

# Action Sport Physio

Health and Wellness

actionsportphysio.com

1 (855) 749-7468

Reusable | Non-toxic

Flexible even when frozen

Safe | No added colorant

## WARNING

- Everyone feels hot and cold differently. Let your sensitivity guide you.
- Circulatory system disorder : consult your doctor before use.
- Keep away from children and people with functional limitations.
- This product should not be ingested.
- Don't overheat the compress (don't reheat more than twice in 1 hour).
- An overheated compress can tear, leak and cause burns.
- If the pain persists or if you have any questions, contact the Action Sport Physio clinic near you.

# COMPRESS COLD OR HOT

## COLD COMPRESS FOR IMMEDIATE USE:

**TO REDUCE**  
swelling after  
the injury

**TO CALM**  
the pain  
(cut, sprain,  
muscular injury)

**TO RELIEVE**  
burns,  
itches,  
headaches,  
and toothaches



**PUT THE COMPRESS IN THE FREEZER**  
for 1 hour



**WRAP THE COMPRESS**  
in a damp towel



**APPLY ON THE INJURED AREA**



**LEAVE**  
for 15 minutes

## HOT COMPRESS 2 DAYS AFTER THE INJURY:

**TO SOOTHE**  
muscular tension

**TO RELIEVE**  
stiffness

**TO REDUCE**  
joint pain

**TO RELAX**  
a muscle,  
to regain the  
use of the  
injured area



**HEAT FOR 45 SEC**  
In the microwave on a  
high power setting  
(1200 W)



**VERIFY THE TEMPERATURE**



**WRAP THE COMPRESS**  
in a damp towel



**APPLY ON THE INJURED AREA**



**LEAVE**  
for 15 minutes