

# Lumbar Wrap

*Soothing relief for lower back pain*

Our Lumbar Wrap provides warm or cold muscle therapy wherever you need it and ties comfortably around the waist, neck or diagonally across the back. It comes with two inserts that slide separately into the soft chenille wrap. The gel-filled insert is cooled in the refrigerator or freezer to reduce inflammation. The rice and flax-filled insert is heated in the microwave to relax tired backs or shoulders.

**Directions for cooling:** Refrigerate the gel insert for 60 minutes for a cool chill. For more intense cold, keep in the freezer for no longer than 24 hours. Once the gel insert is cooled, slide it into the exterior wrap and seal.

**Caution: Do not heat the gel insert.**

**Directions for heating:** Open the wrap and place the rice and flax insert inside and seal. Heat the wrap for 1 to 2 minutes in a microwave on a medium setting. Do not heat more than 2 minutes. If you desire more heat, extend the heating time by 30-second increments.

**Important:** Use caution when applying a heated wrap. People suffering from nerve damage, circulation problems or paralysis should use this product only as directed by a physician.

**Care instructions:** Wash by hand in warm soapy water. Hang dry to prevent shrinkage.

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