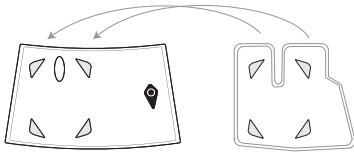## WRIST WRAP: QUICK START GUIDE

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 wrist. Squid also works over clothing.

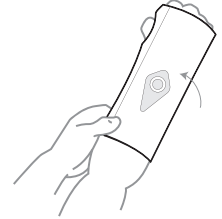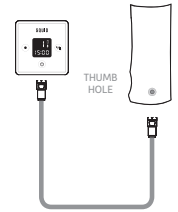**4** Place thumb through the hole in the wrap.*

5 Fasten Squid around the wrist snugly using the velcro panels.

6 Attach connector tube to pump and wrap.

THUMB HOLE

7 Begin 15 Minute Treatment.

* TREATMENT TIP:
The Squid Wrist Wrap works on either wrist. Right hand pictured.