

Instructions

Style 1: Therma-Sleeve Original:

1. Microwave for 30 seconds to 1 minute.
2. Check temperature. If too hot, shake out gently or let sit for 1 minute on a cool surface. If too cold, put back in microwave for 30 seconds and repeat until desired temperature is reached.
3. Loosen draw strings by pulling from the center of the sleeve gently until the gap is wide enough to fit the arm.
4. Slide the arm through until the Therma-Sleeve is laying on the desired area.
5. Pull the draw string tight from the end of the sleeve closest to the shoulder.
6. Feed the string back through the lace loops created when tightening 1 or 2 times.



Style 2: Therma-Sleeve Arm/Leg Heat Wrap (Firm Pressure): Provides targeted relief for arms and legs.



1. Microwave for 30 seconds to 1 minute. For those with sensitive skin, we recommend starting with 30 seconds to test as each microwave will behave differently.
2. Check temperature. If too hot, shake out gently or let sit for 1 minute on a cool surface. If too cold, put back in microwave for 30 seconds and repeat until desired temperature is reached.
3. Depending on the size desired, loop the Velcro through the loops via one of the three options below and secure the Velcro. Keep it a bit loose to allow for arm to slide in or do one of the below patterns while sleeve is touching leg.
4. Tighten Velcro until Therma-Sleeve feels secure on the desired area. You should be able to walk around and bend joints without any significant shifting of the sleeve.

Option 1

Velcro is looped through loop directly across. This will allow for largest size.



Option 2

Velcro is looped one below/one above. This will create a pattern of 2 Xs. One on the top of the sleeve and one on the bottom.



Option 3

Velcro is looped two below/two above. This will create the tightest fit to support smaller frames. The pattern will look like 2 overlapping Xs.



Therma-Sleeve Arm/Leg Heat Wrap (Light Pressure): Provides heat across areas on arms and legs

1. Microwave for 30 seconds to 1.5 minute. For those with sensitive skin, we recommend starting with 30 seconds to test as each microwave will behave differently.
2. Check temperature. If too hot, shake out gently or let sit for 1 minute on a cool surface. If too cold, put back in microwave for 30 seconds and repeat until desired temperature is reached.
3. Depending on the size desired, wrap the Velcro straps around the sleeve and desired part of body multiple times until the sleeve feels secure. While it is secure, you should be able to walk around and bend joints without any significant shifting of the sleeve.

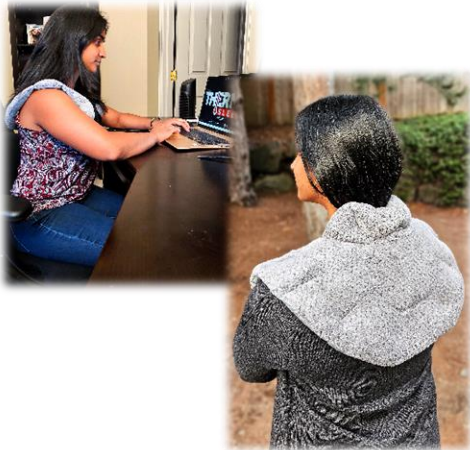


Therma-Sleeve Neck, Shoulder, and Back/Stomach Heat Wrap:

1. Microwave for 30 seconds to 1.5 minute. For those with sensitive skin, we recommend starting with 30 seconds to test as each microwave will behave differently.
2. Check temperature. If too hot, shake out gently or let sit for 1 minute on a cool surface. If too cold, put back in microwave for 30 seconds and repeat until desired temperature is reached.
3. Depending on desired location for the heat wrap, follow the below instructions.

Shoulder

Place on shoulder with the side with Velcro facing forward. Make sure the sleeve is laying evenly on the body and then secure with Velcro. If needed to be tighter, we recommend using a slip knot with Velcro before attaching.



Back/Stomach

Place sleeve around desired area of back with Velcro strap facing forward. Pull Velcro strap and secure through connecting the Velcro strap ends together. (For Stomach, follow the instructions above and then rotate around hips until on the desired area of stomach)

