

# Shoulder Wrap Product Guide



Always keep straps attached to the cover when not in use



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



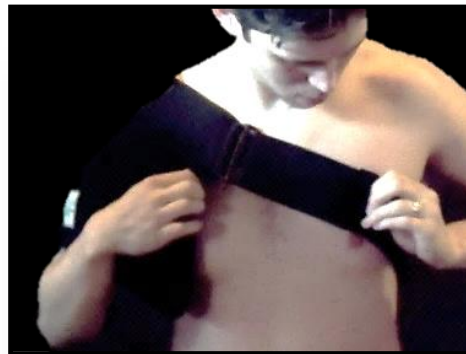
Press firmly to distribute the gel  
evenly



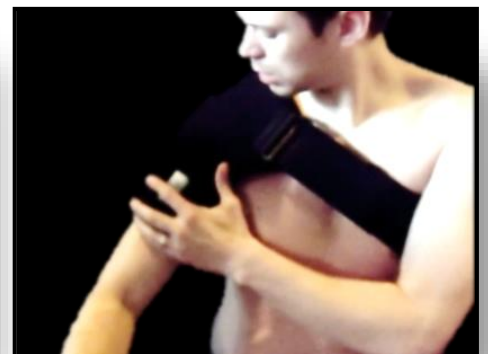
Adjust the back strapping first.



(Back strap adjustment)



Lay on midline of shoulder and apply  
the chest strap



Secure underarm strap



Wear 10 – 20 minutes

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