NEWGO HX001

NEWGO Knee Ice Pack Wrap User Manual

Model: HX001

Introduction

Thank you for choosing the NEWGO Knee Ice Pack Wrap. This product is designed to provide effective hot and cold therapy for your knee, calf, or elbow, aiding in pain relief, swelling reduction, and recovery from injuries or surgery. Its 360° full wrap design and adjustable straps ensure a secure and comfortable fit.

Safety Information

- Limit the use of hot or cold therapy to the affected area for no more than 20 minutes at a time.
- Do not apply directly to broken skin.
- If the pack feels too cold or hot, place a thin cloth barrier between the pack and your skin.
- Do not overheat the gel pack in the microwave. Follow heating instructions carefully.
- Discontinue use if any discomfort, skin irritation, or adverse reaction occurs.
- Keep out of reach of children.

Setup and Preparation

For Cold Therapy:

1. Place the gel pack in a freezer for at least 2 hours.
2. The gel remains flexible even when frozen, allowing it to contour to your body.

For Hot Therapy:

1. Ensure the gel pack is at room temperature before heating.
2. Heat the gel pack in a microwave for 40 seconds.
3. If additional heat is needed, heat in 10-second increments, checking the temperature between each interval. Do not overheat.



Figure 1: Preparation steps for hot or cold therapy. Freeze for 2 hours or heat for 40 seconds.

Operating Instructions

Applying the Knee Ice Pack Wrap:

1. Position the gel pack over your knee, ensuring it covers the desired area.
2. Wrap the two long adjustable straps around your leg, securing them with the hook-and-loop fasteners.
3. Secure the Y-shaped strap under the knee, attaching its ends to the long straps for a 360° full wrap and a secure, non-slip fit.
4. Adjust all straps to achieve comfortable compression without restricting circulation.



Figure 2: Advanced Y-Strap Design for Secure Fit. This design helps the wrap stay in place during movement.



Figure 3: Contoured 360° Wrap for Full Side Coverage. The design ensures even pressure and comprehensive relief.



Figure 4: Comprehensive Swelling Relief. The 360° wrap provides cold therapy around the entire knee, beneficial for post-surgery recovery.

Dual-Sided Comfort:

The NEWGO Knee Ice Pack Wrap features two distinct sides for varied therapy intensity:

- **Silky Nylon Side:** Provides deeper cold or heat penetration for more intense therapy.
- **Soft Plush Side:** Gently diffuses cold or heat, ideal for sensitive skin or early post-surgery use, preventing direct skin contact and potential ice burn.



Figure 5: Tough on the Outside, Gentle on the Inside. Illustrates the soft plush lining and durable nylon exterior.

Versatile Application:

Beyond the knee, this wrap can be adapted for other body parts:

- **Calf:** Wrap around the calf for muscle strains or swelling.
- **Elbow:** Secure around the elbow for joint pain or inflammation.



Figure 6: Versatile Use. The wrap can be applied to the knee, calf, and elbow for targeted relief.

Product Video:

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Video 1: NEWGO Ice Pack for Knee Replacement Surgery. This video demonstrates the application and benefits of the ice pack for post-surgical recovery.

Maintenance

- **Cleaning:** Wipe the surface of the gel pack with a damp cloth and mild soap. Do not submerge in water. Air dry completely before storing.
- **Storage:** Store the gel pack in the provided bag or a clean, dry place when not in use. It can be stored in the freezer for ready cold therapy.
- **Durability:** The nylon and plush materials are designed for repeated use. Avoid sharp objects that could puncture the gel pack.

Troubleshooting

- **Pack is too cold/hot:** Use the soft plush side against your skin or place a thin towel between the pack and your skin.
- **Pack does not stay in place:** Ensure all three straps (two long, one Y-shaped) are securely fastened and adjusted for a snug fit. The Y-strap is crucial for stability.
- **Gel is stiff after freezing:** The advanced gel is designed to remain pliable. If it feels too stiff, allow it to sit at room temperature for a few minutes to soften slightly before application.

Specifications

Feature	Detail
Model Number	HX001
Dimensions	21.7" x 9.8" (55cm x 25cm)
Material Type	Nylon and soft plush
Item Form	Gel
Target Use Body Part	Knee, Calf, Elbow
Additional Features	Adjustable, Ergonomic, Flexible, Slip Resistant



Figure 7: Dimensions and Size Guide. Provides measurements and recommended sizing based on knee/thigh circumference and estimated weight.

Warranty and Support

For any questions, concerns, or support regarding your NEWGO Knee Ice Pack Wrap, please contact NEWGO customer service. While specific warranty details are not provided in this manual, NEWGO is committed to customer satisfaction.

Visit the NEWGO Store on Amazon for more information or to contact support.

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