

vive®

# ICE PACK SHOULDER COMPRESSION BRACE

Owner's Manual - SUP1075GRY



[vivehealth.com](http://vivehealth.com)

## WHAT'S INCLUDED

- Shoulder brace with inflatable bladder
- Removable Artic Flex gel pack
- Hand pump with release valve and removable strap

## COOL WITH FREEZER

1. Place gel pack flat in freezer for at least 2 hours.
2. Attach the gel pack to the shoulder brace and apply to affected area.

**Note:** Never apply cold therapy longer than 15-20 minutes at a time.

## HEAT WITH MICROWAVE

**Note:** Gel pack must be at room temperature before heating in microwave.

1. Place the gel pack flat in the microwave with gel side facing up, fold in half if necessary.
2. Heat at full power for 2 minutes. If folded in half, heat on one side for 1 minute, then flip the gel pack over and heat the other side for 1 minute.

**NOTE:** The gel pack will stay warm for about 15 to 20 minutes.

3. Carefully check the gel pack for any sign of possible rupture or leakage.
4. To reheat, place gel pack back in microwave for 10-second intervals until desired temperature is reached.

5. Attach the gel pack to the shoulder brace and apply to the affected area. Do not apply hot therapy for more than 15 to 20 minutes at a time.

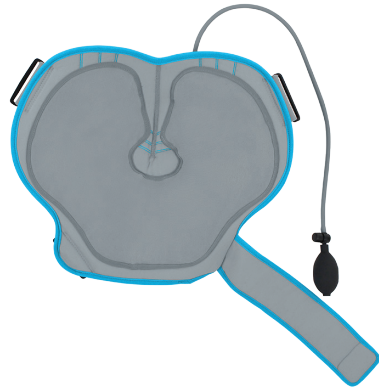
**WARNING!** Do NOT use boiling water to heat gel pack.

## INSTRUCTIONS

\*Assistance may be required

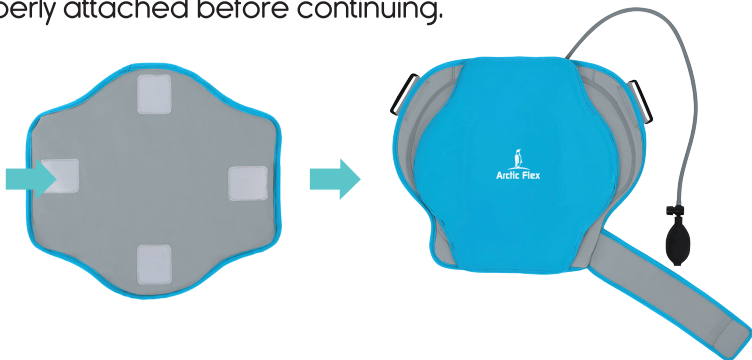


1. Lay the shoulder brace flat with the inside facing up, remove the adjustable straps.



2. Attach the gel pack to the inside of the shoulder brace by using the fasteners located on the back of the gel pack.

Use the logo as a reference to ensure the gel pack is positioned correctly, the logo should be upright. Ensure the gel pack is properly attached before continuing.



- Secure the lower bicep strap to the fabric making it loose enough to fit your arm through.



- Attach the chest strap through the upper d-rings. Make sure the curved side is facing downwards.



5. Secure the chest strap to the fabric making it loose enough to fit over your head.



**Note:** Ensure the air valve is set to "Open" before putting on the brace.



6. Put your arm through the lower bicep strap, position the gel pack on your shoulder.



7. Take the chest strap and loop over your head and arm. Secure straps as necessary.

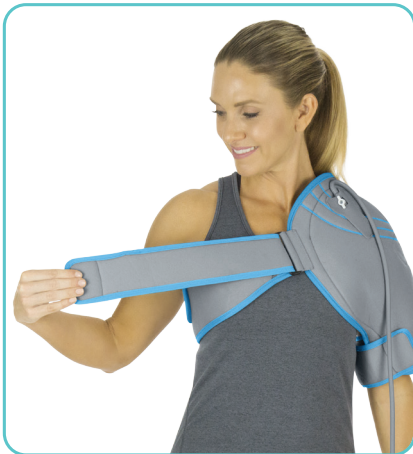
Step 1



Step 2



Step 3



Step 4



8. Once fully adjusted, squeeze the hand pump to inflate the inner bladder to your desired compression.



9. Release compression by pressing the release valve on the hand pump.



**Note:** The air valve can be switched to “closed” and the pump hose may be removed for convenience.

Open



Close



## CARE INSTRUCTIONS

- Spot clean the brace with a damp cloth and air dry
- Wipe down the gel pack with dry cloth

## WARNINGS

- Do not machine wash the brace.
- Do not use boiling water to heat the gel pack.
- Do not apply hot or cold therapy for more than 15 to 20 minutes at a time.



## QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



[service@vivehealth.com](mailto:service@vivehealth.com)



1-800-487-3808



[vivehealth.com](http://vivehealth.com)