

Portable Hip Brace

HOW TO USE

Place cold packs in refrigerator for at least 2-hours prior to first use.

1. With wrap being held in place over the hip, secure the **longer** strap across the waist, and the **shorter** strap around the upper thigh/groin area.



2. Compress the brace to further secure to your body by squeezing the bulb.



3. Once done utilizing, you can release the compression by pressing the **BLACK** button near the bulb.

Wear as frequently as desired while ambulating and then return cold pack to refrigerator.