



## **Cryotherapy Knee: Directions for Use**

- \* Place blue knee wrap w/gel packs in freezer for a minimum of 2 hours before use.
- \* Remove blue knee wrap and gel packs from freezer.
- \* If gel packs are not already installed in wrap, do so by detaching velcro straps, laying flat and installing gel into pockets.
- \* With the opening facing up, place the center of the wrap over the knee cap.
- \* Wrap the latex free straps around the leg and make contact.
- \* Apply only mild compression.
- \* If there is no barrier between skin and wrap, do not use more than 20 minutes at a time.
- \* Read carefully the instructions printed on the gel bag and follow.
- \* If icing over a post-op dressing, leave wrap on for up to 1 to 2 hours, or as directed by your medical practitioner.
- \* For continuous icing, keep extra gel in freezer and rotate when necessary.

If you have any questions, please call toll free (800) 833-3605.

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