

## THANK YOU FOR YOUR PURCHASE OF COPPER FIT

Copper Fit's Rapid Relief Knee features a "one size fits most" wrap that holds a Hot / Cold Gel pack in an interior pouch. Hot / Cold Therapy reduces muscle/joint pain and inflammation. Rapid Relief Wraps are designed to conform to your body, letting you move about freely while administering Hot / Cold Therapy. Read instructions thoroughly before using Copper Fit Rapid Relief Wraps and Hot /Cold Gel packs.

Visit [www.clickit.ca](http://www.clickit.ca) for the full collection

### CAUTION:

Wash product prior to use. Product should be snug, but not so tight that it restricts circulation. Tight fitting garments can cause heat rash or other skin conditions, especially when hot and sweaty. Discontinue use if rash develops. If these symptoms occur, discontinue use and consult a physician. Do not place Rapid Relief Wrap in freezer, microwave or hot water; only gel pack.

### NEOPRENE:

Product contains synthetic rubber Neoprene (polychloroprene). Do not use if you have an allergy to Neoprene.

#### RAPID RELIEF WRAP CARE AND MAINTENANCE:

- HAND WASH IN COLD WATER • AIR DRY • DO NOT BLEACH • DO NOT IRON  
• DO NOT DRY CLEAN • DO NOT TUMBLE DRY

The gel pack should be used in 20 minute intervals. Applying the gel pack for longer than the suggested time is not recommended.

### TO USE COLD:

Place the gel pack flat in the freezer for at least 2 hours prior to use. Moisture in the gel pack will cause frosting. Gel will remain cold even after frost is no longer visible.

### TO USE HEATED:

#### HOT WATER METHOD:

**CAUTION: NEVER TOUCH THE GEL PACK WITH BARE HANDS WHEN SUBMERGING/RETRIEVING FROM HOT WATER.** Use an appropriate tool such as a wooden spoon. Carefully submerge the gel pack into a bowl of hot water for 20-30 seconds. Using the tool, carefully remove the gel pack from the bowl and place onto a towel. If you find the gel pack is not at your desired temperature, carefully submerge the gel pack for an additional 10 seconds at a time until desired temperature is reached.

#### MICROWAVE METHOD:

Wrap your gel pack with a damp cloth or paper towel. Lay flat in the microwave and heat as follows:

Suggested Heating Times	800 Watts	1000 Watts	1200 Watts
	40 Seconds	30 Seconds	20 Seconds

If you find the gel pack is not at the desired temperature, flip over the gel pack and microwave an additional 10 seconds until desired temperature is reached. **DO NOT** exceed 2 (two) 10 second additional cycles. Heating the gel pack beyond the advised time is not recommended. **WARNING!** Gel pack and towel will be hot when removing from the microwave. **WARNING!** At no time should the gel pack be in use if it exceeds 49°C (120°F)

**CAUTION:** This product can cause burns or frostbite. **DO NOT** place gel pack directly on skin. **DO NOT** use on infants, children or those unable to remove the product. Consult a physician prior to use if you have diabetes, poor circulation, rheumatoid arthritis or other chronic conditions. **DO NOT** use if you are pregnant. **DO NOT** use on sensitive skin or insensitive (numb) skin or on an open wound. **DO NOT** wear while sleeping. **DO NOT** swallow gel. **DO NOT** open gel pack and discontinue use if gel pack is punctured, leaking or damaged in any way. **DO NOT** place any heavy objects or extra pressure on top of the gel pack. If irritation or discomfort occurs, remove product immediately. Stop use and consult a physician if pain worsens or persists for more than 3 days. **KEEP OUT OF REACH OF CHILDREN AND PETS**

**CARE:** Gel pack surface can be cleaned with mild soap, detergent or alcohol.

#### LIMITATION OF LIABILITY

Liability limited to the purchase price of this product. Supertek Canada Inc. shall not be liable for any incidental or consequential damages or any implied warranty on this product.

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The Rapid Relief Knee is designed to be worn on the right or left knee.

### HOW TO USE

1. Prepare the Hot / Cold gel pack according to directions printed on the gel pack.
2. Undo all straps on the wrap.
3. Place wrap on a flat surface with inside facing up. (Image A)
4. Insert Hot / Cold gel pack into the interior pouch. (Image A)
5. Secure fasteners together to close interior pouch opening. (Image A)
6. While seated, extend leg & place the wrap onto center of knee. (Image B)
7. Wrap bottom strap around calf and secure strap. (Image C)
8. Wrap top strap around thigh and secure strap. (Image C)
9. Adjust strap for customized fit (Image D)

