LEG WRAP: QUICK START GUIDE
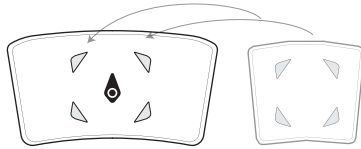
1 Place Gel Pack in freezer for 12 hours prior to use.

12 HOURS

2 Attach cold Gel Pack inside of wrap using velcro.

3 Place supplied cloth over leg. Squid also works over clothing.

4 Wrap Squid around the leg.*

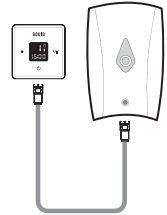**5** Fasten the wrap around the leg snugly using the velcro panels.

6 Attach connector tube to pump and wrap.

7 Begin 15 Minute Treatment.

* TREATMENT TIP:
The Squid Leg wrap can be positioned in a variety of ways to better treat affected areas:

- QUADRICEP
- HAMSTRING
- KNEE
- CALF
- SHIN