

I.C.E./Heat™

R.I.C.E. Therapy

The most common forms of sports injuries are sprains and strains of muscles and tendons. A basic treatment for these types of injuries is called "R.I.C.E. therapy":

Rest – Stop the activity immediately. Continued stress can increase the damage done to the tissue.

Ice – Apply a Tru-Fit® Brand Cold Compress. Cold reduces the size of the blood vessels, thereby decreasing bleeding, reducing swelling, and easing pain.

Compression – Apply compression with a Tru-Fit® Brand Bandage. Compression helps to reduce swelling.

Elevation – Elevate the injured limb above the level of the heart to help drain excess fluid from the area.

TRUFIT®

Protection Levels

- S Standard:** Designed to provide light support during activities, as well as everyday use, and can be worn over an extended period of time.
- A Advanced:** Designed to provide moderate support during activities and should be worn as needed.
- P Premium:** Designed to provide advanced support during activities and not intended to be worn for an extended period of time, but removed after an activity.



I.C.E./Heat™

| | Protection Level | Item# | Size |
|---|------------------|--------|----------|
| Instant Cold Compresses | S | 486767 | ONE SIZE |
| I.C.E./Heat™ Gel Pack | S | 486916 | ONE SIZE |
| ACE® Instant Cold Compress Bulk Tray | S | 486934 | ONE SIZE |
| I.C.E./Heat™ Multi-Purpose Wrap with Gel Pack | P | 486907 | ONE SIZE |
| I.C.E./Heat™ Back Wrap with Gel Pack | P | 486909 | ONE SIZE |
| I.C.E./Heat™ Shoulder Wrap with Gel Pack | P | 486911 | ONE SIZE |
| I.C.E./Heat™ Multi-Purpose Cloth Wrap with Gel Pack | P | 486918 | ONE SIZE |

*Please follow usage instructions on Tru-Fit® packages

STANDARD



ONE SIZE

Instant Cold Compresses - Twin Pack

- ▶ Single use
- ▶ Convenient for instant use anywhere
- ▶ Ideal for first aid treatment

486767: Instant Cold Compresses **ONE SIZE**



486934: Instant Cold Compress Bulk Tray
24 individual packs



STANDARD



I.C.E./Heat™ Gel Pack

- ▶ Reusable
- ▶ Multi-Purpose - hot or cold
- ▶ Microwavable

486916: I.C.E./Heat™ Gel Pack
ONE SIZE



ONE SIZE



PREMIUM



I.C.E./Heat™ Multi-Purpose Wrap with Gel Pack - Royal Blue

- ▶ Reusable, safe, non-toxic hot or cold gel pack
- ▶ Insulating wrap material is ideal for hot or cold treatments
- ▶ Adjustable wrap conveniently holds gel pack in place
- ▶ Neoprene blend**

486907: I.C.E./Heat™ Multi-Purpose Wrap with Gel Pack **ONE SIZE**



ONE SIZE

PREMIUM



I.C.E./Heat™ Back Wrap with Gel Pack - Royal Blue

- ▶ Reusable, safe, non-toxic hot or cold gel pack
- ▶ Contoured design for a comfortable and secure fit
- ▶ Adjustable wrap conveniently holds gel pack in place
- ▶ Neoprene blend**

486909: I.C.E./Heat™ Back Wrap with Gel Pack **ONE SIZE**



ONE SIZE

PREMIUM



I.C.E./Heat™ Shoulder Wrap with Gel Pack - Royal Blue

- ▶ Reusable, safe, non-toxic hot or cold gel pack
- ▶ Insulating wrap material is ideal for hot or cold treatments
- ▶ Adjustable wrap conveniently holds gel pack in place
- ▶ Neoprene blend**

486911: I.C.E./Heat™ Shoulder Wrap with Gel Pack **ONE SIZE**



ONE SIZE

I.C.E./Heat™

PREMIUM



I.C.E./Heat™ Multi-Purpose Cloth Wrap with Gel Pack - White

- ▶ Reusable, safe, non-toxic hot or cold gel pack
- ▶ Multi-purpose wrap for use on multiple body parts
- ▶ Adjustable wrap conveniently holds gel pack in place

486918: I.C.E./Heat™ Multi-Purpose Cloth Wrap with Gel Pack **ONE SIZE**



ONE SIZE

