



# North Coast™ Hot/Cold Therapy Wraps

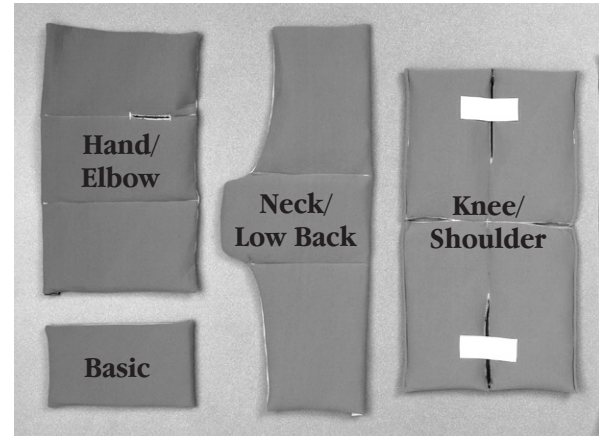
These versatile wraps can be used for hot or cold therapy. The white mesh side provides maximal heat/cold application, and the gray fuzzy side offers more protected, insulated treatment. Fasten the strap by hooking the ends to the gray fuzzy side of the wraps. Gel packs can be removed through the folded end of the wrap. Economy Hot/Cold packs (NC70519) fit very snugly into wrap pockets to encourage continuous gel coverage.

## Indications

Use to provide therapeutic relief to painful or swollen areas via hot or cold treatment. Ideal for the treatment of acute or chronic conditions due to muscle spasms, strains, sprains, tendinitis, or post surgical repair/injuries.

## Contraindications

Even though the surface of the wrap may feel warm or cool, the temperature can become intense after application and can cause burns. Always touch test the wrap before using. Use extreme care and check the area during application. Do not use on areas of poor circulation or diminished sensation. Do not use wraps while wet. Consult a medical professional in the presence of a diabetic condition, or if experiencing severe acute or persistent chronic pain.



## Instructions For Use

Below are examples of ways to secure the wrap. Other methods are possible with practice and creativity.

**GRAY FUZZY SIDE OUT**  
(MAXIMAL HEAT/COLD APPLICATION)

**WHITE MESH SIDE OUT**  
(LESS INTENSE, MORE INSULATED TREATMENT)

### 1. BASIC WRAP (NC70573) – includes one 24" (61 cm) elastic strap.

A) Lay wrap over the area and secure it with the elastic strap in a figure 8 or a spiral manner.



B) Using the elastic strap, hook the end to the exposed gray underside of the wrap, bring strap through space between the thumb and index finger, cross the palm or wrist, and wrap in a spiral manner down arm. Attach the hook end to the edge of the wrap.



### 2. HAND/ELBOW WRAP (NC70574) – includes one 24" (61 cm) elastic strap and three 4" hook pieces.

A pack can be removed to decrease bulk and weight if needed, especially for hand treatment. The unfilled wrap section can be used as another protective layer over the skin. Use all 3 packs for elbow treatment.

A) Using the three 4" hook pieces, wrap area and secure along the overlapping edges of the wrap.



B) Using a 4" hook piece, fasten the folded gray edge of the wrap together. Hook the elastic strap to the opposite end of the wrap onto the gray material inside. Then bring the strap around the arm in a spiral manner and twist the strap so the hook end can be fastened to the exposed gray edge of the wrap.



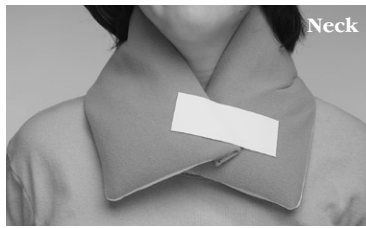
## North Coast™ Hot/Cold Therapy Wraps

### GRAY FUZZY SIDE OUT (MAXIMAL HEAT/COLD APPLICATION)

### WHITE MESH SIDE OUT (LESS INTENSE, MORE INSULATED TREATMENT)

#### 3. NECK/LOW BACK (NC70575) – includes one 24" (61 cm) elastic strap and one 4" (10 cm) hook piece.

A) Place the wrap over the area and secure ends with a 4" (10 cm) hook piece at the neck. Use caution if lying on top of the wrap.



B) Place the wrap over the area. Use caution if lying on top of the wrap. Best if used in a resting, prone position for more even gel treatment coverage. If upright, use the elastic strap like a belt, and hook it to the folded gray edge of the wrap. Bring strap around waist and hook the other end to the wrap along this folded edge.



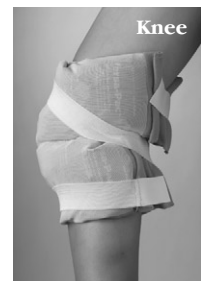
#### 4. KNEE/SHOULDER WRAP (NC70576) – includes one 30" (76 cm) elastic strap, two 4" (10 cm) hook pieces, two 6" (15 cm) hook pieces and one small gel pack. If direct heat/cold is needed over the shoulder/knee, hook SMALL PACK to the center area on either side of the wrap.

A) Align the center area of the wrap over the shoulder joint with the longer sections going across the upper shoulder/neck. Position wrap so one pack lies over front of the chest and the other lies over the back. Bring the two lower packs



under the arm and fasten with the hook piece. To contour the wrap around the neck and shoulder, overlap the smaller split sections using the 4" (10 cm) hook pieces. Using the elastic strap, secure one end to the wrap in front, bring it around the trunk, under the armpit, and hook the other end of the strap to the pack in the back.

B) Align center area over the knee with the longer sections hanging across the sides of the thigh and calf. To contour the wrap, overlap the small split section above and below the kneecap, and secure using the 4" (10 cm) hook pieces on the gray side of the wrap. Bring the two upper ends of the wrap together behind the thigh and fasten along the gray folded ends using a 6" (39 cm) hook piece. If the wrap edges do not meet, hook them together from the inside gray material (so the hook side is away from the skin). To fasten the lower packs together behind the calf, repeat process. To further secure the wrap, hook the elastic strap to the folded gray section of one of the calf wraps. Wrap the strap in a figure 8 or spiral manner and secure to the back of the thigh on the other folded gray section.



### Instructions For Care

Hand or machine wash the wraps with mild soap, in cool water and air dry for best results. Using heat will cause the wrap to shrink. Remove the gel pack and the straps, and secure all fasteners prior to washing. Replace the gel pack with NC70519 (5" x 10½") or NC70517 (4" x 6½"), if punctured or torn.

Order Information	Overall Size
NC70573 Basic	5" x 10½" (13 x 27 cm)
NC70574 Hand/Elbow	10" x 15" (25 x 38 cm)
NC70575 Neck/Lower Back	10" x 24" (25 x 61 cm)
NC70576 Knee/Shoulder	10" x 20" (25 x 51 cm)
NC70577 Strap Assortment (4)	

Includes the following for additional strapping needs :

- (1) 24" elastic strap (with hook end pieces)
- (1) 10" elastic strap (with hook end pieces)
- (1) 6" elastic strap (with hook end pieces)
- (1) 4" hook piece

To be used under the guidance of a qualified medical professional.



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