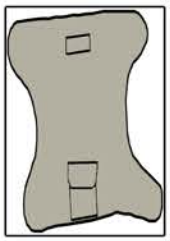


8-In-1 Portable Heat Therapy Wrap Wearing Instructions

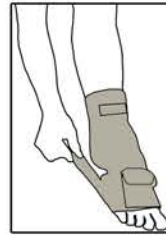
+ ANKLE WRAP



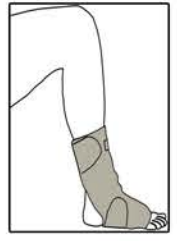
The ankle wrap does not require the extension straps.



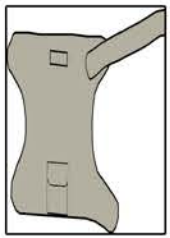
Place the wrap, logo facing away from skin, around the front of your shin/ankle. Attach the top strap around your calf.



Run the bottom strap underneath your foot and close the velcro over the wrap on top of your foot.



+ THIGH WRAP



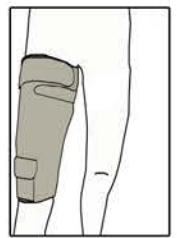
The thigh wrap requires one extension strap on the top.



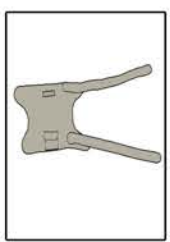
Place the wrap, logo facing away from skin, around your thigh. Attach the lower straps behind your knee.



Run the extension strap around the back of your leg and attach the velcro to the front of your thigh.



+ LOWER BACK WRAP



The lower back wrap requires both extension straps to be connected as shown.



Place the wrap, logo facing away from skin onto your lower back. Attach the strap underneath your arms and secure to the side of the wrap.

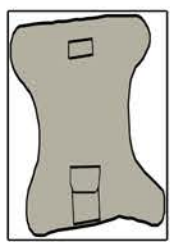


Run the other strap around your waist and attach to the side of the wrap.

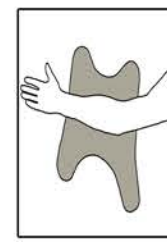
This wrap can also be used on the front to relieve pain from menstrual cramps.



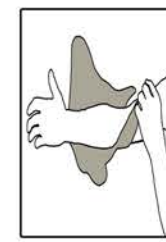
+ ELBOW WRAP



The elbow wrap does not require either of the extension straps to be connected.



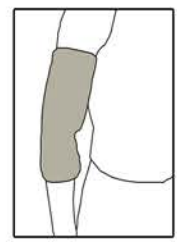
Place your elbow onto the wrap with the logo facing away from the skin.



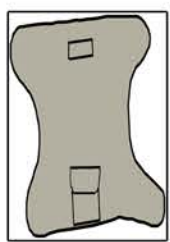
Attach the first strap across your bicep.

Repeat by attaching the other strap.

Adjust as needed for desired fit.



+ KNEE WRAP

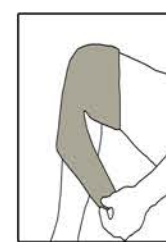


The knee wrap does not require either of the extension straps to be connected.



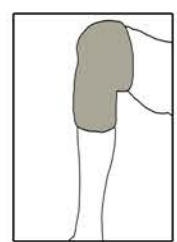
Place the wrap on your knee with the logo facing away from your skin.

Run the upper strap behind your thigh and attach to the side of the wrap.

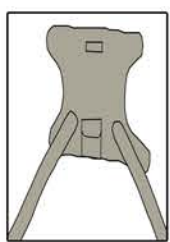


Repeat with the lower strap.

You may use this wrap on either knee. To do so, repeat the same directions of your other knee.



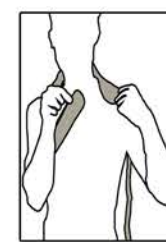
+ NECK WRAP



The neck wrap requires both extension straps to be connected as shown.

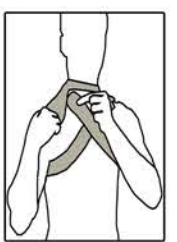


Place the wrap around the back of your neck and shoulders with the logo facing out.



Bring the right strap underneath your armpit, across your chest and secure the velcro over the wrap.

Then repeat with the other strap.

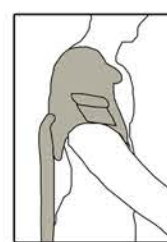


Readjust the straps for your desired fit.

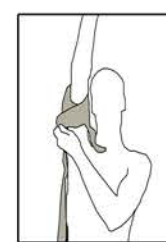
+ SHOULDER WRAP



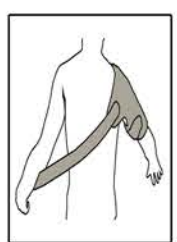
The shoulder wrap requires one extension strap to be connected as shown.



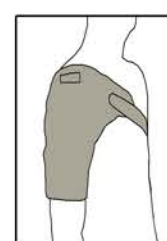
Place the wrap on your shoulder with the logo facing out.



Connect the short strap underneath your arm and secure the velcro to the wrap.



Bring the longer extension strap behind your back, underneath your armpit, then attach the velcro across your chest to the wrap.



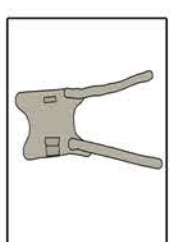
This wrap can be used on either shoulder. To do so, begin by placing the extension strap on the other side of the wrap.



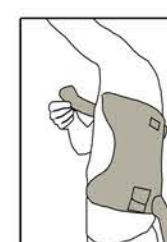
Repeat the same step with the lower strap and attach the velcro to the back of the wrap.



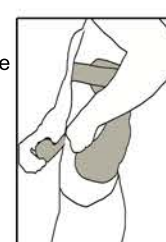
+ UPPER BACK WRAP



The upper back wrap requires both of the straps to be connected as shown.



Place the wrap onto your back and run the top strap underneath your armpits and across your chest.



Repeat the same step with the lower strap and attach the velcro to the back of the wrap.

