

**HOMEDICS**  
THERA:P™

# Hot & Cold Therapy

with the Power of Magnets: Wrist Wrap



INSTRUCTION MANUAL

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MW-WHC-0EU

**2** year  
guarantee

## **Experience Hot & Cold Therapy with the Power of Magnets.**

Thank you for purchasing this HoMedics TheraP product. This product is part of a complete line of advanced at-home systems to promote healing and relieve pain.

This product, like the entire TheraP line, is made with high quality craftsmanship to provide you with years of dependable service. We hope that you will find it to be the finest product of its kind.

### **A Non-Invasive Treatment for Pain**

#### **Hot Therapy:**

- For periodic treatment of aches and pains.

#### **Cold Therapy:**

- For periodic treatment of injuries such as strains, sprains, and bruises.

#### **Magnetic Wave Therapy:**

- Studies have shown that magnets may be an effective therapy for enhancing the relief of pain.

## Magnetic Wave™ Therapy

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### **WARNING**

HoMedics Magnetic Wave™ therapy is a NON-MEDICAL method for the treatment of pain. If you suffer from an injury or an ailment, consult a doctor / GP for medical advice. This product should never be used as a replacement for professional medical treatment.

Some individuals may be sensitive to the neoprene or adhesives used in this product. If soreness or rash occurs discontinue use immediately and consult your doctor / GP. Do not wear while sleeping. If problem persists, consult your doctor / GP.

## SAFETY CAUTIONS

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- If at any time soreness, rash, or an increase in pain occurs, discontinue use and consult your doctor / GP
- Only use this product for its intended purposes as described in the manual.
- Do not use this product over an open wound.
- Do not use this product while using transdermal drug delivery skin patches.
- Individuals using pacemakers or insulin pumps should never use this product.
- Do not use during pregnancy.
- Children should not use or play with this product.
- Do not machine-wash magnets.
- Magnets should be kept at least six inches away from electronic devices, computers, TVs, video equipment and tapes.
- Keep out of direct contact with credit cards and other cards that have a magnetic strip. Should the magnet come in contact with your card, it may demagnetise and render your card invalid.

## HOT & COLD THERAPY

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### WARNING

Heated gel insert may cause serious burns if too hot. Do not use over sensitive skin or where there is poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

## SAFETY CAUTIONS

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- Do not use this product for more than 20 minutes at a time on the affected area.
- If contents of gel insert come in contact with eyes, flush eyes with water. Contact a doctor / GP if irritation persists.
- Never apply gel insert directly to skin. If gel insert is uncomfortable during use, remove it immediately.

- Do not use gel insert with sport creams, balms, liniments or lotions.
- Children should not use or play with gel insert.
- Do not insert gel pack directly into microwave as this may cause damage to the seal.
- This product, while non-toxic, is not intended for ingestion. If contents are swallowed, do not induce vomiting. Consult a doctor / GP.
- Do not use heated gel insert on parts of body where there is swelling, redness or immediately after an injury. Cold therapy is recommended for these conditions.

### Washing

Remove gel insert before washing. Hand wash; line dry.

## INSTRUCTIONS FOR USE

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### Cold Therapy

Place gel insert in freezer for a minimum of 2 hours to achieve optimal temperature and performance. Insert will remain flexible even when frozen. Remove from freezer and insert in pocket of wrist wrap.

### Heat Therapy

#### Stove Top

DO NOT BOIL THE GEL INSERT ON THE STOVE TOP

1. Bring water to a boil and remove from heat.
2. Place gel insert in hot water for 1 minute. Do not boil insert directly.
3. Remove insert using tongs. Use caution as the insert will be very hot.
4. Test temperature of insert by placing it on the underside of your wrist. If insert is too hot, allow it to cool before using. If it is not hot enough, continue heating in 1 minute intervals until desired temperature is reached.
5. Place gel insert in pocket of wrap.

## Microwave

DO NOT PLACE GEL INSERT DIRECTLY IN MICROWAVE.

1. Heat water in microwaveable container on high setting for 3 minutes. This is based on a 600 watt microwave. Use a minimum of 16 ounces of water. Heating times may vary. Follow all precautions and recommendations found in your microwave oven instruction manual with respect to the heating of water. Do not insert gel pack directly into microwave as this may cause damage to the seal. After heating, let water stand in microwave for thirty seconds before moving it or inserting the gel pack.
2. Place gel insert in hot water for 1 minute.
3. Remove insert using tongs. Use caution as the insert will be very hot.
4. Test temperature of insert by placing it on the underside of your wrist. If insert is too hot, allow it to cool before using. If it is not hot enough, continue heating in 1 minute intervals until desired temperature is reached.
5. Place gel insert into pocket of wrap.

## Fitting Instructions

1. Position wrap on wrist as desired. Inside of wrap should face skin.
2. Secure wrap using fastening tab, readjusting until comfortable. Do not secure wrap too tightly, as it may restrict blood circulation.

## PRODUCT FEATURES :

### 8 Powerful Neodymium (Ndfeb) Magnets

Strategically placed to ensure maximum effectiveness.

**Durable, Quality Construction**  
for years of Dependable use.



### Premium Quality Neoprene

Retains natural body heat while helping to compress the injured area.

### Convenient Hook & Loop Closures

For quick and easy fastening.

### Gel Pack



Slips easily into  
wrap pocket

### Comfortable, Lightweight Design

Wear it right under your clothes.

**One Size Fits Most**

**HOMEDICS**<sup>®</sup>  
THERAPY



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