KingPavonini SP-PS

KingPavonini Shoulder Ice Pack Instruction Manual

Model: SP-PS

Brand: KingPavonini

1. Introduction

This manual provides instructions for the KingPavonini Shoulder Ice Pack, Model SP-PS. This reusable gel ice pack is designed for cold therapy to help alleviate pain, reduce swelling, and support recovery from various shoulder conditions, including injuries, post-surgery, tendonitis, and bursitis. Its dual-sided design offers customizable cold intensity for your comfort and therapeutic needs.

2. Important Safety Information

- Do not apply the ice pack directly to broken skin or open wounds.
- Discard the ice pack if it becomes punctured or starts leaking.
- Apply only as directed. Keep out of reach of children.
- The single use time should not exceed 20 minutes every 2 hours to prevent frostbite.
- When using the plush side, it helps to gradually adapt to the cold and prevents condensation and frostbite, eliminating the need for an extra towel.
- The silky nylon side provides stronger coldness for quicker pain relief. Choose the appropriate side based on your comfort and desired intensity.

3. Product Features

- **Widened Coverage:** Measures 15.5 x 12 inches, designed to cover the entire shoulder, biceps, triceps, and arms effectively.
- **Enhanced Gel Filling:** Contains 2.5 lbs of gel, providing up to 30 minutes of consistent cold compression.
- **Hands-Free Application:** Features two elastic, adjustable straps to secure the ice pack in place, allowing for mobility during use.
- **Dual-Sided Therapy:** One side features soft plush fabric for gradual cold adaptation and frostbite prevention,

while the other side is silky nylon for more intense, direct cold therapy.

- **Flexible Design:** Filled with professional-grade gel that remains pliable even when frozen (down to -18°F), conforming to the body's contours without restricting movement.



The KingPavonini Shoulder Ice Pack applied to a user's shoulder, illustrating its wide coverage and effectiveness for up to 30 minutes of cold therapy for various conditions.

4. Setup and Preparation

Freezing Instructions

For optimal cold therapy, place the KingPavonini Shoulder Ice Pack in a freezer for a minimum of 4 hours before its first use.

For best results, freeze for less than 72 hours above 0°F. Do not freeze for extended periods when not in use to prolong the product's life. Gently push the gel to ensure even distribution before freezing.

This video demonstrates the unboxing of the KingPavonini Shoulder Ice Pack, how to prepare it for use by freezing, and the correct method for attaching the straps and wearing the ice pack.

Attaching Straps

1. Insert the chest strap into one of the loops on the ice pack and secure it.
2. Fold the arm strap around the arm section of the ice pack and secure it.
3. Once the ice pack is positioned on your shoulder, insert the chest strap into the remaining loop on the chest side and adjust for a snug fit.
4. Adjust the arm strap to ensure the ice pack is comfortably and securely in place.



Close-up view of the KingPavonini Shoulder Ice Pack highlighting the adjustable straps, reinforced edges, and strong loops for secure and customizable fit.

5. Operating Instructions

How to Use

Choosing the Side: The ice pack features two distinct sides.

- Use the **plush side** directly against the skin for a gentler cold sensation and to gradually adapt to the temperature. This side helps prevent condensation and frostbite.

- Use the **silky nylon side** directly against the skin for a more intense and direct cold therapy effect, providing quicker pain relief.



An illustration detailing the two sides of the KingPavonini Shoulder Ice Pack: the soft plush inner side for gradual cooling and the smooth nylon outer side for intense cold therapy, along with adjustable straps.

Application: Position the frozen ice pack over the affected shoulder area. Use the adjustable straps to secure the pack firmly but comfortably. Ensure the gel is evenly distributed by gently pushing it if needed.

Duration: It is recommended to use the ice pack for approximately 20 minutes, with a break of at least 2 hours between applications. Do not use for too long to avoid frostbite.



A person wearing the KingPavonini Shoulder Ice Pack, demonstrating how it covers the shoulder and upper arm for targeted cold therapy.

6. Maintenance and Care

- **Cleaning:** Wipe the surface of the ice pack with a damp cloth and mild soap if necessary. Do not submerge in water. Allow to air dry completely before storing or refreezing.
- **Storage:** Store the ice pack in the provided zipper bag in the freezer when not in use. For long-term storage, it is recommended not to keep it frozen for more than 72 hours above 0°F to extend its lifespan.
- **Handling:** Avoid sharp objects that could puncture the pack. Do not apply excessive force or twist the pack aggressively.

7. Product Specifications

Feature	Detail
Brand Name	KingPavonini

Feature	Detail
Model Name	Shoulder Ice Pack Rotator Cuff Cold Therapy
Model Number	SP-PS
ASIN	B0BR3RC7X6
UPC	737417037014
Size	Medium Size (15.5 x 12 inches)
Color	Purple
Item Form	Gel
Material Type	Nylon, Plush Fabric
Material Type Free	Lead Free
Gel Filling Weight	2.5 Pounds
Product Benefits	Injury Recovery, Pain Relief, Swelling Reduction
Additional Features	Flexible, Reusable, Dual-Sided (Plush/Nylon)
Age Range Description	Adult
Package Dimensions	7.52 x 6.1 x 3.62 inches
Item Weight	2.82 Pounds
Date First Available	December 26, 2022

8. Warranty and Customer Support

No specific warranty information is provided in the product details. For any questions, concerns, or support regarding your KingPavonini Shoulder Ice Pack, please refer to the contact information provided with your product packaging or visit the official KingPavonini store on Amazon.

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.

Name

Anonymous

Email

you@example.com

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.

Submit question