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> zeencare Shoulder Brace with Reusable Ice & Hot Pack Instruction Manual, Model SHO-11063

zeencare SHO-11063

zeencare Shoulder Brace with Reusable Ice & Hot Pack Instruction Manual

Model: SHO-11063

1. INTRODUCTION

The zeencare Shoulder Brace, Model SHO-11063, is designed to provide support and compression for various shoulder discomforts, including rotator cuff injuries, frozen shoulder, bursitis, sprains, and tendinitis. This versatile brace includes a reusable gel pack for both hot and cold therapy, aiding in pain relief and muscle recovery. Its adjustable design ensures a secure and comfortable fit for both men and women on either the left or right shoulder.



Image: The zeencare Shoulder Brace with its included hot and cold gel pack, illustrating the product's primary components.

2. SETUP AND GEL PACK PREPARATION

2.1 Gel Pack Preparation

The included reusable gel pack can be used for either hot or cold therapy. Always ensure the gel pack is placed inside the brace's designated pocket before application to the skin.

- **For Cold Therapy:** Place the gel pack in a freezer for at least 2 hours until desired coldness is achieved. Cold therapy helps reduce pain, swelling, and inflammation.
- **For Hot Therapy:** Heat the gel pack in a microwave. Start with 30-second intervals on medium power, checking the temperature after each interval. Do not overheat. Hot therapy helps relax muscles and improve blood flow.



Image: Instructions for preparing the reusable gel pack for both cold (freezing) and hot (microwaving) therapy, highlighting their respective benefits.

2.2 Inserting the Gel Pack

Locate the pocket on the inside of the shoulder brace. Carefully insert the prepared gel pack into this pocket, ensuring it lies flat and is securely contained.

REUSABLE GEL PACK



COLD THERAPY: FREEZE



HOT THERAPY: MICROWAVE

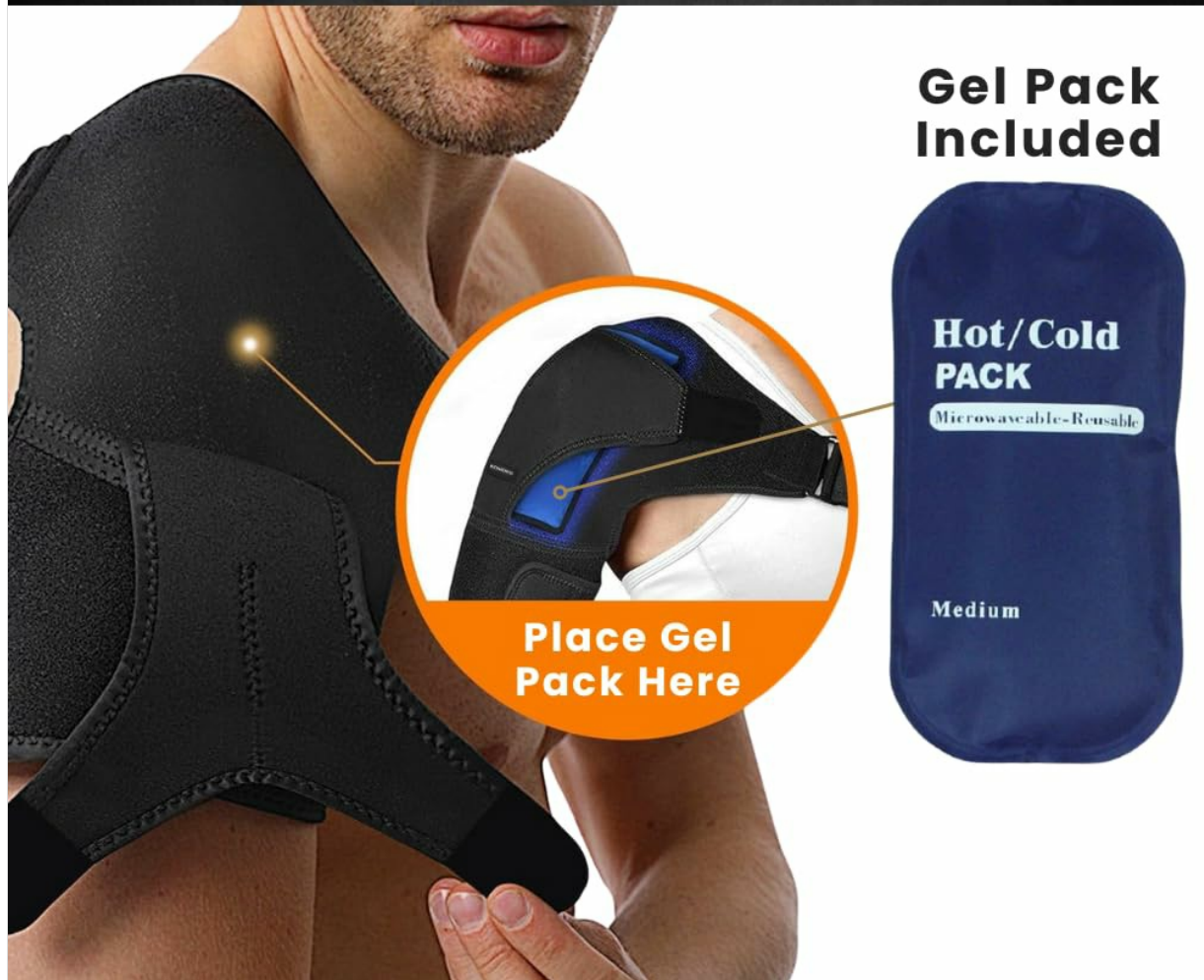


Image: A close-up view demonstrating the correct placement of the gel pack into the designated pocket within the shoulder brace.

3. OPERATING INSTRUCTIONS: WEARING THE BRACE

Follow these steps for proper application and adjustment of your zeencare Shoulder Brace:

4 STEPS FOR EASY USE



1
Connect the strap to the buckle and secure the lower Velcro on your shoulder.



2
Pull the long strap through the clip, adjust to fit, and fasten the Velcro.



3
Adjust and secure the two top Velcro straps for support.



4
Wrap the bottom Velcro around your arm and fasten it in place.

Image: A four-panel illustration detailing the step-by-step process of correctly wearing and securing the shoulder brace.

1. **Step 1: Position the Brace.** Place the main shoulder pad portion of the brace over the affected shoulder.
2. **Step 2: Secure the Chest Strap.** Connect the long strap to the buckle located on the opposite side of your chest. Pull the strap through the clip, adjust for fit, and fasten the Velcro.
3. **Step 3: Adjust Shoulder Straps.** Adjust and secure the two Velcro straps on the shoulder pad for optimal support and compression.
4. **Step 4: Wrap Arm Strap.** Wrap the bottom Velcro strap around your upper arm and fasten it in place.

3.1 Customizing Compression

The brace features dual adjustment points to allow for customized compression levels. Adjust the straps until you achieve a snug, supportive fit without restricting circulation or causing discomfort.

DUAL ADJUSTMENT FOR CUSTOMIZED COMPRESSION



Image: An illustration highlighting the dual adjustment straps on the shoulder brace, indicating how to customize compression for a personalized fit.

3.2 Left or Right Shoulder Use

The zeencare Shoulder Brace is designed to be fully reversible, fitting comfortably on both the left and right shoulders for both men and women.

FIT BOTH MEN & WOMEN

RIGHT OR LEFT SHOULDERS



Image: A visual representation showing the shoulder brace being worn by both a man and a woman, demonstrating its universal fit for either shoulder.

4. MAINTENANCE

4.1 Cleaning the Brace

- Hand wash the shoulder brace gently with mild soap and cold water.
- Do not bleach or iron.
- Air dry completely before storing or reusing. Do not tumble dry.

4.2 Cleaning the Gel Pack

- Wipe the gel pack clean with a damp cloth.
- Do not submerge in water.

4.3 Storage

Store the brace and gel pack in a cool, dry place away from direct sunlight when not in use.

5. TROUBLESHOOTING

- **Discomfort or Skin Irritation:** If you experience discomfort, redness, or irritation, loosen the brace or discontinue use. Ensure the gel pack is not applied directly to the skin without the brace. Consult a healthcare professional if symptoms persist.
- **Brace Slipping:** Re-adjust all straps to ensure a snug fit. The dual adjustment points allow for precise tension.
- **Gel Pack Not Retaining Temperature:** Ensure the gel pack is frozen for at least 2 hours for cold therapy or heated correctly in short intervals for hot therapy. Gel packs will gradually lose temperature over time during use.
- **Gel Pack Leakage:** Discontinue use immediately if the gel pack shows any signs of leakage or damage. Dispose of it safely and replace.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	10.24 x 9.06 x 0.79 inches
Item Model Number	SHO-11063
Weight	6.17 ounces (approx. 175g)
Brand	zeencare
Specific Uses	Rotator Cuff Injury, Shoulder Pain, Sprain, Tendinitis
Use For	Shoulder
Age Range	Adult
Color	Black
Materials	Neoprene Rubber, Breathable Mesh, Velcro



Image: A visual representation of the product's dimensions and key material components like Velcro, Neoprene Rubber,

and Breathable Mesh.

7. WARRANTY AND SUPPORT

zeencare stands by the quality of its products. If you are unsatisfied with your purchase, you may return it within 30 days of purchase. For further assistance or inquiries, please refer to the retailer's customer service channels where the product was purchased.