

Graham-Field 2072R-1

Lumex Neck and Shoulder Hot/Cold Wrap (Model 2072R-1) Instruction Manual

Model: 2072R-1 | Brand: Graham-Field

1. PRODUCT OVERVIEW

The Lumex Neck and Shoulder Hot/Cold Wrap, Model 2072R-1, is designed to provide targeted hot or cold therapy for relief from muscle stiffness, soreness, strains, inflammation, and headaches. This versatile wrap offers full comfort coverage for the neck and shoulder areas, promoting relaxation and easing tension.



Figure 1: The Lumex Neck and Shoulder Hot/Cold Wrap, shown in its full form, designed to contour around the neck and shoulders for comprehensive coverage.

Key Features:

- **Dual-Purpose Therapy:** Functions as both a hot and cold pack.
- **Targeted Relief:** Specifically designed for the neck and shoulder regions.
- **Microwavable:** Provides moist heat to alleviate aches and tension.
- **Freezable:** Delivers soothing cold relief for inflammation.

- **Washable & Reusable:** Ensures hygiene and longevity.
- **Portable:** Convenient for use at home, in bed, or at a desk.

2. SAFETY INFORMATION

Please read all instructions and safety warnings carefully before using the Lumex Neck and Shoulder Hot/Cold Wrap. Failure to follow these instructions may result in injury or damage to the product.

- **Do Not Overheat:** Excessive heating in a microwave can cause burns or damage the product. Follow recommended heating times strictly.
- **Test Temperature:** Always test the temperature of the wrap on a small area of skin before applying it to the desired area, especially for hot therapy.
- **Avoid Direct Skin Contact (Extreme Temperatures):** For very hot or very cold applications, place a cloth barrier between the wrap and your skin to prevent frostbite or burns.
- **Supervise Children:** Keep out of reach of children and supervise use by individuals who may not be able to remove the wrap themselves.
- **Inspect Before Use:** Before each use, inspect the wrap for any signs of damage, tears, or leaks. Discontinue use if damaged.
- **Not for Internal Use:** The contents of the wrap are not intended for ingestion. If contents are ingested, seek medical attention immediately.
- **Consult a Physician:** If you have any medical conditions, circulatory problems, nerve damage, or are pregnant, consult a physician before using this product.
- **Discontinue Use if Discomfort Occurs:** If you experience any pain, numbness, tingling, or skin irritation, remove the wrap immediately.

3. SETUP AND PREPARATION

3.1. For Hot Therapy:

1. Ensure the wrap is clean and dry.
2. Place the wrap flat in a microwave oven. Do not fold or bunch.
3. Heat on high for an initial period of **45 seconds**.
4. Carefully remove the wrap from the microwave and gently shake to distribute heat evenly.
5. Test the temperature on the back of your hand or forearm. If additional warmth is desired, return to the microwave for increments of **15 seconds**, shaking and testing after each interval, until the desired temperature is reached.
6. **Do not exceed a total heating time of 2 minutes.**

3.2. For Cold Therapy:

1. Place the wrap in a clean, sealed plastic bag to protect it from moisture and odors in the freezer.
2. Place the bagged wrap in the freezer for at least **2 hours** to achieve optimal coldness.
3. Remove from the freezer and plastic bag when ready to use.

4. OPERATING INSTRUCTIONS

Once the Lumex Neck and Shoulder Hot/Cold Wrap has reached the desired temperature (hot or cold), it is ready for application.

1. Carefully position the wrap around your neck and over your shoulders, ensuring comfortable coverage of the

affected area.

2. Adjust the wrap to fit snugly but not too tightly. The wrap is designed to conform to the contours of your body.
3. For prolonged use or sensitive skin, consider placing a thin cloth between the wrap and your skin.
4. Use for periods of **15-20 minutes**, or as recommended by a healthcare professional.
5. Allow your skin to return to its normal temperature before re-applying the wrap.



Figure 2: The Lumex Neck and Shoulder Hot/Cold Wrap shown with a hand for scale, illustrating its approximate size and shape for application.

5. CARE AND MAINTENANCE

Proper care will extend the life of your Lumex Neck and Shoulder Hot/Cold Wrap.

- **Cleaning:** The wrap is washable. Hand wash with mild soap and cold water. Do not machine wash or tumble dry.
- **Drying:** Air dry completely before storing or reheating. Ensure no moisture remains inside the fabric.
- **Storage:** Store in a cool, dry place away from direct sunlight. For cold therapy, it can be stored in the freezer in a sealed plastic bag.
- **Inspection:** Regularly inspect the wrap for any signs of wear, damage, or leakage. Discontinue use if any damage is observed.

6. TROUBLESHOOTING

If you encounter issues with your Lumex Neck and Shoulder Hot/Cold Wrap, refer to the following common solutions:

Problem	Possible Cause	Solution
Wrap is not warm enough after heating.	Insufficient heating time or uneven heat distribution.	Return to microwave for additional 15-second increments, shaking after each. Ensure wrap is flat. Do not exceed 2 minutes total.
Wrap is too hot.	Overheated in microwave.	Allow to cool before use. Always test temperature. Use a cloth barrier if necessary.
Wrap is not cold enough.	Insufficient freezing time.	Ensure wrap is in the freezer for at least 2 hours.

Problem	Possible Cause	Solution
Wrap feels damp after freezing.	Not stored in a sealed bag in the freezer.	Always place in a sealed plastic bag before freezing to prevent moisture absorption.
Wrap shows signs of damage (tears, leaks).	Wear and tear or improper handling.	Discontinue use immediately. Do not attempt to repair.

7. SPECIFICATIONS

- **Model Number:** 2072R-1
- **Product Dimensions (Approximate Wrap Size):** 21 inches x 7 inches
- **Packaged Dimensions:** 7.5 x 4.75 x 3.15 inches
- **Packaged Weight:** 1.7 Pounds
- **Manufacturer:** GF Health Products, Inc.
- **Contents:** Microwavable beads/filling for heat retention.

8. WARRANTY AND SUPPORT



For information regarding warranty coverage or product support, please contact the manufacturer directly.

Manufacturer Contact Information:

GF Health Products, Inc.
Phone: 770-368-4755
Quality is a hallmark of Lumex products, trusted by healthcare professionals and end-users for over 50 years.



Related Documents - 2072R-1

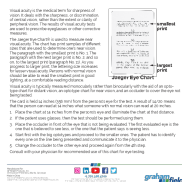
	<p>T.E.N.S. & Muscle Stimulator Electrodes - Directions For Use</p> <p>Comprehensive instructions for applying, removing, caring for, and storing T.E.N.S. and Muscle Stimulator Electrodes from Graham Field. Includes essential information on product features, important usage guidelines, contraindications, precautions, adverse reactions, and warnings.</p>
	<p>Graham Field NEB-U-TYKE PENGUIN Nebulizer Compressor JB0112-062 - Product Information</p> <p>Detailed product information for the Graham Field NEB-U-TYKE PENGUIN Nebulizer Compressor (Model JB0112-062), featuring child-friendly design, key features, package contents, options, and technical specifications.</p>



This instruction manual provides detailed guidance on operating, setting up, maintaining, and troubleshooting the Graham Field 1147 Automatic Wrist Blood Pressure Monitor. Learn about safety guidelines, product specifications, and warranty information.



Comprehensive user manual for the Graham Field JB02020 Fingertip Pulse Oximeter, covering setup, operation, safety guidelines, technical specifications, and warranty information.



Instructions for using the Graham Field Jaeger Eye Chart (Model 1242) to measure near visual acuity. Learn how to properly administer the test and interpret results.



Official instructions for using the Graham Field Blood Pressure Cuff with automatic monitors, along with comprehensive limited warranty details from GF Health Products, Inc.