



## Application Instructions

### Ice Horse® Tendon Wrap and Ice Horse® Hock Wrap

#### FOR COLD THERAPY USE

**LEAVE FIRST+ICE INSERTS IN YOUR FREEZER OVERNIGHT.** The dry cold material is solid coming from the freezer. A simple 10-second massage of the re-freezable/ reusable bag results in a loose, flexible, cold source that configures to the horse's cannon and tendon area immediately.

- Wet down the horse's leg(s) with a sponge.
- Use two FIRST+ICE inserts for each leg wrap applied to the horse's leg(s).
- Massage the FIRST+ICE inserts to loosen the beads of ice cold relief.
- Apply the boots to the treatment area of the leg and secure with the three straps.
- After use, the FIRST+ICE inserts can be wiped down with a damp cloth and returned to the freezer. Store the boot/wrap separately in a dry place.

#### FOR HOT COMPRESS USE

**BOILING provides best heating effectiveness.** Bring pan of water to boil. Remove pan from heat. Place inserts in pan for 8 to 10 minutes. Remove inserts from pan. Test to make sure the inserts are not too hot. Wrap inserts in a light towel and then place in the Ice Horse wrap.

**MICROWAVE:** Place inserts in microwavable container and cover completely with water. *Never heat without covering the inserts with water.* Place container in microwave. Heat at full power for three (3) minutes (time is based on 600 watt microwave oven). After heating, remove inserts from water. Test to make sure the inserts are not too hot. Wrap inserts in towel and place in wrap.

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