

# GEL•BAND® ARM BAND

U.S. Patents  
5,971,947; 6,149,617

Model No: 19-500

Sizes: XSmall & Universal

Color: Black or Beige



## INDICATIONS:

- Tennis Elbow
- Carpal Tunnel Syndrome
- Strains and Pains
- Golfer's Elbow
- Arthritis

## BENEFITS:

The Arm Band works to eliminate stress on the injured area by shortening the working portion of the muscle by applying compression without restricting circulation. This allows healing to begin and reduces inflammation and pain. The unique GelCell® will focus the compression where needed (usually just below the elbow) and not around the arm.

## PRODUCT FEATURES:

- Durable, comfortable material ensures lasting wearability
- Elastic tension strap enhances compression control
- GelCell® focuses pressure on the extensor muscle where needed - not around the arm
- Provides penetrating heat or cold for therapy
- Look lock and plastic tongue closure for easy, non-binding fit

## HOW TO APPLY:

With Arm Band loose and hook and loop strap closed, slip band on arm and position with GelCell® centered above or below forearm depending where compression is needed. When in place, readjust strap snugly.

## CARE INSTRUCTIONS:

Fasten closures. Hand wash in cold water with mild soap. Wrap in a towel to remove excess water (do not twist or wring). Air dry away from heat. Do not tumble dry. Do not bleach.

## SIZING:

Measure around the forearm.

Size	Fits
X-Small	7 - 11"
Universal	11 - 16"

Latex Free.



## FOR COLD THERAPY

Doctors often recommend cold therapy as first aid treatment for minor injuries such as bruises, sprains and strains. Cold therapy is typically used up to 72 hours following injury and can soothe nerve endings, reduce swelling and inflammation.

1. Remove GelCell® from Arm Band and place in freezer at least 1 hour. GelCell® will remain pliable.
2. Insert back into Arm Band and position on arm where needed. When in place readjust strap snugly. For long term freezer storage, place GelCell® in a sealed plastic bag.
3. As soon as possible after activity, use cold therapy on elbow for a minimum of 10 minutes and no longer than 20 minutes.

## FOR HOT THERAPY

Doctors often recommend hot therapy for chronic aches and pains such as muscle soreness. Hot therapy sends penetrating heat into painful areas to help increase circulation and soothe pain.

1. Remove GelCell® from Arm Band and place in microwave.
2. All microwaves are different, but typically heat on highest setting for NO MORE THAN 15 SECONDS!
3. The GelCell® gives off PENETRATING MOIST HEAT and SHOULD NOT FEEL HOT upon first touch. When held in one place you will start to feel the penetrating heat. CAUTION: If GelCell® is hot to touch, then the gel core will be TOO HOT for comfort.
4. Ensure GelCell® is not too hot when held in place before inserting into Arm Band.
5. Insert back into Arm Band and position on arm where needed. When in place readjust strap snugly.

800-327-4110

FLA ORTHOPEDICS®

Website: [www.GelBandinfo.com](http://www.GelBandinfo.com)

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