

**ZAMST IW-2  
INSTRUCTIONS FOR USE**

**Please read through the following instructions completely before using the product.**

**Intended use:** Hold Zamst Ice Bag in place on shoulder or waist (lower back)

**Do not use this product in the following cases:**

- This product contains natural rubber latex, which may cause allergic reactions. If you are allergic to latex, do not use the product. Latex may cause allergic reactions such as itchy skin, redness, rash, swelling, fever, difficulty breathing, asthma-like symptoms, decrease in blood pressure and shock. If such symptoms occur, discontinue use and consult with a physician immediately.
- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

**Safety precautions:**

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If these symptoms occur, discontinue use and consult with a physician.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Do not overly tighten or create excessive compression with the product. It may cause poor blood circulation.
- Do not apply an ice-filled ice bag to the body for an extended period. It may cause frostbite.
- If you have nerve damage caused by conditions such as diabetes, limb paralysis or another disorder at the location to be iced, consult a medical professional before use. If an adverse reaction were to occur, you may not be able to feel it.
- Do not use on body parts other than those parts indicated in these instructions.
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.

**To prevent product damage:**

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

**How to apply:**

- A) How to insert ice bag(s)
1. Put the ice bag in the mesh pocket. Insert the cap of the ice bag into the hole. You can use one, two or three ice bags depending on the area you would like to ice. See illustrations 1 to 3.
- B) How to apply to shoulder  
(The illustrations are for right shoulder. The product is not designed specifically for use on the right or left.)
1. Place the product on shoulder. Hook a finger through the hole on the front end of the product. Pull the strap around from the back to wrap product around chest. Fasten the hook.
  2. Product properly applied.
- C) How to apply to waist (lower back)
1. Position product around waist.
  2. Pull the strap around from the back to wrap product around waist. Fasten the hook.
  3. Product properly applied.

**How to wash:**

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

**Composition:** Polyurethane foam, nylon, polyester, polyurethane, rubber (contains latex) and rayon

