

## Massage & Physical Therapist Practitioner:

- ✦ Get immediate pain relief WHILE administering massage therapy. **icyball.** is an extension of your fingers.
- ✦ Relieve patient pain treating irregular or difficult areas such as therapy across the spine.
- ✦ At room temperature instead of using thumbs or palms, let the tactile "tacky" surface do the work for you. **icyball.** positions the skin to focus on a specific muscle and fiber stretching.
- ✦ Put an **icyball.** in each hand and transform repetitive hand movements into healing pressure for you and your client.
- ✦ Mechanically allows the body to transition between the autonomous and parasympathetic (healing and maintenance system of the body) allowing blood to supply cells that would otherwise die.



\*Temperatures between 104-112 degrees F and 55-68 degrees F are considered therapeutic.

Fill a microwave safe bowl with enough water to cover. Thermalball must be submerged. Two minutes at normal power to start. The temperature of the heated water is an indicator of the Thermalball temperature.



Designed for  
the Clinic,  
Spa or Home!



Wrap your **Thermalball** products in a **Kewlerband** for mobile thermal therapy!

Pain relief from backaches, Arthritis, Sciatica nerve pain, Heel Spurs pain, Plantar Fasciitis pain along with general muscle massage and hot or cold pack treatments, can be achieved with **icyball.** or **Thermalball** products.

Enhance Vascular Gymnastics!  
Contrasting Thermal Therapies (Alternating)  
Myofascial Release  
Lymphatic Drainage

### icyball.



Original (8 ounces of thermal fluid) cold therapy



Mega (Over 1 pound of thermal fluid)

### Thermalball



14% thicker - professional upgrade for repetitive heat cycling.



Rugged, supple, wear resistant cold or heat therapy devices.

#### Special Warning for Therapists:

Prolonged repetitive heating (with a crockpot, roaster, etc.) of the **icyball.** or **thermalball** device will cause plastic fatigue of the shell or can compromise the valve seal. Careful inspection of the seal is required after extended use (i.e. months) and continuous cycling between hot, ambient and cold temperatures.

Extreme care must be taken for hot applications with aging icyballs to protect clients. Reorder icyballs whenever the encasement seems too pliant or elastic for your applications. If in doubt, retire the **icyball.** from hot use and only use for cold therapies.

This information is not intended to diagnose, treat, cure or prevent any disease. Information given is primarily for the purpose of stress reduction, relief from muscular tension/spasm, and/or for improving circulation. We neither diagnose illness, disease, or any other medical, physical or mental disorder.

Natural, supple



icyball.com

Its Kewler Technology

- Sciatica nerve pain.
- Plantar Fasciitis pain.
- Headache relief.
- Arthritis pain.
- Heel spurs pain.
- Carpal Tunnel pain.
- Lower back and shoulder pain...



Microwaveable "ruggedness enhanced" Thermalballs - Do not microwave without fully submerging in a rigid bowl of water

## Thermal Therapeutic Pain Relief

**icyball.** Enhances Massage Therapy  
Hot or Cold Acupressure Therapy

### THE KEWLER COMPANY

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Email: kevin@kewler.com

Learn more at :  
<http://kewler.com>  
<http://www.thermalball.com>  
<http://www.icyball.com>



**Thermalball** and **icyball**® products retain therapeutic temperatures for longer than 30 minutes. Be careful to avoid extended contact with frozen or super-heated thermal products.

**icyball**® products enhance therapeutic massage by incorporating heat or cold in addition to conventional techniques.

The unique thermal fluid holds its temperature while icyball's special viscosity improves massage effect on the body or injured muscle. The special encasement of the **icyball**® is "tacky" to improve contact with the skin and conform to the underlying muscle structure, increasing the therapeutic effect relative to the exertion expended.

### ❄️ Cryo (Cold Therapy)

Cold **icyball**®: (55° - 68° F) constrict blood vessels and encourage the lymphatic system to clear fluids and damaged tissue by-products. Swelling is reduced and an analgesic effect is produced relieving the pain

### ❄️ Heat Therapy

Hot **icyball**®: (104° - 112° F) increase blood flow and relax muscle fibers while a rolling action gently stretches sore muscles.

### ❄️ Room Temperature Therapy

The resiliency and elasticity of the "room-temperature" **icyball**® make an excellent tool for acupressure for self administration, or applied

### ❄️ Alternating Temperature Therapy

By alternating between hot and cold therapy, the body's maintenance systems are mechanical enhanced to speed recovery from strains, sprains and bruises.

# Hints and Techniques for **icyball**® therapy

**Instructions:** Heat or cool an **icyball**® in a rigid bowl with enough water to cover. A crock pot on low, or iced water work well to reach a desired temperature (or store in the fridge or freezer). To clean: wipe your icyball® with a dampened towel with witch-hazel, alcohol or place them in the top rack of the dishwasher.



### ❄️ Lower Back and Shoulders

Place an **icyball**® on a floor mat or flat surface and roll the affected area from the side on to the **icyball**®.



Slowly roll on top of the **icyball**® concentrating on the sore spots or small knots. Isolating one muscle group within your back and/or shoulders may take a bit of exploring. Once you locate the spot, use a hot or cold **icyball**® to provide temperature contrast while concentrating on local pressure techniques.

### ❄️ Arthritis

**icyball**® relieves the pain and inflammation associated with Arthritis while the warm relaxes stiff joints.

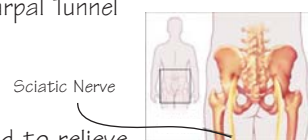


### ❄️ Hands

Place an **icyball**® between your hands and massage using a rolling and squishing action. Scheduled use improves recovery from Carpal Tunnel surgery by weeks.

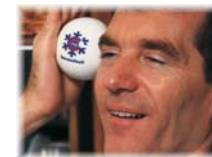
### ❄️ Sciatica

**icyball**® can also be used to relieve the pain associated with Sciatica. Simply sit on the **icyball**® and roll over the affected area.



### ❄️ Neck

Standing or sitting upright, place the **icyball**® behind your neck and roll it back and forth over your spine and behind your head.



### ❄️ Headache

Place an **icyball**® behind your neck to cool the blood and reduce blood vessel inflammation. Massage the **icyball**® over your forehead and temples. Relax... The pain will fade away.

### ❄️ Menopause

Hot flashes disappear by placing an **icyball**® in direct contact with the temperature center (behind the neck)

### ❄️ Middle Back

Place an **icyball**® in our fabric sack to position it behind the back in an office or other "backed" chair.



### ❄️ Heel Spurs and Plantar Fasciitis



Roll your foot over the **icyball**® gently stretching ligaments, tendons and muscles on and around the painful spurs.