

KT TAPE

# KT RECOVERY+

## ICE/HEAT MASSAGE BALL

### 1 VIDEO INSTRUCTIONS



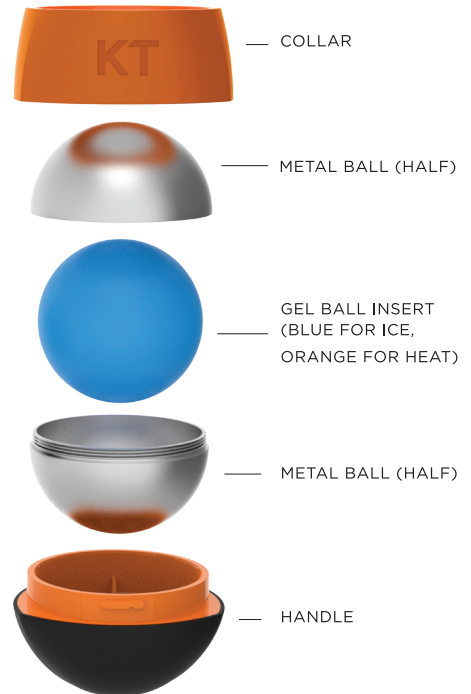
[www.kttape.com/iceheatmassageball](http://www.kttape.com/iceheatmassageball)

### 2 MASSAGE BALL INSTRUCTIONS

- 1 To use massage ball with hot or cold insert, twist apart orange collar from black handle and remove steel ball.
- 2 **FOR HEAT THERAPY:** Heat orange gel ball in microwave in 2-3 increments of 10-15 seconds each. Check the temperature of the ball by hand between each increment to know when ball is hot enough. Do not overheat. *Overheating could cause gel insert to rupture.*
- 3 **FOR COLD THERAPY:** Freeze blue gel ball in freezer until fully cooled or frozen. Gel ball can be stored in freezer.
- 4 **FOR HEAT OR COLD THERAPY:** Twist open steel ball and insert hot or cold gel ball insert. Twist steel ball shut, replace in housing, and twist housing shut making sure the pointed corners from top and bottom align. *Enjoy massaging!*
- 5 Twist shut steel ball, replace into casing and twist shut such that handle and collar become flush.
- 6 Grip rubber side opposite the steel ball and roll steel ball over desired massage area.

### KT RECOVERY+™ ICE/HEAT MASSAGE BALL

combines the benefits of both massage therapy and hot/cold treatment to help reduce muscle soreness and speed up recovery from workouts. Its unique design allows for two different easily interchangeable hot and cold inserts – one designed to retain heat for longer, and one designed to retain coldness for longer. Easily switch between the two as needed to address a range of muscle treatment and healing needs.



### 3 HOW TO USE

- 1 The KT RECOVERY+™ ICE/HEAT MASSAGE BALL** can be used on a range of muscles with or without the hot and cold gel inserts. The steel ball can also be used outside of the outer casing if desired.
- 2 TO MESSAGE:** Begin with gentle pressure and apply more pressure to your own comfort level. Apply light pressure when moving away from the heart, and more pressure when moving toward the heart.
- 3 HEAT THERAPY:** Use the heat insert to help loosen stiff muscles, improve blood circulation, lymphatic flow, and range of motion.
- 4 COLD THERAPY:** Use cold insert for temporary relief of pain and swelling caused by muscle strains. Use to help relief pain associated with plantar fasciitis and shin splints.
- 5 Tip for muscle knots:** To help with myofascial trigger points, commonly known as muscle knots, roll the massage ball in circular motion around the knot, or apply direct pressure on top of the knot and move the massage ball in small circles around the area.
- When using the heat or cold inserts, do not apply KT RECOVERY+™ ICE/HEAT MASSAGE BALL to skin for more than 20 minutes at a time. After each heat or cold therapy interval, allow treated area to return to room temperature prior to re-applying heat or ice therapy again.
- KT RECOVERY+™ ICE/HEAT MASSAGE BALL can be used over KT TAPE® tape products.

### 4 CUSTOMER SUPPORT



[support@kttape.com](mailto:support@kttape.com)

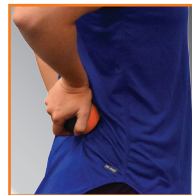
### POPULAR APPLICATION AREAS



SHOULDER



ANKLE



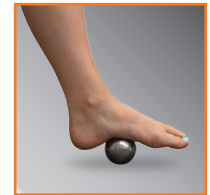
BACK



KNEE



NECK



FEET

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**WARNING:** Never use product to massage over an open wound. Discontinue use if ice or heat becomes uncomfortable. Keep out of reach of children. Product is not a replacement of professional medical care. Consult your doctor before using to treat serious injuries or if pain persists. Consumer with circulatory issues should seek medical advice before using. Warranties and remedies limited to product replacement cost. ©2017 KT Health, LLC. All rights reserved.