

# TM-7001 Therapy Mitt

**\*CAUTION: DO NOT OVERHEAT!!** Due to the nature of the gel, it may only feel warm to the touch, but if the mitt 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 held in place with hook and loop type closures, which allow the user to move about during therapy. 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 mitt 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 mitt 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 mitt is in a **microwave oven**. **Tuck the thumb and wrist into the body of the mitt before heating to avoid a hot spot.** Suggested heating times: **600-700 watt microwave:** 30-45 Seconds per side. **1100 watt:** 30 Seconds per side. **Note: all microwaves vary in heating and may have “hot spots”. Be cautious when heating.**

After heated, wait one minute (60 seconds) before applying to body. The mitt should feel **WARM** to the touch, **NOT HOT**. Hold the mitt firmly against the skin for 30 seconds **before re-heating\***. If the wrap is not warm enough, heat in 15 second increments and rotate the product each time.

The mitt can also be heated in a **conventional oven** at 250°F for 10-15 minutes. Place mitt on cookie sheet or baking dish in the center of the oven. Flip the wrap after 6 minutes for even heating.

### 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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