

ICE DOWN

Instructions for use Continued on back page



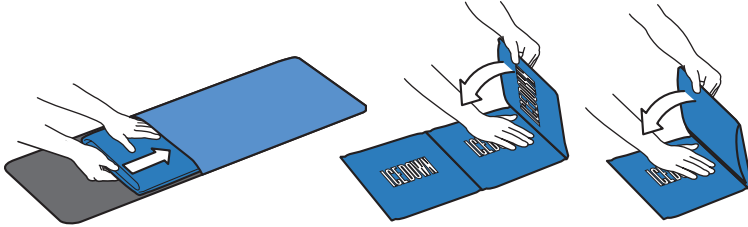
Read **SAFE USE OF I.C.E. DOWN** section on back page!

We strongly recommend that you read all of the information on the front and back pages prior to using I.C.E. DOWN!

GENERAL INSTRUCTIONS

1. Remove the I.C.E. DOWN cold therapy wrap and cold pack from the box. Remove the cold pack from the insulated neoprene wrap. Place the cold pack in the freezer for a minimum of four hours the first time. Thereafter, only one hour is required.
2. Remove the cold pack from the freezer. If the cold pack is slightly stiff, allow it to sit for a few minutes until it becomes pliable.
3. Insert the cold pack into the pocket of the insulated neoprene wrap. Place the neoprene wrap on a table and smooth it out until the cold pack lies flat with an even thickness inside the pocket.
4. Leave the I.C.E. DOWN cold therapy pack in place for the length of treatment prescribed by your medical practitioner, elevating the treated area above the heart as much as possible. When finished, unwrap the neoprene, remove the cold pack and return it to the freezer until its next use.

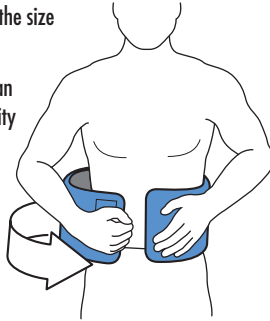
BACK WRAP INSTRUCTIONS Item 1210 – 1003 – 1004 – 1005



The I.C.E. DOWN cold pack is conveniently designed so that it can be folded into two or one pocket configuration in order to localize (reduce the size of) the area being treated.

The I.C.E. DOWN cold pack is a double-walled construction, with an inner bag in each pocket. This increases the strength and durability and prolongs the life of the cold pack.

To apply the back wrap, hold the bottom end of the pocket against the stomach and wrap the neoprene around the waist engaging the last velcro hook on the tail so it fits snugly. It can be adjusted to the individual by sliding it to one side in order to center the cold pack on the area being treated.



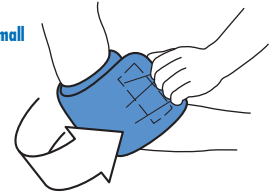
KNEE INSTRUCTIONS Item 1002 – 1003 – 1005



Place the center of the nylon pocket containing the cold pack directly over the area being treated. With one hand, hold the bottom of the pocket against the area being treated and with the other hand, wrap the neoprene firmly around until the first velcro hook fastener engages. Then place one hand on top of the velcro hook fastener and with the other hand grasp the remaining tail of the neoprene wrap. Stretching the tail of the wrap as much as possible, wrap it firmly around until the second velcro hook fastener engages. Wrap snugly but not too tight, adjust for comfort.

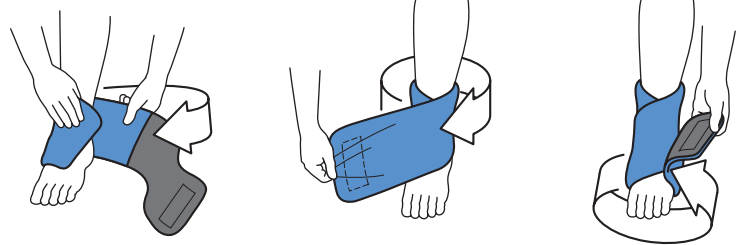
ELBOW INSTRUCTIONS Item 1001 – Small

It is best to request assistance from someone when wrapping this area.



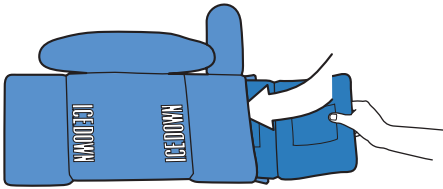
ANKLE INSTRUCTIONS Item 1001 – Small

Place the center of the nylon pocket containing the cold pack against the ankle and criss-cross the neoprene over the top of the foot. Then bring the remaining tail firmly under the foot and up over the foot and around the ankle in a figure "8" motion.



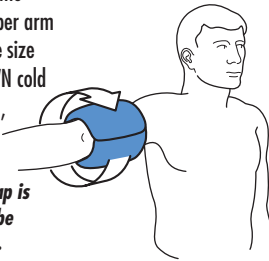
SHOULDER WRAP INSTRUCTIONS Item 1008 – 1009

1 Remove a cold pack from the freezer and place it in the shoulder wrap.

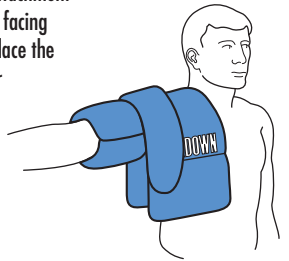


2 For coverage of the biceps, wrap the upper arm with the appropriate size standard I.C.E. DOWN cold therapy wrap (small, medium or large).

NOTE: The arm wrap is optional and must be ordered separately.



3 With the arm attachment flap turned up and facing toward the neck, place the shoulder wrap over the collar bone so that equal lengths hang over the front and back.

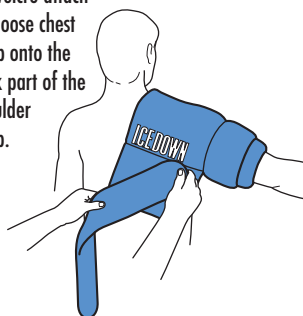


4 Wrap the arm attachment flap around the arm wrap and velcro attach.

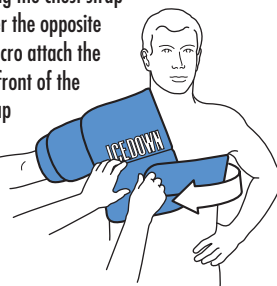
NOTE: If no arm wrap is used, then wrap the flap around the arm snugly and velcro close.



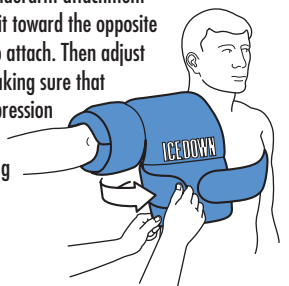
5 Velcro attach the loose chest strap onto the back part of the shoulder wrap.



6 Then bring the chest strap around under the opposite arm and velcro attach the strap to the front of the shoulder wrap making sure it is firm and snug.



7 Take the underarm attachment strap and pull it toward the opposite side and velcro attach. Then adjust for comfort making sure that sufficient compression is maintained to keep swelling to a minimum.



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SAFE USE OF I.C.E. DOWN

Benefits of Cold Therapy

Cold therapy is the most widely used therapeutic treatment for acute and chronic musculoskeletal injuries and pain management. The primary benefit of cold application is decreased metabolism but because of decreased metabolism cold application during rehabilitation should be combined with physical therapy.

Safe application of I.C.E. DOWN

The physiological response to I.C.E. DOWN, when applied to a localized area on the body, is an endorphin release, vasoconstriction and then vasodilation. In order to produce this beneficial response, commonly called a "physiological pump", and since cold therapy functions by extracting heat from the body on a localized area, the application time must be sufficient to reach the deep tissue and sustain it for a required period of time.

To prevent cold related injuries when using I.C.E. DOWN two steps must be taken. The first step is to **use a protective barrier between the skin and the cold pack**. The barrier needs to be thick enough to protect the skin while allowing the cold to extract heat from the area of application. Suggested barriers are a terry cloth hand towel, an athletic sock, jeans, a wool shirt or a sweater. The second step is the time duration of application. The I.C.E. DOWN cold packs should be **applied no longer than 10 minutes maximum**. The standard time should be between 8 to 10 minutes depending on your physiology. The frequency of use for I.C.E. DOWN applications should be no more than 1 1/2 to 2 hour intervals. We recommend you consult your care giver regarding the frequency and duration of I.C.E. DOWN applications. In all circumstances be sure to use a protective barrier on the skin.

It is very important to control the risk of cold injury, especially for individuals with poor to moderate circulation and those with flaccid skin conditions, by more frequently monitoring and checking the skin.

Injuries

Cold therapy if applied for too long a time or improperly or where contraindicated may cause injury. Injuries due to misuse of cold therapy can range from a mild skin damage or tenderness of the skin, to more severe skin damage like a sunburn and even frostbite and possible nerve damage.

Contraindications for the use of cold therapy

Follow these precautions to protect yourself from cold induced injury. Individuals with certain medical conditions may be at extreme risk for cold injury and should not use or be treated with cold therapy, including those with:

- History of cold injury, frostbite or adverse reactions to the application of cold therapy
- Local tissue infection
- Application areas with wound healing problems including those due to multiple surgical procedures
- Diabetes
- Circulatory syndromes including:
 - Raynaud's disease
 - Buerger's disease
 - Peripheral vascular disease
 - Sickle cell anemia
 - Hypercoagulable clotting disorders

Individuals with risk factors must use special care when applying cold therapy. Various risk factors may predispose individuals to cold injury including the following:

- Hyper sensitivity to cold
- Behaviors that effect circulation
 - Smoking and tobacco use
 - Excessive caffeine use
 - Excessive alcohol or drug use
- Excessive moisture at the application site due to
 - Excessive bleeding
 - Excessive Sweating
 - Young children and the elderly

A common sense approach must be used when applying cold therapy and if in doubt, don't use it. If you have any questions or would like more information please contact us by phone at (866) 791-2503 or email to contact@icedown.com.

CLEANING INSTRUCTIONS

The neoprene wrap is fully washable. However it must be air dried; do not place it in a dryer. The cold pack may be cleaned with alcohol or mild soap and water. The contents of cold pack are non-toxic and non-staining, however if the cold pack is punctured it is best to discard it.