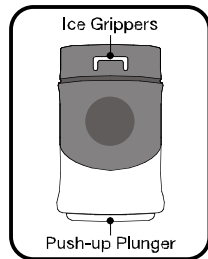


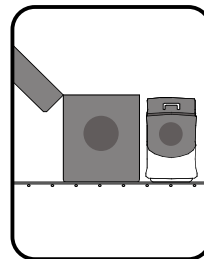


FILL



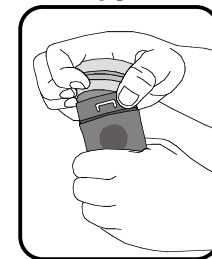
- 1] Press the Push-up Plunger all the way down until it protrudes from the bottom of the Ice-Up® Stick.
- 2] Fill with clean water up to the Ice Grippers.

FREEZE

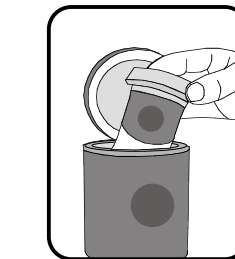


- 3] Freeze Ice-Up® Stick and Carry Cooler separately.
For best results/quickest freeze time, place Ice-Up® Stick in freezer without Cap and place Carry Cooler in freezer with lid unzipped and open. Do not freeze Stick in cooler.

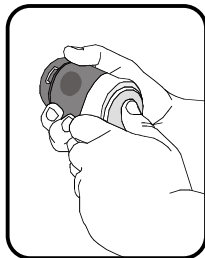
USE



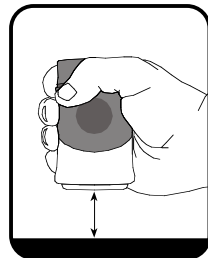
- 5] To remove Cap, grasp with fingers under rim of cap and pry off.
Ice-Up® Cap is designed to provide a watertight seal and will not come off by twisting or pulling straight off.



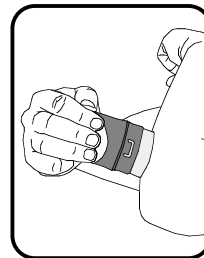
- 4] When frozen, snap Cap onto Ice-Up® Stick, place in Carry Cooler and zip shut.
The Carry Cooler, when fully frozen, will keep the Ice-Up® Stick frozen for up to 10 hrs. at room temperature. For best results, keep out of direct sunlight.



- 6] Apply pressure to the Push-up Plunger, exposing about 1/4" of ice at a time for use.

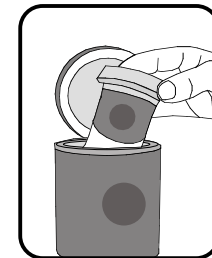


- If ice is difficult to start moving, grasp the Ice-Up® Stick in the palm of the hand and bang the Push-up Plunger against a hard, flat surface. One firm blow against a counter top should advance the ice.



- 7] Grasp the Ice-Up® Stick by the soft white insulated Sleeve and massage injured area with steady pressure for 5-7 minutes or as directed by your physician.

STORE



Apply pressure on the Push-up Plunger to advance more ice as needed. The Ice-Up® Stick provides over 3" of ice to effectively treat most injuries.

The Ice-Up® Grippers will dig into the side of the ice as it begins to melt during use, keeping the ice from sliding back into the Ice-Up® Stick and allowing you to provide steady pressure for deep tissue massage.

- 8] Place Ice-Up® Stick back in the Carry Cooler in between uses to maximize the useful life of the ice.