

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.

Relief Pak® Cold Packs and Covers

Style (pack size)	blue vinyl	terry cover*
standard - 11x14" / 28x36cm	AL-63301	AL-63841
neck - 6x23" / 15x58cm	AL-63302	AL-63842
oversize - 11x21" / 28x53cm	AL-63303	AL-63843
half size - 7x11" / 18x28cm	AL-63304	AL-63844
quartersize - 5½x7" / 14x18cm	AL-63305	AL-63845
slim - 3x11" / 8x28cm	AL-63306	
circular - 10" / 25cm diameter	AL-63307	

*terry covers are slightly larger than pack size

