

Comfytemp B0CYLHCRLP

Comfytemp Shoulder Brace Ice Pack Wrap Instruction Manual

Model: B0CYLHCRLP

INTRODUCTION

The Comfytemp Shoulder Brace Ice Pack Wrap is designed to provide targeted hot and cold therapy for the shoulder and arm area. This reusable gel pack and adjustable brace system offers relief from pain, inflammation, and aids in recovery from various injuries and conditions. It is suitable for conditions such as rotator cuff injuries, bursitis, tendonitis, arthritis, muscle strains, sprains, and post-surgery recovery.

SAFETY INFORMATION

Important: Always read and follow all instructions and warnings before use. Consult a healthcare professional if you have any pre-existing conditions or concerns.

Indications for Use:

- Shoulder Sprains and Strains
- Arthritis
- Bursitis
- Fracture
- Stiffness
- Muscle Spasms
- Frozen Shoulder
- Shoulder Dislocation
- Shoulder Rotator Cuff Tears
- Tendonitis
- Shoulder Replacement Surgery
- Posture and Sleeping Pains
- Common Aches and Pains

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for physical therapy and pain relief, not as a medical device for diagnosis or treatment.

PACKAGE CONTENTS

- 1 x Comfytemp Shoulder Brace
- 1 x Comfytemp Gel Ice Pack (Reusable)

SETUP AND APPLICATION

The Comfytemp Shoulder Brace is designed for easy, independent application. Follow these steps for optimal use:

1. Prepare the Gel Pack:

- For Cold Therapy: Place the gel ice pack in the freezer for at least 2 hours until desired coldness is achieved. The gel remains flexible even when frozen.
- For Hot Therapy: Heat the gel pack in a microwave according to the instructions on the gel pack itself (typically short intervals, e.g., 30 seconds, then check and reheat if necessary). Alternatively, immerse in hot water (not boiling) for 5-10 minutes.

2. Insert Gel Pack: Locate the built-in side pocket on the shoulder brace. Carefully insert the prepared gel pack into this pocket, ensuring it is positioned to cover the target area of your shoulder.

3. Position the Brace: Place your arm through the ice sleeve of the brace. The main body of the brace should rest comfortably over your shoulder.

4. Secure the Arm Strap: Fasten the arm strap around your bicep to hold the sleeve in place.

5. Adjust the Upper Strap: Pass the upper strap around your back and over your opposite shoulder. Feed it through the buckle on the front of the brace.

6. Tighten for Compression: Adjust both the arm strap and the upper strap to ensure a comfortable and snug fit. The brace should provide gentle compression without restricting circulation.

Using Guide



1 Insert the gel pack into the pocket.



2 Fasten the arm strap.



3 Arm through the ice sleeve.



4 Pass the upper strap around head and other hand.



5 Adjust the straps to ensure a comfortable and snug fit.

Figure 1: Step-by-step application guide. This image illustrates the five key steps for correctly wearing the Comfytemp Shoulder Brace Ice Pack Wrap, from inserting the gel pack to adjusting the straps for a secure fit.

Adjustable Size

Fits both left and right shoulders



Figure 2: Adjustable Sizing. The image highlights the adjustable nature of the brace, fitting chest circumferences from 31" to 53" and arm circumferences from 12" to 19", ensuring a personalized fit for various body types.

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Video 1: Comfytemp Shoulder Brace Ice Pack Wrap Overview. This official video demonstrates the features and application of the Comfytemp Shoulder Brace Ice Pack Wrap, showing how it provides targeted relief and support.

OPERATING INSTRUCTIONS

Cold Therapy:

- Apply the prepared cold gel pack within the brace to the affected shoulder area.
- Treatment duration: Apply cold therapy for up to 30 minutes per session.
- Allow at least 2 hours between applications.
- Cold therapy is ideal for reducing swelling, inflammation, and acute pain.

Hot Cold Therapy

up to 30-min hot or cold compression for pain relief



Figure 3: Hot and Cold Therapy Application. This image demonstrates the application of the shoulder brace for both hot and cold compression, highlighting its versatility for pain relief.

Hot Therapy:

- Apply the prepared hot gel pack within the brace to the affected shoulder area.
- Treatment duration: Apply hot therapy for up to 30 minutes per session.
- Allow at least 2 hours between applications.
- Hot therapy is beneficial for muscle relaxation, increasing blood flow, and chronic pain relief.

Better Fit Better Compression



Ergonomic design, ensuring optimal support and stability



Neoprene wrap help stay colder for longer up to 30 mins



The wrap can also be used independently as shoulder brace for support



Figure 4: Ergonomic Design for Optimal Support. The image showcases the ergonomic design of the Comfytemp shoulder brace, emphasizing its ability to provide optimal support and stability with neoprene material that retains cold longer.



Instant Arm Shoulder Pain Relief

✓ Rotator cuff injury	✓ Muscle strain / sprain
✓ Frozen shoulder	✓ Overuse syndrome
✓ Shoulder arthritis	✓ Post surgery recovery
✓ Shoulder dislocation	✓ Sports injuries

Figure 5: Instant Arm Shoulder Pain Relief. This image illustrates the immediate pain relief provided by the Comfytemp shoulder brace, suitable for various conditions including rotator cuff injuries, muscle strains, and post-surgery recovery.

CARE AND MAINTENANCE

- **Brace Cleaning:** The shoulder brace is machine washable. Remove the gel pack before washing. Use cold water and a gentle cycle. Air dry only; do not tumble dry.
- **Gel Pack Cleaning:** Wipe the gel pack clean with a damp cloth. Do not machine wash or submerge in water.
- **Storage:** Store the gel pack in the freezer for convenient cold therapy readiness. Store the brace in a clean, dry place away from direct sunlight.



Figure 6: Product Features and Care. This image details the high-quality, breathable material of the brace, its adjustable straps for a personalized fit, and confirms that the brace is machine washable for easy maintenance.

TROUBLESHOOTING

- **Gel Pack Not Cold/Hot Enough:** Ensure the gel pack has been in the freezer for at least 2 hours for cold therapy, or heated sufficiently according to instructions for hot therapy. Microwave strengths vary, so adjust heating times as needed.
- **Brace Feels Uncomfortable/Too Tight:** Adjust the Velcro straps to loosen or tighten the fit. The brace should be snug but not restrictive. Ensure the gel pack is positioned correctly within the pocket.
- **Gel Pack Slipping:** Ensure the gel pack is fully inserted into the built-in pocket. Adjust the straps to create sufficient compression to hold the pack in place.
- **Skin Irritation:** If you experience skin irritation, discontinue use immediately. Ensure the plush side of the gel pack is against your skin if direct cold/heat is too intense, or place a thin cloth between the pack and your skin.

SPECIFICATIONS

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- **Product Dimensions:** 15 x 15 x 0.59 inches
 - **Product Weight:** 2.31 Pounds
 - **Brand:** Comfytemp
 - **Model:** B0CYLHCRLP
 - **Material:** High-quality, durable, soft, gentle, and breathable materials (neoprene for brace, expert-grade gel for pack).
 - **Fit:** Fits chest circumference from 31" to 53", arm circumference from 12" to 19".
 - **Special Feature:** Reusable, flexible gel pack.

WARRANTY AND SUPPORT

Comfytemp products are backed by a dedicated customer support team, offering quality service and peace of mind. For any inquiries or assistance, please refer to the contact information provided with your product packaging or visit the official Comfytemp website.

All Comfytemp ice packs are FSA and HSA Approved/Eligible.