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North American Health + Wellness JB8623

North American Health + Wellness Therapeutic Shoulder Wrap JB8623 Instruction Manual

Model: JB8623

Introduction

The North American Health + Wellness Therapeutic Shoulder Wrap (Model JB8623) is designed to provide targeted heat or cold therapy to the shoulder area. This wrap features three heat settings with a color indicator for customizable comfort and effective pain relief and muscle recovery.
Please read this manual thoroughly before use to ensure safe and proper operation.

Important Safety Information

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

- Do not use while sleeping.
- Do not use on infants, children, incapacitated individuals, or persons insensitive to heat.
- Consult a physician before use if you have diabetes, circulatory problems, or any other medical condition.
- Do not use if skin is broken, swollen, or inflamed.
- Never pull the wrap by the power cord.
- Always unplug the device when not in use.
- Do not immerse the wrap in water or other liquids.
- Keep out of reach of children.
- Inspect the product before each use for any damage. Discontinue use if damaged.

Package Contents

- 1 x Therapeutic Shoulder Wrap (Model JB8623)
- 1 x USB Power Cable
- 1 x Gel Pack (for cold therapy)



Image: The shoulder wrap, a USB power cable, and a separate gel pack for cold therapy.

Setup

1. **Prepare the Wrap:** Unfold the shoulder wrap. Ensure the fabric is clean and dry before use.
2. **Positioning:** Place the wrap over your shoulder, positioning the heating element or gel pack directly over the desired area.
3. **Secure the Straps:** Adjust the adjustable straps to achieve a comfortable yet snug fit. The straps should hold the wrap firmly in place without restricting circulation.



Image: The therapeutic shoulder wrap laid flat, showing the main body and adjustable straps with buckles and hook-and-loop fasteners.



Image: A close-up view of the hook-and-loop fastener (velcro) on the strap, demonstrating how to secure the wrap.

Operating Instructions

For Heat Therapy:

1. **Connect Power:** Insert the USB power cable into the port on the shoulder wrap. Connect the other end of the USB cable to a compatible power source (e.g., USB wall adapter, power bank, computer USB port).
2. **Power On:** Press and hold the power button on the wrap for approximately 3 seconds to turn it on. The indicator light will illuminate.
3. **Adjust Heat Setting:** Briefly press the power button to cycle through the three heat settings. Each setting is indicated by a different color:
    - **Red Light:** High Heat
    - **Blue Light:** Medium Heat
    - **Green Light:** Low Heat

4. **Duration:** Use for recommended durations, typically 15-20 minutes per session, or as advised by a healthcare professional.
5. **Power Off:** Press and hold the power button for 3 seconds to turn off the device. Unplug the USB cable from the wrap and the power source after use.



Image: A close-up view of the power button (square with power symbol) and the USB charging port on the shoulder wrap, indicating where to connect the power cable and control the device.

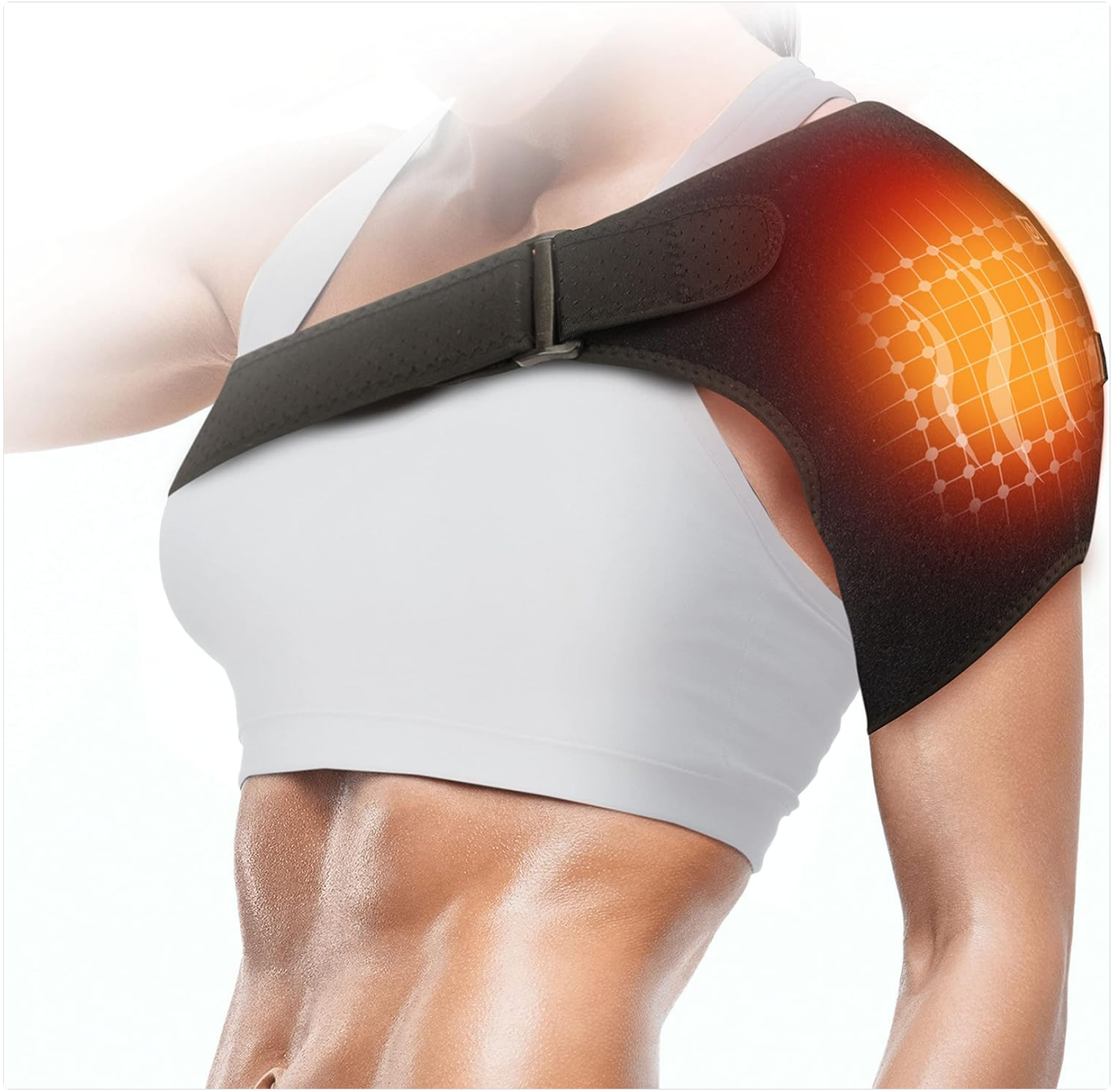


Image: A woman wearing the therapeutic shoulder wrap, with an overlay illustrating the heat penetrating the shoulder area.

For Cold Therapy:

1. **Prepare Gel Pack:** Place the provided gel pack in a freezer for at least 2 hours, or until frozen solid.
2. **Insert Gel Pack:** Locate the pocket on the underside of the shoulder wrap. Carefully insert the frozen gel pack into this pocket.
3. **Apply:** Position the wrap on your shoulder, ensuring the gel pack is over the affected area. Secure the straps for a comfortable fit.
4. **Duration:** Use for recommended durations, typically 15-20 minutes per session, or as advised by a healthcare professional. Do not apply cold therapy for extended periods to avoid frostbite.



Image: The reverse side of the shoulder wrap, showing a mesh pocket where the gel pack can be inserted for cold therapy.

Maintenance and Care

- **Cleaning:** Disconnect the power cable before cleaning. Wipe the surface of the wrap with a damp cloth and mild soap. Do not submerge the wrap in water. Allow to air dry completely before storage or next use.
- **Storage:** Store the wrap in a cool, dry place away from direct sunlight when not in use.
- **Gel Pack Care:** The gel pack can be cleaned with mild soap and water. Ensure it is completely dry before freezing or storing.

Troubleshooting

Problem	Possible Cause	Solution
Wrap does not heat up.	Not properly connected to power. Power source is insufficient. Device is off. Internal fault.	Ensure USB cable is securely connected to both the wrap and the power source. Try a different USB power adapter or power bank. Press and hold the power button for 3 seconds to turn on. If problem persists, contact customer support.

Problem	Possible Cause	Solution
Heat is too low or too high.	Incorrect heat setting selected.	Briefly press the power button to cycle through the heat settings (Red: High, Blue: Medium, Green: Low).
Wrap feels uncomfortable.	Straps are too tight or too loose.	Adjust the adjustable straps to achieve a comfortable and secure fit.

Specifications

- **Model:** JB8623
- **Brand:** North American Health + Wellness
- **Dimensions:** 11.81 x 8.65 x 0.2 inches
- **Item Weight:** 8.32 ounces (236 Grams)
- **Material:** Fabric
- **Color:** Black
- **Heat Settings:** 3 (High, Medium, Low) with color indicator
- **Power Source:** USB (cable included)
- **Therapy Type:** Hot and Cold

Warranty Information

Specific warranty details are not provided in the product information. Please refer to the product packaging or contact the manufacturer directly for warranty terms and conditions.

Customer Support

For further assistance or inquiries regarding your North American Health + Wellness Therapeutic Shoulder Wrap, please contact the manufacturer directly. Contact information may be available on the product packaging or their official website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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