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FOAM KNEE WALKER PAD WITH COMFORT GEL

QUICK START GUIDE

COOLING & HEATING (Optional)

Freeze or heat the gel pack for deeper comfort and relief on the knee.

Cooling

1. Place the gel pack even and flat in the freezer for at least 2 hours.
2. Remove the gel pack from the freezer and place it inside the foam pad.

Heating

1. Place the gel pack even and flat in a conventional microwave.
2. Heat on high in 15-second intervals to ensure you don't overheat the gel pack. Make sure to carefully flip the gel pack to ensure it heats evenly.

3. Carefully remove the gel pack from the microwave and place it inside the foam pad.

APPLICATION



For a video demonstration, checkout vhealth.link/q5s

1. Stretch the inner elastic straps over the knee walker seat.



2. Pull the cover complete over and secure all corners.



3. Tighten the string fastener underneath the walker.



REMOVING THE GEL PACK OR FOAM

1. Flip the pad cover inside out.



2. Unzip to open the pad and remove the gel pack.



CARE

Hand wash with cold water and mild detergent. Hang dry.

WARNINGS

- Do not use if the gel pack is punctured or leaking.
- Do not overheat the gel pack in the microwave.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product please consult your doctor immediately.