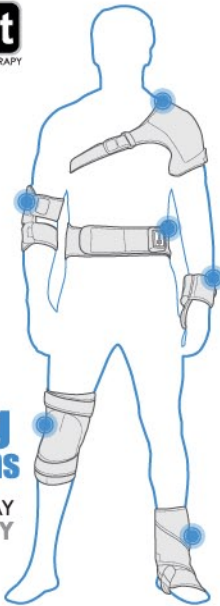


- Available in:**
- Neck
  - Shoulders
  - Back
  - Elbow
  - Wrist
  - Knee
  - Ankle

**Wearing Instructions**  
FAR INFRARED RAY HEAT THERAPY



**Application Instructions**

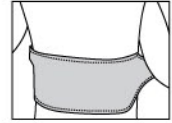
**PLEASE NOTE BEFORE USE :**

It is highly recommended to use our heat therapy wraps over an under-shirt or garment cover to lessen the risk of overheating an area.

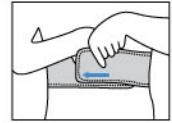
**3-D Tailoring for Targeted Pain Relief**

- Tailored to target specific body parts
- Flexible, durable, washable and hypoallergenic
- Coil free, hair-thin heating element
- Made from Neoprene for a comfortable fit, and Fleece for effective heat trapping

**Back Wrap**



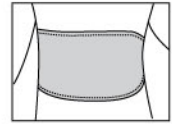
Place heating area over your back with the logo facing out.



Bring the straps around your sides for a snug, comfortable fit.



Lay the strap with the logo over the other end to close it with the Velcro.



P700 / B700 Lower Back Wrap may also be used in the front to relieve abdominal pain.

- 01 -

**Ankle Wrap**



Place the wrap with the logo side facing away around the front of your shin/ankle.



Bring the Velcro strap around the back of your leg just underneath the calf.



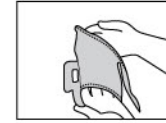
At an angle, bring the strap over the front of your foot to the side of your foot.



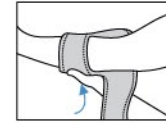
Run the strap beneath your foot and around the other side of your foot, close the Velcro on top of your foot.

- 02 -

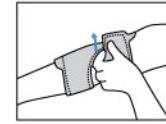
**Elbow Wrap**



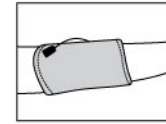
Connect the lower strap to the wrap as shown in the illustration.



Put your arm through the loop you've just made making sure the connected strap is closer to your forearm.



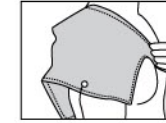
Wrap the second strap (the one closer to your bicep) and fasten the fit with the Velcro.



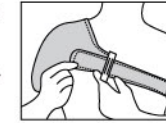
Re-adjust the first Velcro strap for best desired fit.

- 03 -

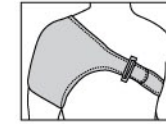
**Shoulder Wrap**



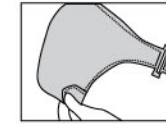
Position the wrap with the logo facing out so it goes with the contour of your shoulder.



Bring the longer strap around your back under your other arm to your chest. Put the longer strap through the loop.



Tighten and bring the strap with the Velcro enclosure so the logo is facing out.

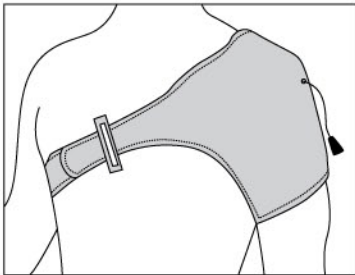


Bring the smaller Velcro strap beneath your arm and place it over so that it holds your bicep and arm.

- 04 -

**Shoulder Wrap continuation**

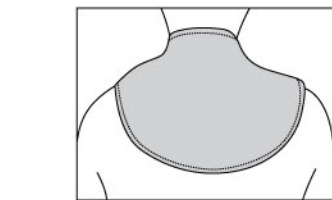
**Neck Wrap**



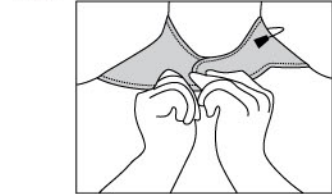
You can repeat similar instructions on the previous page for your other shoulder.

Remember that it is much easier to bring the long strap from the back to the front.

- 05 -



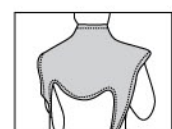
Place heat therapy wrap over back of neck.



Place straps around neck over one another to complete the Velcro enclosure for a comfortable fit.

- 06 -

**Neck & Shoulder Wrap**



Place wrap around the back of neck and shoulders.



Bring the longer strap underneath the armpit and place over the ends of the wrap to close.



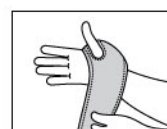
Repeat same procedure and wrap the other strap underneath your armpit and close over wrap.



Bring shorter straps around neck and close with the Velcro ends.

- 07 -

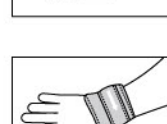
**Wrist Wrap**



Place thumb through the slit with the wrap's logo side facing out.



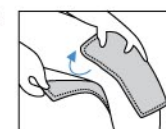
Wrap the strap around your wrist making sure to support any area with slight compression.



Lock the strap in place with the Velcro at the end of the strap by placing it over the wrap's surface.

- 08 -

**Knee Wrap**



Place the wrap over knee making sure the cupping of the wrap goes over the knee cap. Wrap the upper strap around your thigh and secure the Velcro.



Bring the lower strap around your upper calf and secure the Velcro by placing it over the wrap.



You may use the wrap over either knee. To do so, repeat the same instructions on your other knee.

- 09 -

**For warranty registration**

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Add us on Facebook [facebook.firheat.com](https://facebook.firheat.com)

Website [www.FIRheat.com](http://www.FIRheat.com)

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Made in China  
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- 10 -