

Therall™

Moist Heat Therapy Mitt



Soothing Moist Heat for Natural Pain Relief

- Arthritis Pain
- Carpal Tunnel Syndrome
- Sport Injuries
- Strain and Tension
- Tendonitis

The Moist Heat Therapy Mitt is filled with unique Microbeads that absorb and retain moisture from the air until they are heated. Once heated, the Microbeads slowly release the moisture for moist heat that penetrates deep into aching muscles and soft tissues. This provides quicker and more effective pain relief than dry heat. After use, they begin to absorb moisture again. With proper care, beads will never dry out, leak or rupture, allowing for repeated use.

Instructions for Use

Caution: Follow these instructions carefully. Misuse can cause burns. Overheating the Moist Heat Therapy Mitt in a microwave oven can damage or destroy product.



HEATING INSTRUCTIONS:

1. Place the Moist Heat Mitt in your microwave oven.
2. Make sure the microwave oven is completely clean and free of any food debris or fluids.
3. Make sure any extra functions such as those used for grilling or browning are turned off.
4. Set the microwave to the highest power setting and use the following guide:

500 - 650 watts	2.5 minutes in Microwave
700 - 850 watts	2 minutes in Microwave
900+ watts	1 minute in Microwave

5. When properly heated, place hand in mitt.

HEATING FROM WARM:

If reheating while still warm, heat for only 1 minute, and if more heat is needed heat only for an additional 30 seconds. The time for reheating from warm should not be more than 1.5 minutes in total.

Continuous use by reheating the Moist Heat Therapy Mitt may result in reduced moisture – this is normal. Allow the product to rest for 2 to 3 hours and this will allow the mitt to rejuvenate by absorbing moisture from the air to give you an effective moist heat therapy.

HEATING FROM FREEZER:

Place Moist Heat Therapy Mitt in microwave at DEFROST setting or 30% power level for 3 to 5 minutes. Allow to stand 5 minutes then follow normal heating instructions.

COLD USAGE:

1. Place the mitt in the refrigerator or freezer inside a sealed plastic bag.
2. Allow 2 to 3 hours in the refrigerator or freezer before use.
3. Place hand in mitt.
4. Microbeads will produce dry-cold and comfortable application.

Warnings:

Do not heat this product with any means other than a microwave oven.

The Moist Heat Therapy Mitt could be permanently damaged if heated for more than double the guideline times.

If **overheated** your Moist Heat Therapy Mitt will be too hot to touch. Please allow it to cool before removing from the microwave and check if the Moist Heat Therapy Mitt has been damaged. If there is any sign of damage on the mitt, **do not use** the product – it should be discarded.

Do not use while sleeping. **Do not** allow children or incapacitated persons to use or heat this product unless under supervision of an adult.

Do not use Moist Heat Therapy Mitt with creams or ointment preparations that contain heat-producing ingredients. Skin burns could result.

This product will produce moisture. **Do not** use it resting against your furniture, etc., as the mitt will make the surface wet.

IMPORTANT: Do not exceed 30 minutes per application. Recommended treatment time is 10-30 minutes with 2 hours in between each therapy. Check the treatment area every 10 minutes to help prevent burns or frostbite. Always consult your physician before beginning any hot or cold therapy. If pain doesn't improve or becomes more severe or if new symptoms occur, consult your physician immediately.

Care Instructions: Do not wash this product. Do not wet this product.



Manufactured in the USA for FLA Orthopedics, Inc.
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