

# Relief Pak® cold packs and covers

Style (pack size)	blue vinyl	black urethane	terry cover*
<b>standard</b> - 11x14" / 28x36cm	11-1000	11-1250	11-1010
<b>neck</b> - 6x23" / 15x58cm	11-1001	11-1251	11-1011
<b>oversize</b> - 11x21" / 28x53cm	11-1002	11-1252	11-1012
<b>half size</b> - 7x11" / 18x28cm	11-1003	11-1253	11-1013
<b>quartersize</b> - 5½x7" / 14x18cm	11-1004		
<b>slim</b> - 3x11" / 8x28cm	11-1005		11-1014
<b>circular</b> - 10" / 25cm diameter	11-1007	11-1257	11-1009

\*terry covers are slightly larger than pack size



standard



neck (cervical)



oversize



halfsize



quartersize



slim



circular



oversize cold pack shown in use



Manufactured by:  
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# INSTRUCTIONS



## **COLD PACKS and COVERS**

- cold pack is a simple and effective method of applying cold therapy to a localized area
- pack maintains cold for up to 30 minutes
- remain pliable and soft even below freezing (to 12°F / -11°C)
- available in standard blue vinyl and extra heavy-duty black urethane; black urethane packs can withstand heavy use
- apply pack with a Relief Pak® cover or towel to reduce cold
- when treatment is complete pack can be stored in plastic bag in freezer
- cold therapy can soothe discomfort from injury, sprains and strains, muscle soreness, bruises, swelling, and tension headaches

### **Instructions for Use**

#### **Chill Cold Pack**

1. Place flat in chilling unit or freezer; do not chill below 0°F (-17°C).

#### **Application**

1. Place a ReliefPak® cover or hand towel between skin and cold pack; apply to area being treated.
2. Treat for up to 30 minutes.

#### **Care for Cold Pack**

1. Wipe all moisture from cold pack before returning it to freezer.
2. It is best to store cold pack in freezer flat, not folded.
3. Cold packs are most serviceable when kept at 12°F (-11°C).
4. Store cold pack in freezer when not in use.



#### **Precautions**

1. DO NOT sit, lie or apply excessive pressure on cold pack.
2. Monitor cold pack application to insure skin is not being irritated by cold.
3. DO NOT chill below 0°F (-17°C).
4. DO NOT attempt to use the cold pack as a hot pack; DO NOT heat in hot water; DO NOT put cold pack in microwave; the cold pack is ONLY for cold therapy.
5. Limit treatment time to 30 minutes per application.