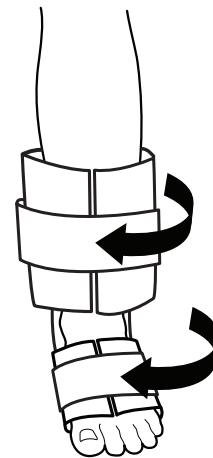
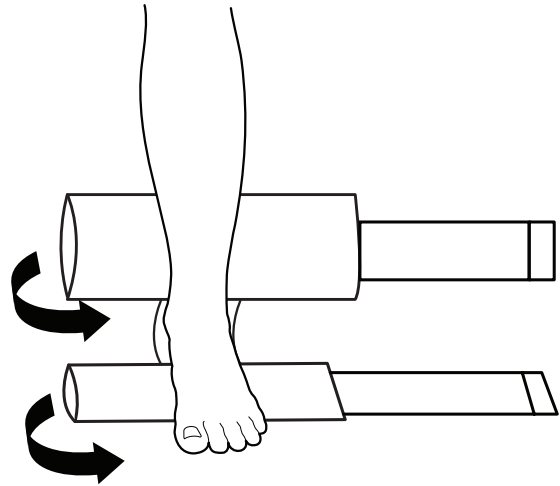
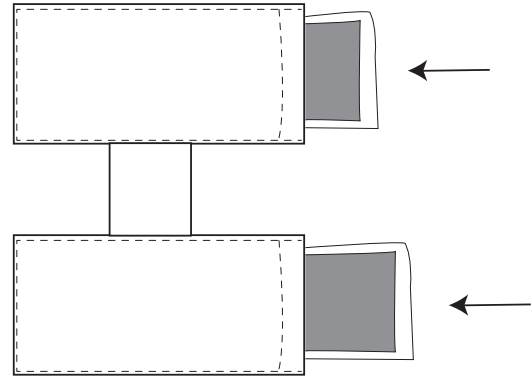


# Polar Care Gel Wrap Ankle

## APPLICATION INSTRUCTIONS

1. Remove wrap and insert gel packs into pockets.  
*Note: Place gel packs into freezer until frozen.*
2. Lay gel wrap flat.
3. Place heel on the elastic strap connecting the two gel packs, with your foot overlapping the gel wrap.
4. Wrap the upper straps around your ankle.
5. Wrap the lower straps around your foot.
6. Never apply a frozen or heated pack directly onto the skin.
7. Always follow your physician's or healthcare provider's specific cold therapy treatment.



**Breg, Inc.**  
2885 Loker Ave. E, Carlsbad, CA 92010 USA  
Toll Free Tel: 1-800-321-0607  
Local: +1-760-795-5440 Fax: +1-760-795-5295  
www.Breg.com  
© 2016 Breg, Inc. All rights reserved.

**M.2615 Rev A 03/16**