

# GR8FUL®

## User Guide

### ICE PACK

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#### PUT YOUR ICE PACK IN THE FREEZER

In order to get the maximum benefit from our gr8ful ice pack, it is important to place the ice pack in the freezer for at least 2 hour prior to use. The ice pack can be left in the freezer for longer periods of time for immediate use.

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#### WRAP THE ICE PACK AROUND YOUR INJURY

Get your gr8ful ice pack out of the freezer and test on your skin, then place over your injury using the velcro band to hold it in place. Use the Ice pack for up to 20 mins on your injury. You can re-apply after 2 hours. During treatment keep checking your skin.



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#### CAN I HEAT MY ICE PACK?

Your gr8ful ice pack can double up as a warm wrap.

##### Heating Instructions:

To heat up, place the gel pack in a microwave for 20 seconds and then check - if it requires more heat, follow up with 10 second bursts until warm to touch! Test on skin prior to use.

- Do not heat from frozen & monitor the gel pack whilst heating - If you observe swelling of the pack turn off the microwave immediately and wait for swelling to subside
- Do not sit, lean against or lie on the gel pack as breakage/leakage may occur

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#### WHICH PARTS OF THE FOOT CAN I USE MY ICE PACK?



You can use the ice pack for:

Ankle pain, Achilles Tendonitis, Plantar Fasciitis, Heel Burtis, Metatarsal injury.



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#### TREATMENT OF OTHER INJURIES



Our gr8ful ice compress is also great for:

- Tennis elbow
- Carpal tunnel
- sprained wrist



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#### CLEANING YOUR ICE PACK

If your gr8ful ice pack becomes soiled, wipe clean with a damp cloth. Do not submerge the ice pack in water.



[www.gr8ful.co.uk](http://www.gr8ful.co.uk)

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