

Arctic Flex Small

Arctic Flex Wrist Ice Pack Wrap User Manual

Model: Small

Brand: Arctic Flex

INTRODUCTION

The Arctic Flex Wrist Ice Pack Wrap is designed to provide targeted hot and cold therapy for various wrist and hand conditions, including arthritis, carpal tunnel syndrome, tendonitis, and post-surgery recovery. Its versatile design allows for customizable compression and comfortable wear on either the left or right hand. This manual provides essential information for the safe and effective use, care, and maintenance of your Arctic Flex Wrist Ice Pack Wrap.



Image: Arctic Flex Wrist Ice Pack Wrap, showing the product and its retail packaging.

Safety Information

Please read all safety instructions before using the Arctic Flex Wrist Ice Pack Wrap. Improper use can lead to injury.

- Do not apply directly to broken or sensitive skin. Use a cloth barrier if needed.
- Do not overheat the wrap. Follow heating instructions carefully to avoid burns. Do not exceed 150 degrees Fahrenheit (65 degrees Celsius).
- Do not freeze solid. The gel pack is designed to remain flexible when frozen.
- Limit application time to 15-20 minutes per session, or as recommended by a healthcare professional.
- Keep out of reach of children and pets.
- If you experience any discomfort, skin irritation, or adverse reactions, discontinue use immediately and consult a healthcare professional.
- 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.

WHAT'S INCLUDED

Your Arctic Flex Wrist Ice Pack Wrap package includes the following items:

- 1 x Arctic Flex Wrist Ice Pack Wrap (Small size)
- 1 x Ziplock bag for cooling and storage

What's Included?



✓ Ziplock bag
for cooling
and storage

✓ Fits all sleeve
sizes (S,M,L)



Image: The Arctic Flex Wrist Ice Pack Wrap inside its included ziplock bag, illustrating the contents of the package.

SETUP & PREPARATION

The Arctic Flex Wrist Ice Pack Wrap can be used for both hot and cold therapy. Follow these instructions for preparation:

For Cold Therapy:

1. Place the wrist wrap inside the provided ziplock bag.
2. Lay the bag flat in the freezer for a minimum of 2 hours.

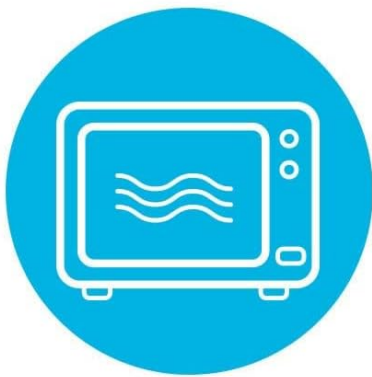
3. The gel pack is designed to remain flexible even when frozen, allowing it to contour to your wrist.

For Hot Therapy:

1. Ensure the wrist wrap is clean and dry.
2. Heat the sleeve in a microwave in 5-second intervals until the desired temperature is reached.
3. **DO NOT EXCEED 150 degrees Fahrenheit (65 degrees Celsius).** Overheating can damage the product and cause burns.
4. Carefully check the temperature before applying to skin.

Hot & Cold

Ideal for heating & cooling therapy



Microwave

Heat the sleeve in the microwave in 5 second intervals until desired temperature. Do not exceed 150 degrees.



Freeze

Place sleeve in resealable bag and lay flat in freezer for a minimum of 2 hours



Image: Visual guide for heating the sleeve in a microwave and freezing it for hot and cold therapy, with temperature indicators.

OPERATING INSTRUCTIONS

The Arctic Flex Wrist Ice Pack Wrap is designed for easy and effective application.

Wearing the Wrap:

1. The wrap is universally designed to fit both the left and right hand.

2. Slide your hand into the sleeve, ensuring your thumb goes through the designated thumb hole.
3. Wrap the adjustable strap around your wrist to secure the sleeve.
4. Adjust the strap to achieve your desired level of compression. It should feel snug but comfortable, allowing for circulation.
5. For optimal cold therapy, apply for approximately 20 minutes.

Designed for Easy Use

Don't let your injury slow you down
from doing things you love



Image: The wrist wrap in use, highlighting the adjustable strap for a customizable and secure fit.

Your browser does not support the video tag.

Video: Official product video demonstrating the features and use of the Arctic Flex Hot & Cold Wrist Sleeve, including its 360-degree compression, pain relief benefits, hot and cold therapy options, and easy application.

CARE & MAINTENANCE

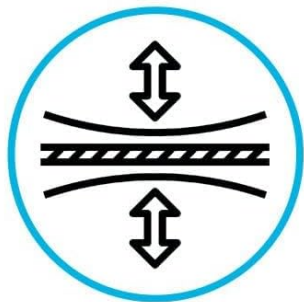
Proper care will extend the life of your Arctic Flex Wrist Ice Pack Wrap.

- **Cleaning:** Wipe the sleeve with a damp cloth. Do not submerge in water or machine wash.
- **Drying:** Lay flat and air dry completely before storing or reusing. Do not tumble dry or iron.

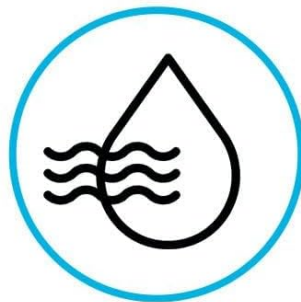
- **Storage:** Store the wrap in the provided ziplock bag in a cool, dry place when not in use.
- Avoid sharp objects that could puncture the gel pack.

Advanced All-Day Support

Lightweight, Stretchable and form fitting



**Stretchy
fabric**



**Lay flat &
air dry**



**Wipe with a
damp cloth**

Image: Visual guide for caring for the wrist wrap, emphasizing its stretchy fabric, air drying, and cleaning with a damp cloth.

TROUBLESHOOTING

If you encounter any issues with your Arctic Flex Wrist Ice Pack Wrap, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Wrap is too cold/hot.	Incorrect preparation time or temperature.	For cold: Allow to sit at room temperature for a few minutes before applying. For hot: Reduce microwave time or allow to cool slightly. Always use a cloth barrier if too intense.
Wrap does not stay cold/hot long enough.	Environmental factors or insufficient preparation time.	Ensure adequate freezing (min. 2 hours) or heating. Reapply as needed, adhering to recommended therapy durations.

Problem	Possible Cause	Solution
Discomfort or skin irritation.	Too tight, direct contact with sensitive skin, or allergic reaction.	Loosen the strap. Use a thin cloth or towel between the wrap and your skin. Discontinue use if irritation persists and consult a healthcare professional.

SPECIFICATIONS

Feature	Detail
Brand	Arctic Flex
Model	Wrist Ice Pack Wrap
Size	Small (also available in Medium, Large)
Material	Lightweight, stretchable, form-fitting fabric (Latex-Free)
Therapy Type	Hot & Cold Compression
Specific Uses	Carpal Tunnel Syndrome, Arthritis, Post Surgery, Tendonitis, Sprains, Strains, Pain Relief
Compatibility	Fits Left & Right Hand
Manufacturer	Vive Health
Country of Origin	China

Wrist Ice Pack Wrap



Image: Overview of product features including targeted relief, custom compression, hot/cold therapy, and universal fit.

WARRANTY & SUPPORT

Arctic Flex products are designed for durability and effectiveness. Your Arctic Flex Wrist Ice Pack Wrap comes with a **60-day guarantee**.

For any questions, concerns, or to claim your guarantee, please contact Vive Health Direct, the seller, through their official channels or visit the Arctic Flex brand store on Amazon:

[Visit the Arctic Flex Store on Amazon](#)