



Victory Medical
USA

HOT/COLD PACK

**Available for use with the following braces: VFORCE FLEX • VFORCE FLEX TLSO • V TRANSFORMER*

HOT/COLD THERAPY

If you have chosen to use a hot/cold pack with your brace, insert on back of brace, elastic strap will hold pack in place.



HOT OR COLD?

Cold therapy is often used immediately following an injury or activity and for at least 48 hours thereafter. Hot therapy is often NOT used for a 48-72 hour time period after injury unless specifically indicated by a health care practitioner and is typically used for longer term, chronic issues. Both hot and cold therapy are typically applied for 15-20 minutes and can be repeated every 1-2 hours. As always, be sure

to consult with your health care specialist regarding your specific injury and the indicated treatment solution.

CAUTION

- Please consult your doctor before use.
- Be sure to read all instructions on pack.
- Before placing pack in microwave or freezer, remove from pouch.
- Velcro hooks on pack could snag clothing.