INSTRUCTIONS FOR USE

1. Remove optional gel pack and place in freezer for a minimum of 1 hour.  
   NOTE: Each time the gel wrap thaws, refreeze for 1 hour.

2. Remove gel from freezer, re-attach gel pack on the inside of the wrap.

3. Make sure to keep a protective thin cloth barrier between the skin and gel pack. Place the hip wrap around the hip where needed. Secure the long strap around the waist and the shorter strap around the thigh.

4. Connect the hose to a port on the PowerPlay pump. Press the Power button to turn on the unit.

5. Press the Pressure Set button associated with that port until the desired pressure (50 mmHg, 55 mmHg, 60 mmHg, 65 mmHg, 70 mmHg) appears on the display.  
   NOTE: The hip wrap is not intended to be used with more than 50 mmHG. Pressure cannot be altered during an inflation cycle.

For questions about this product, call 855-PWR-PLAY (855-797-7529)