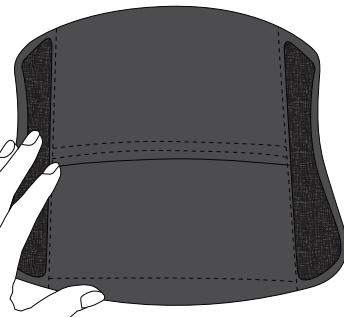


# Aspen® THERAPY PACK



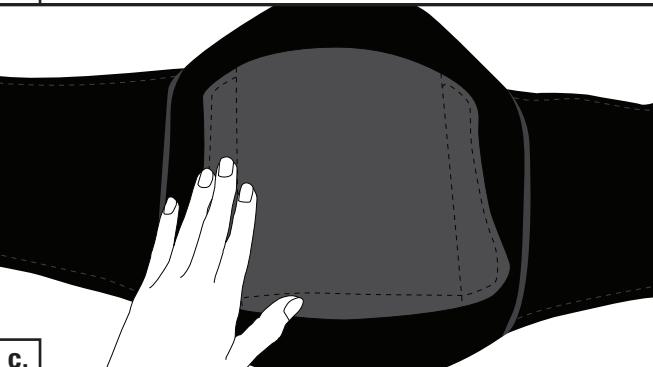
SUMMiT Line and Vista Line



a.



b.



c.

## ENGLISH

### APPLICATION

- Place the side of the pouch with the hook facing up.
- Insert gel pack inside pouch (use this opening also to remove and replace gel packs).
- Apply Therapy Pack onto brace using hook sides toward brace. Secure loop flap to ensure gel pack is not exposed.

## ESPAÑOL

### COLOCACIÓN

- Coloque el lado del bolsillo que tiene la apertura hacia arriba.
- Introduzca la compresa de gel dentro del bolso (use esta apertura también para quitar y reemplazar las compresas de gel).
- Coloque la compresa para terapia en el soporte mientras pone la apertura hacia el soporte.
- Asegure las solapas para garantizar que la compresa de gel no quede expuesta.

## DEUTSCH

### ANWENDUNG

- Die Tasche mit der Hakenseite des Klettverschlusses nach oben platzieren.
- Die Gelpackung in die Tasche stecken (diese Öffnung dient auch zum Herausnehmen und Wechseln der Gelpackungen).
- Die Theriepackung mit der Hakenseite des Klettbandes nach unten gerichtet auf der Orthese anbringen.
- Die Klettverschlusslappe fest schließen, um sicherzustellen, dass die Gelpackung nicht zu sehen ist.

## ITALIANO

### APPLICAZIONE

- Posizionare il lato della tasca con il materiale di fissaggio a uncini rivolto verso l'alto.
- Inserire il sacchetto di gel all'interno della tasca (usare questa apertura anche per rimuovere e sostituire i sacchetti di gel).
- Applicare il sacchetto terapeutico sul supporto usando i lati in materiale di fissaggio a uncini rivolti verso il supporto.
- Fissare il lembo in materiale di fissaggio a uncini per assicurare che il sacchetto di gel non sia esposto.

## FRANÇAIS

### APPLICATION

- Placez la poche avec la partie ouverte sur le dessus.
- Insérez le pack de gel dans la poche (utilisez aussi cette ouverture pour enlever et remplacer les packs de gel).
- Appliquez l'enveloppement thérapeutique sur l'orthèse en plaçant la partie cavité contre l'orthèse.
- Bien fixez le rabat fermant pour ne pas exposer le pack de gel.

## 中文

### 应用

- 将带钩锁的口袋侧朝上。
- 将凝胶包插入口袋内（取出和更换凝胶包时也使用此袋口）。
- 将治疗包放在腰带上，使锁扣面朝向腰带。固定口袋环扣盖，确保凝胶包未暴露在外。

## HOT: MICROWAVE

- Place pack in a microwave safe container.
- Heat pack at full power for 30 seconds (time is based on 800 watt microwave).
- Remove pack from microwave and check for desired temperature. If pack is not hot enough, place it back into the microwave for 20 second intervals, not to exceed an additional 60 seconds. NOTE: Over-heating could cause skin burns or pack to rupture.
- Place pack into pouch and position pouch in desired location. Apply brace and tighten as needed. Treat area for 15-20 minutes, or as medically prescribed.
- Remove pack and wait approximated one hour before reapplying.

## CALIENTE: MICROONDAS

- Coloque la compresa en un recipiente apto para microondas.
- Caliente la compresa en potencia máxima durante 30 segundos (este tiempo es en función de un microondas de 800 W).
- Retire la compresa del microondas y verifique que tenga la temperatura deseada.
- Si la compresa no está lo suficientemente caliente, vuelve a colocarla en el microondas por intervalos de 20 segundos, sin exceder los 60 segundos adicionales. NOTA: El sobrecaleamiento podría provocar quemaduras de la piel o la rotura de la compresa.
- Coloque la compresa en el bolsillo y coloque el bolso en el lugar deseado. Coloque el soporte y ajustelo según sea necesario. Trate el área por 15-20 minutos, o según lo prescrito por su médico.
- Retire la compresa y espere alrededor de una hora antes de volverla a colocar.

## ERHITZEN: MIKROWELLE

- Die Packung in einen mikrowellengeeigneten Behälter legen.
- Die Packung 30 Sekunden in der Mikrowelle bei maximaler Leistung (die Zeit basiert auf einer Mikrowellenleistung von 800 Watt) erhitzen.
- Die Packung aus der Mikrowelle nehmen und prüfen, ob die gewünschte Temperatur erreicht wurde.
- Falls die Packung nicht heiß genug ist, diese nochmals in Intervallen von 20 Sekunden in die Mikrowelle legen, wobei 60 Sekunden nicht überschritten werden dürfen. HINWEIS: Eine Überhitzung könnte Hautentzündungen und Risse in der Packung verursachen.
- Die Packung wieder in die Tasche stecken und die Tasche in die gewünschte Position bringen. Die Orthese anlegen und ggf. festziehen. Den zu behandelnden Bereich 15-20 Minuten oder wie medizinisch verordnet einer Warmbehandlung unterziehen.
- Die Packung entfernen und vor einer erneuten Anwendung ungefähr eine Stunde warten.

## CALDO: MICROONDE

- Mettere il sacchetto in un contenitore che possa essere usato in modo sicuro in un forno a microonde.
- Riscaldare il sacchetto a piena potenza per 30 secondi (il tempo indicato si basa su un microonde da 800 W).
- Rimuovere il sacchetto dal microonde e controllare che si trovi alla temperatura desiderata.
- Se il sacchetto non è abbastanza caldo, rimetterlo nel microonde per intervalli di 20 secondi, senza superare ulteriori 60 secondi. NOTA: Un riscaldamento eccessivo potrebbe causare ustioni cutanee o la rottura del sacchetto.
- Mettere il sacchetto nella tasca e posizionare la tasca nell'ubicazione desiderata. Applicare il supporto e stringere secondo la necessità. Trattare la regione per 15-20 minuti, o come prescritto dal medico.
- Rimuovere il sacchetto e attendere un'ora circa prima di riapplicarlo.

## CHAUD : MICRO-ONDES

- Placez le sachet dans un récipient micro-onde.
- Faites chauffer le pack à puissance maximum pendant 30 secondes (temps estimé pour une puissance de 800 watts du micro-ondes).
- Retirez le pack du micro-ondes et vérifiez la température.
- Si le pack n'est pas assez chaud, remettez-le au micro-ondes par tranches de 20 secondes, sans dépasser 60 secondes supplémentaires. REMARQUE : Une surchauffe pourrait brûler la peau ou provoquer l'éclatement du pack.
- Placez le pack dans la poche et positionnez la poche à l'endroit souhaité. Mettez l'orthèse et serrez au niveau souhaité. Trarre la zone pendant 15-20 minutes, ou selon les recommandations du médecin.
- Retirez le pack et attendez environ une heure avant de l'appliquer à nouveau.

## 热敷：微波炉

- 将凝胶包放在可用于微波炉的容器内。
- 采用全额功率加热凝胶包30秒钟（此加热时间基于功率800瓦的微波炉）。
- 从微波炉中取出凝胶包，检查是否达到理想温度。如果凝胶包还不够热，可放入微波炉内再加热，每次20秒钟。但额外加热时间不要超过60秒钟。备注：过度加热可能会烫伤皮肤或造成凝胶破裂。
- 将凝胶包放入口袋内，将口袋定位在理想位置。将腰带放在身上，按需要紧固。治疗15-20分钟或按医嘱决定时间。
- 取下凝胶包，等待大约一小时后再重新放置。

## COLD: FREEZER

- Place pack in freezer for one to two hours.
- Remove pack from freezer and slip into therapy pack sleeve.
- Place pack on area to be treated for 15 to 20 minutes, or as medically prescribed.
- Remove pack and wait at least one hour before reapplying to area.
- After application, return pack to freezer position. Aspen Therapy pack will remain flexible.

## FRÍA: CONGELADOR

- Coloque la compresa en el congelador por una o dos horas.
- Retire la compresa del congelador y colóquela en la funda de la compresa para terapia.
- Coloque la compresa en el área a tratar por 15-20 minutos, o según lo prescrito por su médico.
- Retire la compresa y espere, por lo menos una hora antes de volverla a colocar en la zona.
- Después de su colocación, regrese la compresa al congelador. La compresa para terapia Aspen seguirá siendo flexible.

## KÜHLEN: GEFRIERSCHRANK

- Die Packung ein bis zwei Stunden in den Gefrierschrank legen.
- Die Packung aus dem Gefrierschrank nehmen und in die Hülle der Therapiepackung schieben.
- Die Packung 15-20 Minuten oder wie medizinisch verordnet auf den zu behandelnden Bereich legen.
- Die Packung entfernen und vor einer erneuten Anwendung mindestens eine Stunde warten.
- Nach der Anwendung die Packung wieder in den Gefrierschrank legen. Die Aspen Therapiepackung bleibt biegbar.

## FREDDO: CONGELATORE

- Mettete il sacchetto nel congelatore per una-due ore.
- Rimuovere il sacchetto dal congelatore e infilarlo nella guaina per sacchetto terapeutico.
- Porre il sacchetto sulla regione da trattare per 15-20 minuti, o come prescritto dal medico.
- Rimuovere il sacchetto e attendere almeno un'ora prima di riapplicarlo alla regione del corpo.
- Dopo l'applicazione, rimettere il sacchetto nel congelatore. Il sacchetto terapeutico Aspen conserverà la sospensione.

## FROID : CONGÉLATEUR

- 在冷冻箱内存放凝胶包一或两小时。
- 从冷冻箱中取出凝胶包，滑入治疗包袖套内。
- 将治疗包放在治疗部位15至20分钟，或按医嘱决定时间。
- 取下治疗包，至少等待一小时后再重新放在治疗部位。
- 治疗结束后，将治疗包放回冷冻箱。Aspen治疗包将保持柔软状态。



EC

REP

## ENGLISH

## ESPAÑOL

## DEUTSCH

## ITALIANO

## FRANÇAIS

## 中文

ADDITIONAL INSTRUCTIONS  
HOTINSTRUCCIONES ADICIONALES PARA COMPRESAS  
CALENTESZUSÄTZLICHE ANWEISUNGEN FÜR DIE  
ERHITZUNGULTERIORI ISTRUZIONI  
CALDOINSTRUCTIONS SUPPLÉMENTAIRES  
CHAUD

- Do not heat gel pack on the stove; gel pack should only be heated in the microwave.
- Gel pack must be at room temperature before heating in microwave; do not microwave gel pack if frozen.
- Discontinue heating if gel pack expands like a balloon; such expansion means the pack is overheated.
- Before removing gel pack from the microwave, carefully check the gel pack for any sign of possible rupture or leakage; if any leakage is found, wait for the gel pack to cool before removing and discarding.
- Carefully check gel pack for desired temperature, if gel pack is too hot, allow to cool before applying.
- Excessive heating of gel pack could cause skin burns, gel pack deterioration, and possible leakage.

## COLD

## FRÍAS

## FÜR DIE KÜHLUNG

## FREDDO

## FROID

- Following use, inspect the skin everywhere gel pack has been applied; if any discoloration or redness occurs, discontinue treatment and consult a medical expert.
- Excessive use of cold gel pack could cause skin to frostbite.
- When stored in the refrigerator or freezer, do not place heavy objects on top of gel pack

## ADDITIONAL WARNINGS

## ADVERTENCIAS ADICIONALES

## ZUSÄTZLICHE WARNHINWEISE

## ULTERIORI AVVERTENZE

## AVERTISSEMENTS SUPPLÉMENTAIRES

- Failure to follow these instructions and warnings may cause personal injury and/or property damage.
- Improper use of gel pack may cause injury.
- Adult Supervision is required; do not allow children to heat gel pack while unsupervised. Unattended use of gel pack by children or incapacitated persons may be dangerous.
- Gel pack should not be used by individuals who are sensitive to temperature extremes, such as those with circulatory problems, diabetes, nerve damage, paralysis, or sensitive skin.
- Gel pack should not be used wet or with towels.
- Gel pack is for external use only.
- Do not puncture, tear, or bite gel pack.
- Do not use gel pack with Analgesic products, such as sports creams, balms, liniments, or lotions.
- Do not use gel pack over sensitive skin areas.
- If skin is broken, treat wound and apply sterile bandage to the injury before using gel pack.
- If contents of gel pack comes in contact with eyes, skin, or clothing, flush with warm water; if any redness or irritation persists, consult physician.
- If contents of gel pack are swallowed, give one or two glasses of water and induce vomiting, consult physician.

## CAUTION

## PRECAUCIÓN

## ACHTUNG

## ATTENZIONE

## ATTENTION

- Heat should not be used if patient has circulatory problems.
- Do not stand or lie on pack. Excessive weight may cause rupturing or leakage.
- Discard pack if leakage occurs.
- Consult your physician before using this product.

- No se debe usar calor si el paciente tiene problemas circulatorios.
- No se pare ni se recueste sobre la compresa. El peso excesivo puede provocar una ruptura o filtración.
- Deseche la compresa si se presenta filtración.
- Consulte con su médico antes de usar este producto.

- Bei Patienten mit Durchblutungsstörungen sollte keine Wärme angewendet werden.
- Nicht auf der Packung stehen oder liegen. Bei zu hoher Gewichtsbelastung kann die Packung reißen bzw. undicht werden.
- Wenn Leckstellen auftreten ist die Packung zu entsorgen.
- Vor der Verwendung dieses Produkts einen Arzt konsultieren.

- Il calore non va applicato se il paziente soffre di problemi circolatori.
- Non stare in piedi o sdraiarsi sul sacchetto. Un peso eccessivo può causarne la rottura o perdite.
- Gettare via il sacchetto se si verifica una perdita.
- Consultare il proprio medico prima di usare questo prodotto.

- Ne pas utiliser de chaleur si le patient a des problèmes circulatoires.
- Ne pas marcher ou s'allonger sur le pack. Un poids excessif peut le faire éclater ou provoquer des fuites.
- Jetez le pack en cas de fuite.
- Consultez votre médecin avant d'utiliser ce produit.

## 小心

- 如果患者有血液循环问题，则不应使用热敷。
- 不得站在或躺在凝胶包上。过度负重可能造成凝胶包破裂或泄漏。
- 如果凝胶包泄漏，则需丢弃。
- 使用本产品前，请咨询医生。

## LIMITED WARRANTY

Aspen Medical Products, Irvine, CA 92618, warrants to the user who originally purchases this product that it is free from defects in material and workmanship. The sole obligation of Aspen Medical Products in the event of breach of warranty shall be to repair or replace the defective product or parts.

Aspen Medical Products shall have no obligation under this limited warranty in the event:

(a) The product was not purchased from Aspen Medical Products or through its authorized channels of distribution;

(b) The product is altered;

(c) Any parts not supplied by Aspen Medical Products are inserted into the product; or

(d) The product is not used in accordance with the Aspen Medical Products, Instructions for Use.

THE FOREGOING IS THE SOLE AND EXCLUSIVE REMEDY FOR FAILURE IN SERVICE OF, OR DEFECT IN, THE PRODUCT. ASPEN MEDICAL PRODUCTS SHALL NOT BE LIABLE UNDER THIS OR ANY IMPLIED WARRANTY FOR ANY DIRECT SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES. THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE, AND ALL OBLIGATIONS OR LIABILITIES ON THE PART OF ASPEN MEDICAL PRODUCTS FOR DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OF THE PRODUCTS, WHICH ARE HEREBY DISCLAIMED AND EXCLUDED BY ASPEN MEDICAL PRODUCTS.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

Warning: To ensure proper use, please review all material.

A listing of authorized distributors in your area is available upon request.

**READ INSTRUCTIONS BEFORE USE.** Proper training in the use of this device should take place before it is applied. These directions are guidelines only and are not offered as medical recommendations.

THIS PRODUCT IS INTENDED FOR APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER QUALIFIED MEDICAL AUTHORITY. PERMANENT INJURY MAY RESULT FROM USE OTHER THAN AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. ASPEN MEDICAL PRODUCTS SPECIFICALLY DISCLAIMS ANY OBLIGATION OR LIABILITY FOR INJURY OR DAMAGE BY REASON OF ANY APPLICATION OF THIS PRODUCT. PLEASE SEE THE ACCOMPANYING LIMITED WARRANTY FOR FURTHER INFORMATION IN THIS REGARD.

其他注意事项 热敷

- 不得在炉灶上加热凝胶包；只能用微波炉加热。
- 用微波炉加热之前，凝胶包必须处于室温；如果处于冷冻状态则不得用微波炉加热。
- 如果凝胶包像气球一样膨胀，则停止加热；如此膨胀表示凝胶包已过度加热。
- 从微波炉中取出凝胶包之前，仔细检查凝胶包，确认没有可能破裂或泄漏的迹象；如果发现有泄漏，则需等待凝胶包冷却后再取出废弃。
- 仔细检查凝胶包是否达到理想温度；如果过热则需待其冷却后再放在身上。
- 过度加热凝胶包可能会烫伤皮肤，造成凝胶包性能下降并可能泄漏。

## 冷敷

- 使用后请检查治疗部位皮肤；如果出现变色或变红迹象，则需停止治疗，咨询医生。
- 过度使用冷冻凝胶包可能会冻伤皮肤。
- 凝胶包保存在冰箱或冷冻箱内时，不得将重物置于其上。

## 其他警告

- 不遵循以下说明和警告可能会造成人身伤害和/或财产损失。
- 凝胶包使用不当可能会造成伤害。
- 使用时需要有成人监督；如果没有成人监督，儿童不得加热凝胶包。在无人照看的情况下，儿童或失去自理能力者使用凝胶包可能很危险。
- 对极端温度敏感者不得使用凝胶包，如有血液循环问题、糖尿病、神经损伤、瘫痪或皮肤敏感者。
- 凝胶包不得在潮湿情况下使用，也不得与毛巾一起使用。
- 凝胶包只供外用。
- 不得扎破、撕裂或咬破凝胶包。
- 凝胶包不得与止痛产品一起使用，如运动霜、软膏、擦剂或乳液等。
- 凝胶包不得在敏感皮肤部位使用。
- 如果皮肤有破损，使用凝胶包前需先治疗伤口并采用无菌绷带包扎伤口。
- 如果凝胶包内容物接触眼睛、皮肤或衣物，请用温水冲洗；如果仍然有红肿或刺激症状，请咨询医生。
- 如果不慎吞咽凝胶包内容物，需喝一或两杯水后吐出，并咨询医生。