NEWGO B0CKP3S53J

NEWGO Shoulder Ice Pack Wrap: Instruction Manual for Cold and Hot Therapy

Model: B0CKP3S53J

1. Introduction

This instruction manual provides comprehensive guidance for the safe and effective use of your NEWGO Shoulder Ice Pack Wrap. Designed for both cold and hot therapy, this versatile gel wrap assists in relieving discomfort associated with shoulder injuries, post-surgery recovery, swelling, tendonitis, and general muscle aches. Please read all instructions carefully before use.

2. Safety Information

- Do not apply the ice pack directly to skin for prolonged periods without a barrier, especially when frozen, to prevent frostbite or burns.
- Limit hot or cold therapy to the affected area for no more than 20 minutes at a time. Allow at least 20 minutes between applications.
- Do not overheat the gel pack in the microwave. Follow heating instructions precisely.
- Discontinue use if you experience any discomfort, skin irritation, or adverse reactions.
- Consult a healthcare professional before using this product if you have circulatory problems, diabetes, nerve damage, or any other medical condition.
- Keep out of reach of children.
- Inspect the product for any damage before each use. Do not use if the gel pack is punctured or leaking.

3. Product Features

- **All-In-One Design:** Integrated gel pack and wrap for ease of use.
- **Flexible Fit:** Made with breathable, stretchable fabric and expert-grade solid gel that remains pliable even when frozen, conforming to the shoulder, bicep, and tricep.
- **Hot & Cold Therapy:** Suitable for both cold compression (freezer) and heat therapy (microwave).
- **One-Handed Strap:** Allows for easy application and adjustment, ensuring a secure and comfortable fit.

- **Hands-Free Use:** Stays securely in place, enabling mobility during recovery.

4. Setup and Preparation

4.1 Cold Therapy Preparation

For cold therapy, place the NEWGO Shoulder Ice Pack Wrap in the freezer for at least 2 hours. The gel is designed to remain flexible even when frozen, allowing it to contour to your body.



Image: The NEWGO Shoulder Ice Pack Wrap being placed into a freezer for cold therapy preparation.



Image: Hands demonstrating the flexibility of the NEWGO Shoulder Ice Pack Wrap after it has been frozen.

4.2 Hot Therapy Preparation

For hot therapy, place the NEWGO Shoulder Ice Pack Wrap in a microwave. Heat for 30 seconds. If more heat is desired, heat in additional 10-second intervals, checking the temperature after each interval to avoid overheating. Do not exceed a total heating time of 60 seconds.



Image: The NEWGO Shoulder Ice Pack Wrap being placed into a microwave for hot therapy preparation.

5. Operating Instructions

5.1 Wearing the Shoulder Ice Pack Wrap

1. **Step 1:** Put your arm into the shoulder sleeve of the wrap.
2. **Step 2:** Bring the strap across your chest and over your opposite shoulder.
3. **Step 3:** Adjust the strap for the best comfort and a snug fit around your shoulder. The one-handed strap design allows for easy adjustment.



Image: A three-panel image illustrating the steps to put on the NEWGO Shoulder Ice Pack Wrap: 1) arm in sleeve, 2) strap across chest, 3) strap adjusted for comfort.



Image: A woman wearing the NEWGO Shoulder Ice Pack Wrap while chopping vegetables, demonstrating hands-free use.

5.2 Application Duration

Apply the hot or cold pack to the affected area for a maximum of 20 minutes per session. Wait at least 20 minutes before reapplying. This duration helps prevent skin damage and ensures effective therapy.



Image: A man wearing the NEWGO Shoulder Ice Pack Wrap, indicating 25 minutes of cold therapy for effective pain relief.

6. Maintenance and Care

- **Cleaning:** The wrap can be machine washed. Ensure the gel pack is not punctured before washing.
- **Storage:** Store the wrap in a clean, dry place when not in use. It can be stored in the freezer for convenient cold therapy readiness.
- **Durability:** The product features double-sealed seams to prevent gel leakage and is made of durable, skin-friendly fabric.

7. Troubleshooting

- **Issue:** The pack does not stay cold/hot for long enough.
  Solution: Ensure the pack is frozen for at least 2 hours for cold therapy or heated correctly for hot therapy. The recommended application time is 20 minutes.

- **Issue:** The wrap feels too tight or too loose.
  Solution: Adjust the strap using the premium buckle for a comfortable and snug fit. The universal size with adjustable strap is designed to fit most users.
- **Issue:** Skin irritation occurs.
  Solution: Discontinue use immediately. Ensure a cloth barrier is used between the pack and bare skin if sensitivity occurs. Consult a healthcare professional if irritation persists.

8. Specifications

Feature	Detail
Brand	NEWGO
Model Number	B0CKP3S53J
Specific Uses	Post Shoulder Surgery, Rotator Cuff Injury, Shoulder Pain Relief
Target Body Part	Shoulder
Age Range	Adult
Item Form	Wrap
Special Features	Adjustable, Breathable, Contoured, Lightweight, Soft
Closure Type	Strap
Item Weight	1.03 Kilograms
Item Dimensions	15.7 x 12.6 x 0.2 inches
Product Care	Machine Wash



Image: A diagram illustrating the dimensions of the NEWGO Shoulder Ice Pack Wrap, including strap length and arm circumference.

9. Official Product Video

Your browser does not support the video tag.

Video: An official product video demonstrating the features and usage of the NEWGO Shoulder Ice Pack Wrap, including its flexibility,

hot/cold therapy preparation, and how to wear it.

10. Warranty and Support

For warranty information or product support, please refer to the contact details provided with your purchase or visit the official NEWGO website. Keep your purchase receipt for any warranty claims.

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

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