



Recover Faster. Train Smarter. Perform Better.



## Moderate 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 Recovery Wrap treatment 1 (see details on back). Wear for 8-12 hours (typically overnight) then discard paste.



Apply Recovery Wrap treatment 2 (see details on back). Wear for 8-12 hours (typically overnight) then discard paste. Use the Recovery Spray between treatments 5-10 sprays, 3 to 4 times during the day or as schedule permits.



Apply a Therapeutic Muscle and Joint Patch each day until your supply runs out. Use the included Recovery Spray as needed.

While the Recovery Wrap will typically feel good while it is on, its main benefit comes a few days to a few weeks after removal. The wrap helps to boost your body's circulation. Once your body is functioning more properly, it can proceed more efficiently with the recovery process.

The Muscle and Joint Patch and the Recovery Spray both augment the effects of the Recovery Wrap.

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](http://www.qivantage.com/advantage), where you'll find specific movements and Qi therapies to help build strength and flexibility.

Detailed Recovery Wrap direction on back.



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## Recovery Wrap Directions

1. **Shape recovery paste** – Remove 1/2 of the recovery paste from the jar (save the rest for the second treatment). Shape and cover the area of your pain with a thickness of 1/4 inch or greater.
2. **Wrap paste in gauze** – Use the included gauze to cover the recovery paste. This helps the paste keep its shape while wearing it and makes removal easier.
3. **Secure onto body** – Use the included medical tape to completely cover the recovery paste. Secure onto your body directly over the area of pain. Further secure with the included elastic bandage. Wrap should be snug, but not cut off circulation.
4. **Wear for about 8-12 hours (typically overnight)** – Remove after 12 hours and discard everything except the elastic bandage.
5. **Additional treatments** - Wait 6-12 hours before doing the second treatment. Most tend to do the treatments at night, repeating each night. However, treatments can be done when it is best for your schedule. Consecutive treatments help ensure the best results.

## Helpful Tips

1. **Gauze** - The paste can dry out and become crumbly while on the body so wrap the paste in gauze (step 2 above) to prevent a mess when removing.
2. **Staining** - The paste can stain sheets or clothing so we recommend that you cover the medical tape with plastic wrap then wrap with the ace bandage. This will prevent staining and help trap the body warmth in. If not possible, then wear some old clothes over area.
3. **Remove in shower** – If you feel the medical adhesive tape is too hard to remove, take a shower and remove it in the shower once it is thoroughly wet.
4. **Rash** – While potentially uncomfortable, this is a positive sign. The itch or localized skin rash is the result of toxins being released from the body through the skin. Use the included Recovery Spray to help it resolve the rash and relieve discomfort. If overly itchy, use an over-the-counter itch cream to help resolve as well. Wait to the rash calms down before doing additional Recovery Wrap treatments. Subsequent treatments do not typically result in an additional rash because the majority of toxins have already been drawn out.

For additional help and answers, visit [help.qivantage.com](http://help.qivantage.com)



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