



HOW TO USE

Freeze Sleeve™ treats sore muscles and joints by transferring the cold/heat to your skin and muscle tissue as it absorbs your body heat. The length of time the cold/heat is transferred to your body is specifically calibrated for the recommended therapy duration.



ASSESS YOUR PAIN

Whether it's from exercise, sports, or health conditions, Freeze Sleeve™ helps boost your recovery.



MEASURE

Use our Size Guide to properly measure your targeted area.



CHOOSE A SIZE

From Small to XXXLarge, choose the perfect size for your body part.



FREEZE IT OR HEAT IT

Place in the freezer or microwave for cold or heat therapy.



SLEEVE IT

Slip on to your targeted area for ultimate therapy experience.



RELIEVE IT

Leave the sleeve for 15–20 minutes without the risk of burning or damage.

INSTRUCTIONS FOR USE

COLD THERAPY

Place your Freeze Sleeve™ inside the freezer in the provided bag (or any resealable freezer bag) for a minimum of two (2) hours. Your Freeze Sleeve™ may be left in the freezer indefinitely until ready for use. Your Freeze Sleeve™ will remain flexible even at -20°F (-29°C). Remove your Freeze Sleeve™ prior to defrosting the freezer.

Note: Always store your Freeze Sleeve™ in a sealed recyclable bag while in freezer. Turn down your freezer to the lowest setting to achieve maximum cold duration.

HEAT THERAPY

To heat, remove your Freeze Sleeve™ from storage bag. Microwave for 30 seconds, then hold your Freeze Sleeve™ firmly against the skin. Your Freeze Sleeve™ should feel warm to the touch not hot. Reheat in 10 second increments until the desired temperature is reached. All microwaves vary, adjust times accordingly.