PowerPlay® Cold & Compression Back Wrap
INSTRUCTIONS FOR USE
PRODUCT #: **PPBB-SP**

1. Remove optional gel pack from inside of wrap and place in freezer for a minimum of 1 hour. Then remove gel from freezer and re-attach to the inside of the wrap. Make sure to keep a protective thin cloth barrier between the skin and gel pack. *NOTE: Each time the gel pack thaws, refreeze for 1 hour.*

2. Hold the wrap around waist, centering the back panel over spine. Make sure the tubing is coming out of the top of the wrap and outside of the belted area. (See back side for sizing instructions.)

3. Wrap the left side of belt to the front, positioning the front panel center on abdomen. Then wrap the right side on top of the left panel to close and fasten in front.

4. Pull the lanyard pulley out and away from the back panel to desired compression and support. Fasten the pulley securely on Velcro band. Adjust tension for sitting or standing, experimenting to meet your needs. (See back side for lanyard pulley shortening instructions.)

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

6. Press the Set Pressure button associated with that port until the desired pressure appears on the display. *NOTE: Pressure cannot be altered during an inflation cycle.*

1

Removable Gel Pack

2

Protective Barrier

3

4

Lanyard Pulley

5

Power

Port

6

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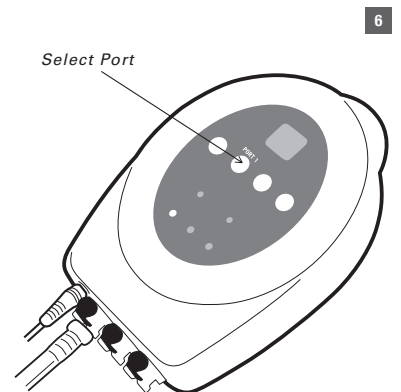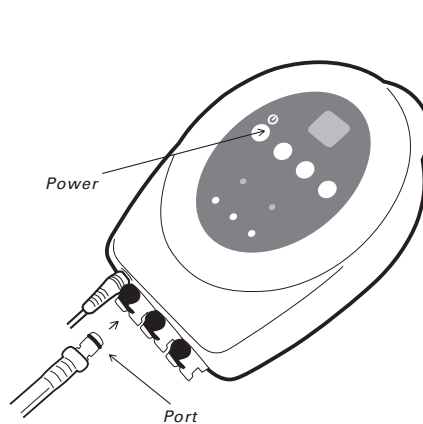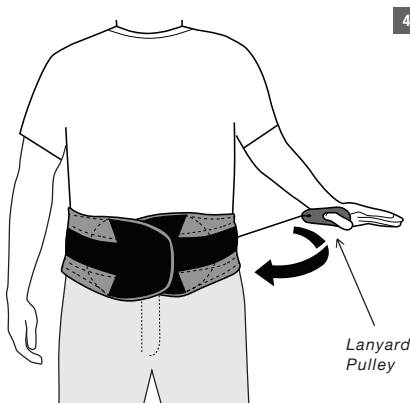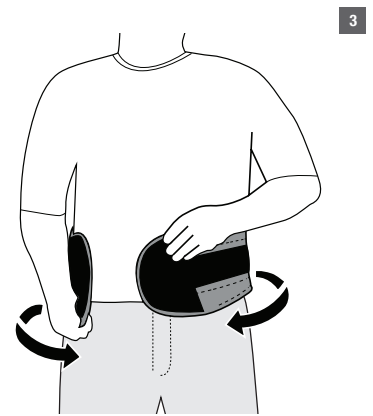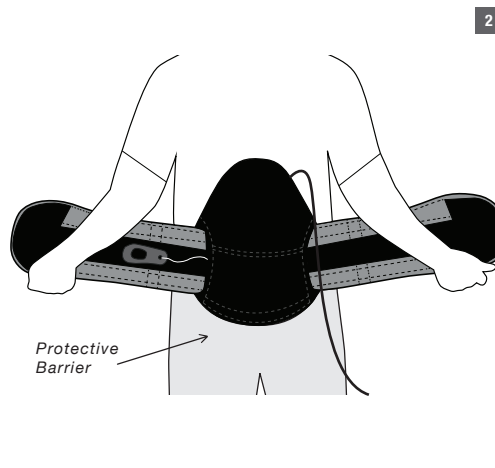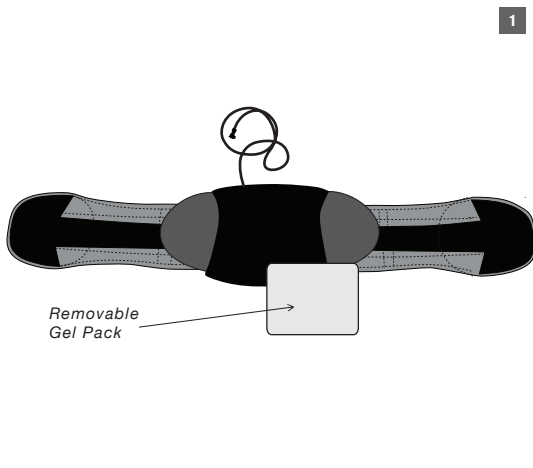
For questions about this product, call **855-PWR-PLAY** (855-797-7529)

WWW.POWERPLAY.US
V2 12.18.15

/// POWERPLAY®

"OPTION" SIZING INSTRUCTIONS

Waist Circumference

S	25-30 Inches	63-73	Centimeters
M	30-35 Inches	76-89	Centimeters
L	35-40 Inches	89-102	Centimeters
XL	45-50 Inches	102-115	Centimeters
2XL	50-55 Inches	115-128	Centimeters

S M L XL 2XL

2XL XL L M S
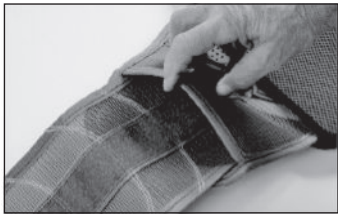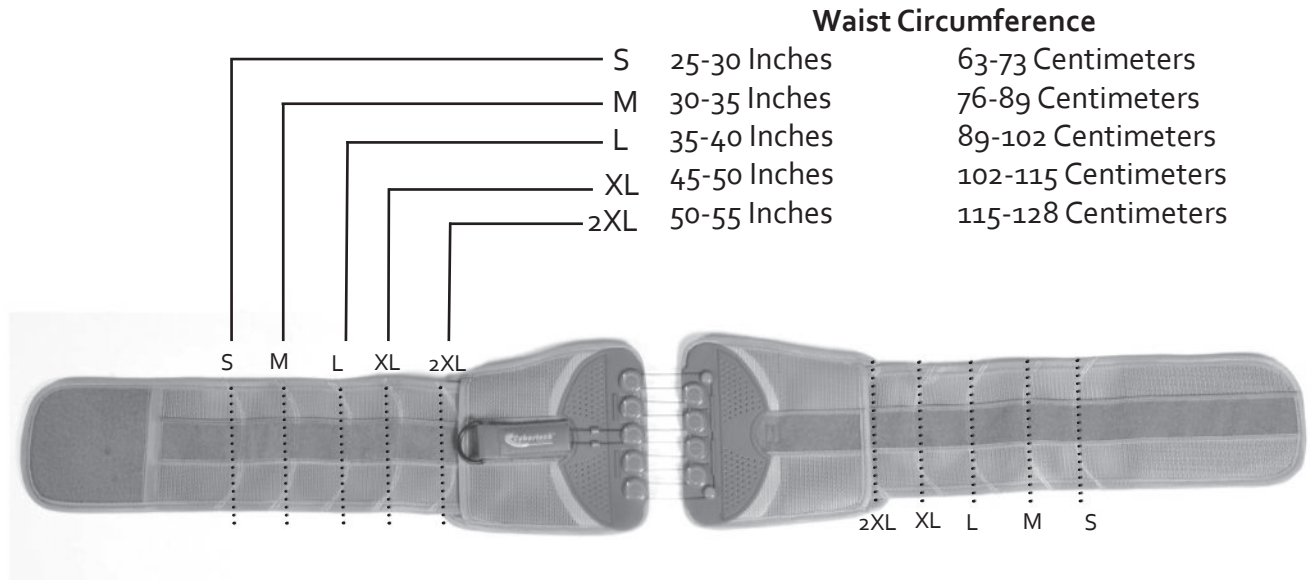
Adjust:
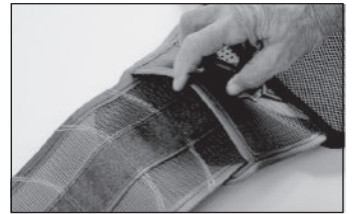Open adjustment pocket and remove lateral extensions in or out to appropriate size.

Size 1:
Cut to the desirable lengeth with scissors (check for sizing chart for proper size before cutting)

Size 2:
The lateral extensions may be folded if adjustments are minimal.

Secure:
Re-open adjustment pocket and slide extensoins into place, press the Velcro down to secure.

To Shorten Lanyard Line Length:
1. Raise lanyard tab and pull plastic tab out of pocket.
2. Wind line around plastic tab at cutout areas.
4. Re-adjust as necessary.