

BATTLE CREEK[®] **Equipment**

Enhancing Comfort ▪ Enhancing Treatment ▪ Enhancing Lives™



Cold Therapy Systems and Refill Packs



Thank you for purchasing Battle Creek® ice it!® Cold Therapy products. We recommend that you store ice it!® packs in your freezer, to be ready to use at a moment's notice!

Application: Simply remove the ice it!® pack from the freezer and insert it into a fabric pouch in the machine-washable Therapy System.

Position as needed over painful area and attach the adjustable, detachable strap to hold the ice it!® pack snugly in place. The cold pack stays in position, providing cold therapy to your injury, while allowing you to move around comfortably. The soft gel of the ice it!® pack remains pliable and molds to the contours of your body for maximum therapeutic benefit.

Application of cold packs should not exceed 20 minutes at a time. Allow 20 minutes between applications. We recommend elevating swollen areas when applying cold therapy, and using cold packs during the first 48 hours after an injury to reduce pain and swelling.

Caution: Persons with circulatory problems should consult their physician before using any cold pack. Limit applications to 10-minute intervals to avoid skin damage. If pain and swelling persist, consult your physician.

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