

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