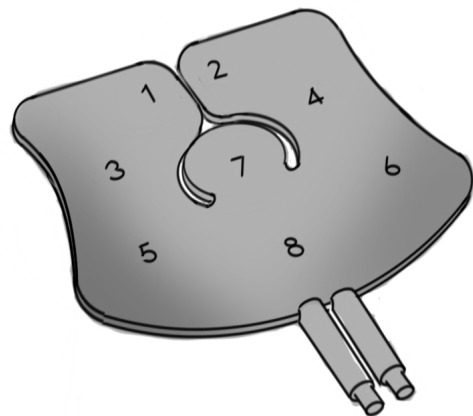


UNIVERSAL WRAP

For Use with

ARTEKSPORT™

INSTRUCTIONS FOR USE



WARNING/CAUTION

- Prolonged exposure to cold has a potential to cause injury to tissue. There is a potential for cold injury even when providing cooling within the prescribed treatment. Please consult your medical practitioner for therapy setting, duration and frequency.
- **Potential for cold injury is greater when applying the wrap to hand/wrist or foot/ankle area. Read these instructions in full prior to use.**
- Never apply the wrap against bare skin. Always use a skin barrier (thin piece of fabric or clothing) between the skin and the wrap. If unusual swelling, irritation, skin discoloration or discomfort occurs, immediately discontinue use and consult your healthcare professional.
- For more information and warnings or cautions, please consult the system User Manual. If the User Manual is not provided, please contact your medical equipment provider.

For more information, visit our site
www.directekusa.com/artek-sport.

Need help applying the therapy wrap?
Use the QR code or visit our site to access
our instructional videos



OPIDATSPTUWR-U_C

ATTENTION

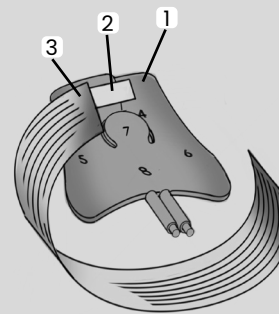
• **INTENDED USE:** Disposable therapy wraps are designed for single patient use with the ARTEK Sport therapy system.

• **WARNING:** DO NOT REUSE OR REPROCESS TO USE ON MORE THAN ONE PATIENT. Per FDA, 21 CFR Part 820, this product has not been validated for reprocessing or reuse.

• **CAUTION:** Do not store wrap in plastic bag after it has been used. Fluid can diffuse from wrap and condense inside plastic bag. This may cause mold to form inside the package.

The **ARTEK Sport therapy system** is supplied with a universal wrap that can be used to treat most major body parts. The wrap system is supplied with the following components:

1. Universal wrap
2. Connection tabs (2)
3. Elastic straps (4)
4. Skin Barrier Material
5. Wrap instructions



Described below are instructions to apply the wrap for each individual body part. The choice of straps for each wrap application will be determined by body type/size. Additionally, 2 straps can be combined to make a larger strap, if needed. See the back page for further details. The application process may be adjusted to fit one's individual needs. Be sure the wrap is never placed directly on the skin, is applied flat and is not pinched where the tube meets the wrap and is never applied too tightly thus restricting blood flow.

BEFORE APPLYING THE WRAP: Using the cooling system, connect the wrap to the device and fill with fluid as described in the cooling system's instructions for use. Once the wrap is full of fluid and air bubbles are removed, stop system and disconnect wrap.

RECOMMENDED STORAGE PROTOCOL

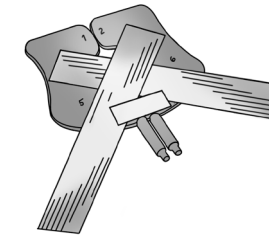
- Store between 50-80°F (ambient).
- Do not store in plastic bag or airtight container.
- Fluid may evaporate in the wrap within 30 days if stored at 80°F or higher.
- Fluid may freeze in the wrap if stored at 32°F or lower and damage the wrap.

CERVICAL

A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

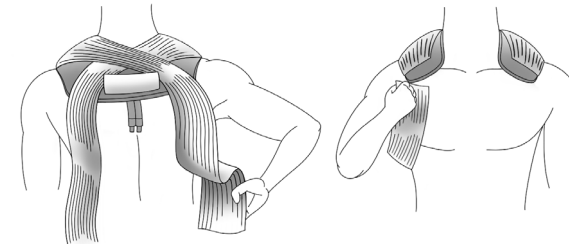
1. Lay wrap, numbers up, on a flat surface. Place 2 medium straps across the wrap by affixing one strap to site 3 (crossing over 6) and another on site 4 (crossing over 5) The straps will intersect over site 7.

2. Place a tab along the base of the wrap so that the tab contacts both straps and the wrap on the area over site 8.

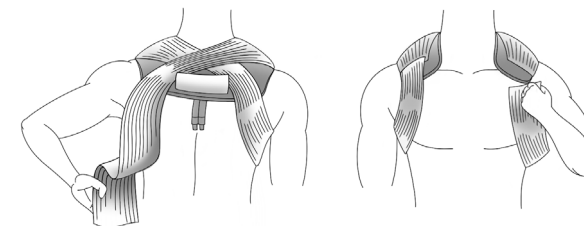


3. Holding the wrap by the top, with the tubes facing down, drape over the shoulders so site 7 is on the back of your neck and sites 1 and 2 lay over the top of the shoulder with the straps hanging down the back. The tubes will hang down your back.

4. Reaching behind you, grab the strap on the right side and attach it to site 2 on your right shoulder (near your collar bone). The strap should be secure but not overly tight.



5. Repeat this process on your left side and connect the strap to site 1. The wrap should be secure but not tight.



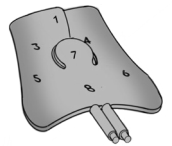
6. A pillow or other cushion can be placed between the back and the tubing if more comfortable leaning back in a chair. When removing the wrap, disconnect only 1 of the 2 sides to make reapplication simpler.

Note: If the tubing is obstructive during sleep, the wrap can be rotated 90 degrees (see steps 2 and 3 above) and straps placed over site 3 (crossing over 5) and 6 (crossing over 3) to create a cross in the middle of the wrap over site 7. Place the connection tab so that it connects the 2 straps to the wrap. Continue application as above.

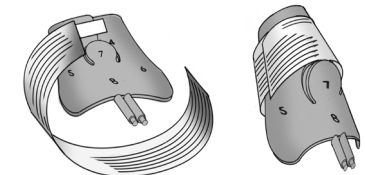
ELBOW/FOREARM

A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

1. Overlap site 1 and 2 to create a rounded shape.



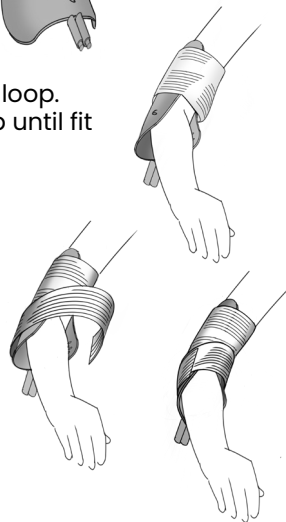
2. Secure overlap with connection tab. To create a loop that will fit securely around your bicep, use a smaller strap and place it on site 3, going across the wrap and loop back over itself.



3. Slide affected arm through loop. Tighten by adjusting the strap until fit is secure but not tight.

4. Using another smaller strap, secure the wrap to forearm by placing the strap on site 8 and loop it back to secure it to the wrap.

5. Adjust any of the straps needed to secure fit.



KNEE

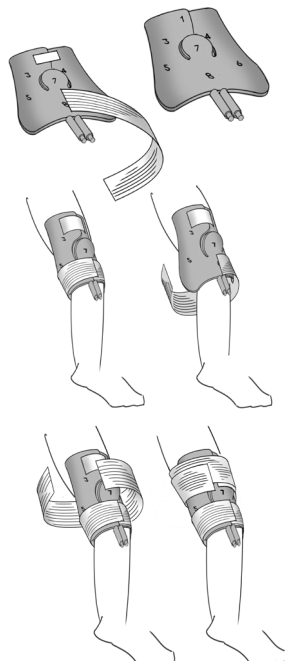
A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

1. Overlap site 1 and site 2 to create a rounded shape.

2. Secure overlap with connection tab. Secure one of the smaller straps to site 8.

3. Lay wrap over the affected knee with the tubing toward the foot with site 7 positioned over the knee cap. Wrap strap around your calf so that the fit is snug but not tight.

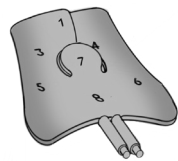
4. Obtain a second strap and place it over site 7 as shown and loop around your thigh. Adjust any of the straps needed to secure fit.



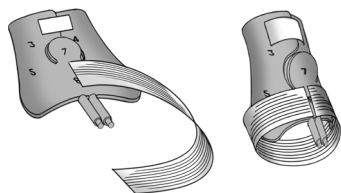
SHOULDER

A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

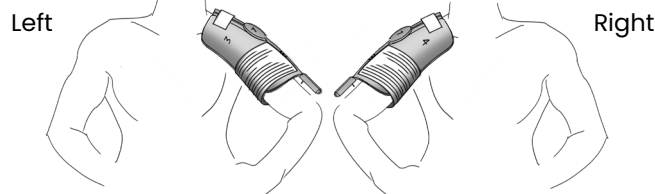
1. Overlap site 1 and site 2 to create a rounded shape.



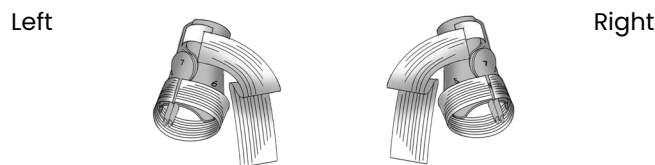
2. Secure overlap with connection tab. To create a loop that fits securely around your bicep, use one of the smaller straps and place one strap on site 8 and loop around to connect back to wrap.



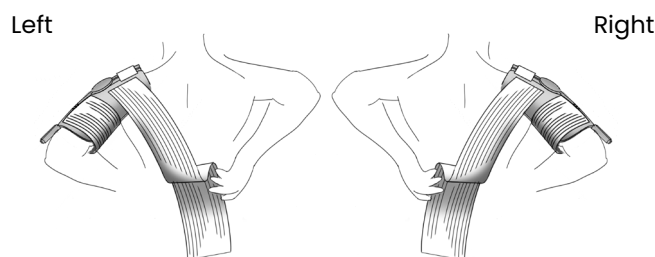
3. Slide arm through loop with cooling side toward shoulder. Tighten by adjusting straps until fit is secure (see Left or Right application).



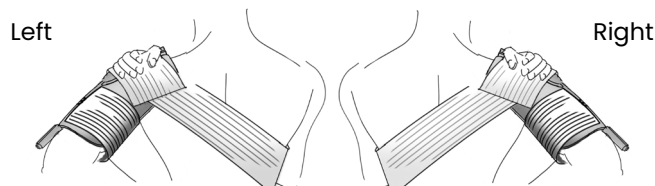
4. Slide wrap off shoulder. Using one of the longer straps, secure one tab to site 4 (Left shoulder) or site 3 (Right shoulder). This will act as a chest strap.



5. Place wrap back on affected shoulder. The longer chest strap should hang down your back. Reaching behind with your non-affected hand, grab the strap.

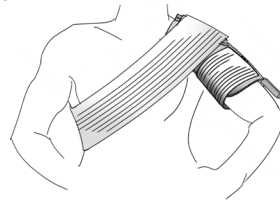


6. Bring the strap under your arm, across your chest, and attach it to the wrap so that it is secure but not overly tight.

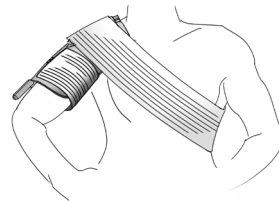


7. Adjust any of the straps needed to secure fit. When placing the straps, be sure that site 7 secure to your shoulder.

Left



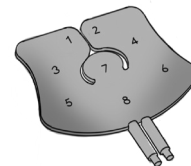
Right



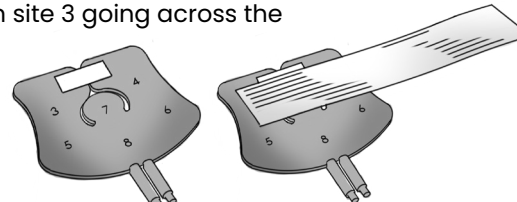
BACK

A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

1. Join site 1 and site 2 so they are touching but not overlapping.

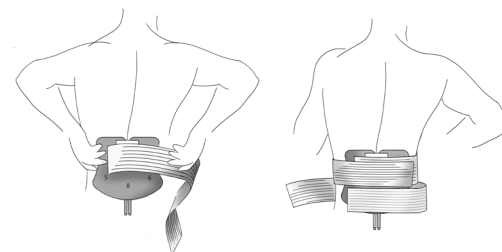


2. Secure joining with connection tab. To create a loop that will fit securely around your waist, place a strap on site 3 going across the wrap.



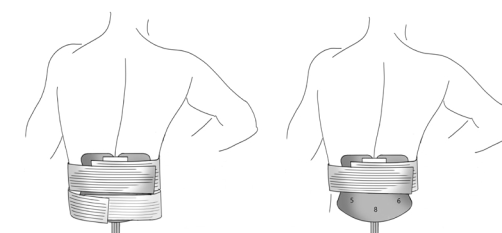
3. Place wrap at the affected area of the back, tubes facing down (image presented demonstrates low back application). Holding with your left hand, reaching around with your right for the strap. If needed for comfort, wrap may be placed with the tubes extended to the side or toward the head.

4. Loop strap around your torso, securing it to the wrap. (Alternatively, a loop can be created with the strap and can be stepped into or pulled over head).



5. Attach the second strap to the lower portion of the wrap and loop around your waist and secure it back to the wrap.

6. Adjust any of the straps needed to secure fit.

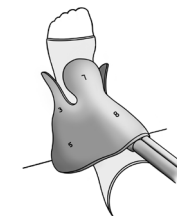


FOOT/ANKLE

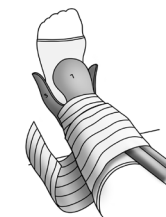
CAUTION

- Extra caution should be taken when applying any cold therapy system to the foot or ankle.
- Lower extremities are at greater risk for cold injury. To prevent injury, care must be taken in wrap application.
- Always use a skin barrier between the wrap and skin. Check this barrier frequently (every couple of hours) to confirm that it is dry. If wet, replace the skin barrier immediately.
- Always keep toes exposed so they can be frequently checked for circulation. If discoloration or numbness is observed in the toes (or other treated area), discontinue use immediately and consult your physician.

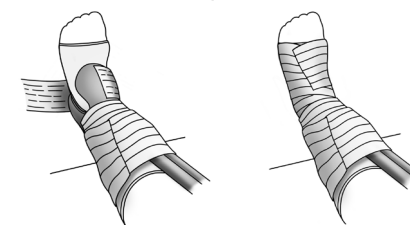
1. Place calf on horizontal surface with lower shin/foot hanging off the edge. Place wrap, numbers side up, on the lower shin with the tubes pointed toward the knee. Position the wrap where 7 is at the midfoot and the ankle joint is between 7 and 8.



2. Using the second to shortest strap, secure the top of the wrap around the lower shin by placing strap over 5 and 6. Make sure the strap secures the tubing in a vertical position (strap is placed over the tube/wrap interface).



3. Wrap the two flaps (1, 3 and 2, 4) around the bottom of the foot and secure with the smallest strap, placed around the ankle/foot.



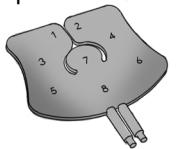
4. Secure wrap around ankle/foot with strap, again making sure that the strap leaves toes visible.

Note: While a wrap placed on the foot/ankle region will adequately cool the whole anatomic area, the wrap can be placed on the back of the calf with site 7 on the heel (with the tubing extending toward the knee) to apply more cooling to the Achilles area. Proceed with application using the steps above.

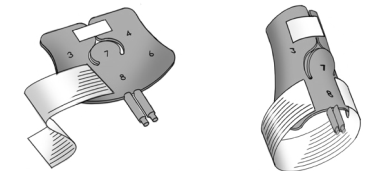
HIP

A skin barrier must ALWAYS be used between the wrap and the skin. No part of the wrap should touch the skin surface.

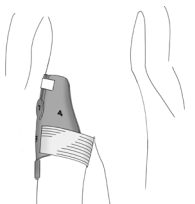
1. Join site 1 and site 2 so they are touching but not overlapping.



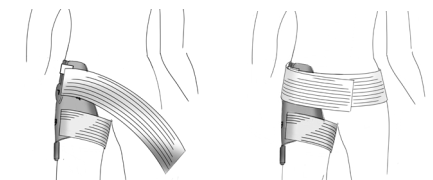
2. Secure joining with connection tab. To create a loop that will fit securely around your thigh, use 1 of the smaller straps and secure to site 5 and loop around to connect back to the wrap.



3. Step into wrap with the corresponding leg to which you intend to apply the hip wrap (images are shown for application to right hip). Place wrap so that the center of the wrap is over your hip and the hoses are facing down. Adjust thigh strap so that it is secure but not tight.



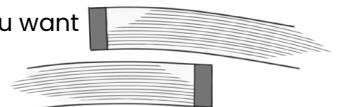
4. Using one of the longer straps, secure strap to either site 4 (Right hip) or site 3 (Left hip). This strap will serve to secure the top of the wrap to your waist.



5. Wrap the strap around your waist and attach it to the wrap or overlap on the strap so that it is secure but not overly tight. When placing the straps, be sure that site 7 is secure to your hip.

CUSTOM STRAP SIZE

1. Choose the 2 straps you want to combine.



2. Place the 2 straps on a table side-by-side with the hook material facing up such that the desired length is achieved.



3. Place one on top of the other so that the hook material of the bottom strap secures to the top strap.



4. Fold over the top strap over itself to hide the hook material.

