CP-4001 Small Support Roll

***CAUTION: DO NOT OVERHEAT!!** Due to the nature of the gel, it may only feel warm to the touch, but if the support roll has been overheated, too much heat may be transferred to the body and can cause burns.

The ideal hot/cold therapy.
The **Elasto-Gel™** Therapy Products are designed to provide **moist heat** therapy or **soothing cold** therapy for relief of minor muscular and joint aches and pains. The hot or cold therapy will last 20 to 40 minutes per application. The product is microwavable so it can provide nearly continuous heat therapy. When used cold, the product conforms to contours, even at -20°F (-30°C), allowing comfortable soothing cold applications.

A specially formulated gel:
This product is made with **Elasto-Gel™**, a patented* gel with exceptional properties for transferring heat or soothing cold. If punctured, it will not leak and will remain usable. The unique combination of specially selected fabric and tough flexible gel provides an exceptional durable product for use in hospitals, rehabilitation centers, athletic facilities and the home.

DIRECTIONS FOR USE

1. **COLD THERAPY:**
Store the support roll in the freezer for a minimum of two (2) hours. It may be left in the freezer indefinitely until ready to use. It will remain flexible even at -20°F. Remove the support roll prior to defrosting the freezer. **Note: Always store product in a plastic bag while in freezer.**

2. **HEAT THERAPY:**
The most convenient method of heating the support roll is in a **microwave oven**. Suggested heating times: **600-700 watt microwave**: 45-60 Seconds per side, **1100 watt:** 45 Seconds per side. **Note: all microwaves vary in heating and may have "hot spots". Be cautious when heating.**

Wait one minute (60 seconds) before use. The support roll should feel **WARM** to the touch, **NOT HOT.** Hold the support roll firmly against the skin for 30 seconds **before re-heating***. If the support roll is not warm enough, heat in 20 second increments and rotate the product each time.

The support roll can also be heated in a **conventional oven** at 250°F for 15-20 minutes. Place support roll on cookie sheet or baking dish in the center of the oven. Do not allow the cover to touch the heating element. Rotate the support roll after 6 minutes.

3. **DO NOT GET THE PRODUCTS WET:**
The gel will absorb water and swell. If the product becomes damp, lay it on a flat surface and allow it to fully air dry before continuing use. Do not use wet towels under the gel.

4. **CLEANING INSTRUCTIONS:**
Remove the outside cover and hand wash in cold water and mild soap. Hang up to dry. Wipe the white inner cover with a damp (not wet) cloth using mild soap or disinfectant. Allow the product to fully air dry before continuing to use.

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