

Reusable
COLD
Pack



Freeze it

- Store in freezer for 1.5 hours before use



Wrap it

- Wrap or cover pack with protective material



Apply it

- Apply to injured area



Time it

- Alternating application 15 minutes on, 15 minutes off

Mueller
SPORT CARE®

WARNING: DO NOT APPLY DIRECTLY TO THE SKIN!

HOT



Boil it

- Bring 3 quarts water to boil and remove from heat
- Place pack in water for not more than 5 minutes
- Knead pack to distribute heat

or



Microwave it

- Microwave Pack on high (100% Power) for 20 seconds
- Knead pack to distribute heat
- Microwave Pack for additional 20 seconds
- Allow pack to stand for 20 seconds before removing from oven
- Knead pack to distribute heat



Wrap it

- Wrap or cover pack with protective material



Apply it

- Apply to injured area



Time it

- Alternating application 15 minutes on, 15 minutes off

WARNING: DO NOT APPLY DIRECTLY TO THE SKIN!