



Recover Faster. Train Smarter. Perform Better.



Mild Injury Treatment Kit Directions

The following is a suggested protocol for using your kit. The order of events outlined here is our suggestion, but you can alter it based on your circumstances and schedule.



Apply a Muscle & Joint Therapeutic Patch each day. Wear for 8-12 hours then remove and discard. Use the Recovery Cream anytime you are not wearing the Patch.

While the Muscle and Joint Therapeutic Patch is on you may not feel much but it still helping to boost your body's circulation to this area of the body. This helps relieve tension and promote natural healing.

When you are not wearing a Therapeutic Patch, you can use the Recovery Cream. The cream helps to maintain circulation to the area and helps to reduce inflammation.

During the recovery process it is good to do some light stretching as long as it isn't painful. Once you begin to regain mobility and pain lessens, begin developing strength. Access the Athlete Advantage members area at www.qivantage.com/advantage, where you'll find specific movements and Qi therapies to help build strength and flexibility.

For additional help and answers, visit help.qivantage.com



365 Boston Post Road #205 Sudbury, MA 01776 | 888-818-5163 | www.QiVantage.com
Made in the U.S.A. Completely natural and organic. 2013 QiVantage. All rights reserved.

Muscle-Pull.com