

WHEN TO USE

SITUATION	FREQUENCY	DURATION
Post Competition/ Maintenance	Once After Work	20-30 min
Acute Injury (48 - 72 hrs)	2-3 Times Daily	15-20 min
Chronic Conditions (e.g. Arthritis)	1-2 times daily as needed	20 min

TRAVEL TIPS

- Freeze gel packs for 24 hrs.
- Store in the insulated zippered case.
- Packs will stay cold for up to 5 hours while in transit.

Schneiders® | **SSTACK.COM**

8255 E. WASHINGTON ST. | CHAGRIN FALLS, OH 44023

Schneiders® IceStride™ Compression Wraps



Schneiders® | **SSTACK.COM**

8255 E. WASHINGTON ST. | CHAGRIN FALLS, OH 44023

BENEFITS OF COLD COMPRESSION THERAPY WITH VIBRATION

- Reduces swelling and tissue inflammation, minimizing fluid accumulation and edema.
- Cold slows nerve response, reducing pain signals to the brain.
- Alleviates muscle spasms and discomfort from both acute and chronic injuries.
- Compression with vibration:
 - Relaxes tissues and muscles
 - Increases oxygen-rich blood flow to the injured area
 - Speeds recovery
- Helps break down scar tissue and reduce chronic stiffness or tension.
- Ideal for:
 - Tendon and ligament injuries
 - Windpuffs
 - Arthritis
 - Soft tissue trauma
 - Bone bruises



INSTRUCTIONS

1. Freeze Gel Packs: Place in freezer for 24 hours prior to use (they'll stiffen, not freeze solid).

2. Wrap Application:

- Apply gel packs around the leg like a support boot.
- Wrap the outer boot snugly over the gel packs.
- Secure with hook-and-loop closures.

3. Control Panel:

- Center button = Power On/Off
- "+" to increase intensity, "-" to decrease
- LED light indicators:

- Red = Compression only
- Blue = Vibration only
- Green = Red = Compression + Vibration

4. Auto Shut-Off: Built-in battery shuts off automatically after 20 minutes.

Reduces leg temperature up to 25°F in 20 minutes.