

Flex-Ice

“Flex-Ice – The New Innovative Product In Cold / Heat Pack Therapy”

Flex-Ice is a remarkably new innovative product in cold / heat pack therapy which assists and improves recovery from pain and injuries.

- 1) Flex-Ice cold therapy is useful for reducing swelling and inflammation.
- 2) Flex-Ice heat therapy helps relieve pain, including headache and migraine pain.

Pain relief is vitally important for people suffering from migraines and headaches and the combination of hot and cold therapy cannot be over emphasized.

“THIS IS A WORLD FIRST & AN INTERNATIONAL SUCCESS”

When Flex-Ice is cooled, the unique Flex-Ice gel inside turns white to look like ice. This gives two main advantages over other ice packs:

- 1) When the pack is cooled and has formed a soft white paste ‘Flex-Ice’, it is guaranteed to be sufficiently cold enough to deliver a recommended treatment.
- 2) Overtime the soft white paste will ‘melt’ and return to a clear gel. When this occurs the pack has delivered a recommended treatment - taking the guesswork out of applications.

Flex-Ice packs are available in three different sizes to suit your application:

Small
Flex-Ice Pack

Size: 10 x 24 cm

BUY 1 Small Flex-Ice Cold/Hot Pack With Cover:

\$9.97

****SPECIAL DEAL** BUY 2 Small Flex-Ice Cold/Hot Pack With Cover:**

\$17.97

Medium Flex-Ice Pack

Size: 15 x 24 cm

BUY 1 Medium Flex-Ice Cold/Hot Pack With Cover:

\$12.97

****SPECIAL DEAL** BUY 2 Medium Flex-Ice Cold/Hot Pack With Cover:**

\$23.97

Large Flex-Ice Pack

Size: 15 x 48 cm

BUY 1 LargeFlex-Ice Cold/Hot Pack With Cover:

\$19.97

****SPECIAL DEAL**** BUY 2 Large Flex-Ice Cold/Hot Pack With Cover:

\$35.97

Flex-Ice packs are used by 1000's of Healthcare Professionals around the world, AFL Teams, NRL Teams and Australian Sporting Teams because they are more effective.

Improve Recovery

What does Cold Therapy actually do?

Cold Therapy is the clinically proven aid for most musculoskeletal injuries, during initial care and later rehabilitation. Cold Therapy will promote stronger healing, ease pain and improve recovery time.

Will Cold Therapy help the pain?

Yes, Cold Therapy provides strong pain relief. Cold temperatures reduce nerve transmission from painful areas. With 4 – 5 mins of Cold Therapy there is sensory analgesia comparable to local anaesthesia.

What are some common uses of Cold Therapy?

Sports Injuries (Sprains & Strains)

Neck and back injuries/spasms.

Migraine and headache.

All types of body aches and pains.

How do you apply Cold Therapy?

For the average adult, apply a Flex-Ice pack to the injured area for 10 – 20 minutes with a 20 – 30 minute rest between applications for a 2 hour period. Early application is important. Depending on the severity of the injury this process can be repeated over a 24 – 48 hour period.

Note: Always place a light towel between the skin and the Flex-Ice pack to avoid the possibility of frostbite.

Note: For greatest results apply Flex-Ice pack with a Flexi-Strap TM as this will “squeeze out” inflammatory fluids and complete the recommended R.I.C.E. principal. (Rest, Ice, Compression, Elevation).

How does Cold Therapy improve recovery time?

The body reacts to injury or surgery by initiating an inflammatory response. This increases permeability of blood vessels, activates local pain receptors and attracts immune chemicals creating swelling. This excess of fluids separates healthy cells in the vicinity from their oxygen source. As a result many healthy cells die from secondary tissue damage called “hypoxic injury”. The application of the Flex-Ice pack will stop the destruction of the healthy cells in the injured area.

How to cool the Flex-Ice pack effectively.

Store the Flex-Ice pack flat in the freezer section of your refrigerator ready for immediate use.

Cold precautions.

Do not use on infants. Young children should be supervised when using this product. Elderly or disabled people may also require supervision. Any cold product may cause frostbite if improperly used. Do not use Cold Therapy before sporting activities as it can lower the areas proprioception. People with circulatory disorders should not use Cold Therapy.

What does Heat Therapy actually do?

Heat Therapy will increase blood flow to an area, sooth and relax muscles in spasm and enhance healing.

Note: Never apply heat to bruises or muscle strains in the first twenty-four hours after injury. Heat may increase local bleeding.

Will Heat Therapy help the pain?

Yes, Heat Therapy provides mild pain relief by acting as a counter irritant “filling” the nerves with the sensation of heat instead of pain, thereby reducing the amount of pain perceived.

What are some of the common uses for Therapy actually do?

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Relieving pain and stiffness in joints and muscles.

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Relieving stress and tension therapeutically.

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Relieving arthritic pain and stiffness.

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Alleviating stomach cramps and period pain.

How do you apply Heat Therapy?

Heat Therapy can be used anytime except when there is internal or external bleeding. Application times of 20 – 30 minutes are recommended.

Note: When hot, always wrap the Flex-Ice pack in a light towel or other suitable material before application.

Note: To create a snug and comfortable fit wherever your body needs treatment, apply the heated Flex-Ice with a Flexi-Strap TM. Providing excellent therapy while maintaining comfort and mobility.

How does Heat Therapy improve recovery time?

Heat encourages blood flow to an area, bringing blood, oxygen, and nutrients while decreasing inflammation and taking away toxins. All of which considerably speed recovery time.

How to Heat the Flex-Ice pack effectively.

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Place the Flex-Ice pack flat in the microwave, push in the centre of the pack to distribute the gel in a donut shape (doing this will help heat the gel more evenly). Heat for 1 minute.

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Remove and massage the pack a little to distribute heat evenly. (Temperature will continue rise slightly). Carefully check desired temperature by carefully holding the Flex-Ice pack against the inside of the forearm or back of the neck.

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If further heating is required, heat at 20 second intervals until you reach your desired temperature(note total time for future reference).

Note: The Flex-Ice pack may also be heated by placing in hot water.

Hot precautions.

Never apply heat to bruises or muscle strains in the first 24 hours. Heat may increase any local bleeding. People with diabetes, circulatory problems, nerve damage, paralysis or sensitive skin should not use heat therapy except if directed by a health practitioner. When pregnant, do not apply heat to the abdomen. Do not apply heat where a clot or thrombosis is suspected.

The 4 Reasons You Should Use Flex-Ice?

For Health Professional – See How will Flex-Ice Can help your Business?