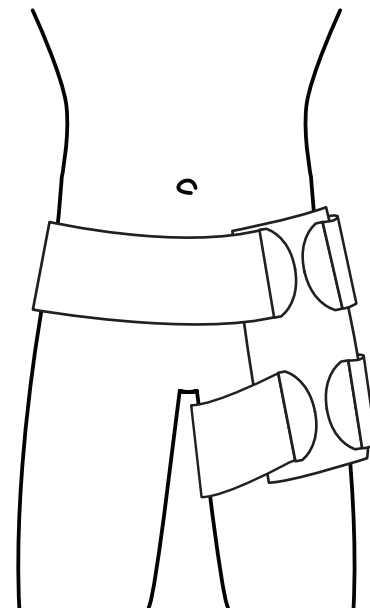
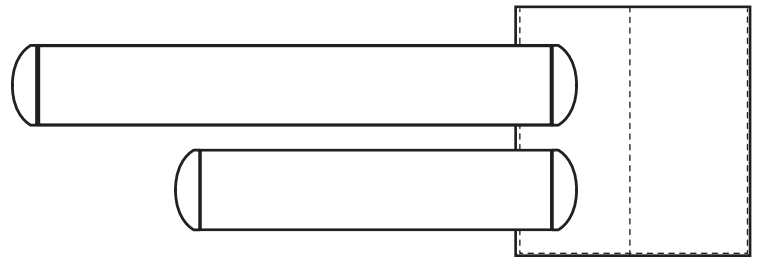
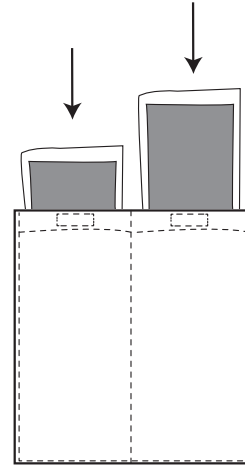


# Polar Care Gel Wrap Hip

## APPLICATION INSTRUCTIONS

1. Remove wrap and insert gel packs into pockets.  
*Note: Place gel packs into freezer until frozen*
2. Place wrap over affected hip.
3. Attach with tab and secure shorter strap around the thigh to hold in place.
4. Attach with tab and secure longer strap around the waist.
5. Adjust straps accordingly for comfort.
6. Never apply a frozen or heated pack directly onto the skin.
7. Always follow your physician's or healthcare provider's specific cold therapy treatment.



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