





✓ DOs	✗ DON'Ts	
SISSEL EXERCISE BALL		
Keep surface area free from pointed / Sharp objects & edges	Avoid very difficult exercises involving undue risk	
Limit usage within the dynamic weight limit specified for respective balls	Don't repair damaged balls in any case	
Ensure flawlessness of the ball surface	Should not be exposed to lacquered or coated surface	
Exercise on padded floor mat	Don't inflate more than the recommended size	
Maintain extreme caution while using resistive aid with exercise balls	Don't kick an exercise ball	
Inflate the ball step by step and let remain as it is for at least 2 hours between if using a compressor	Don't expose to direct sun light, heat or other heat sources	
Prior to inflation spread ball and allow to adapt to room temperature for at least 24 hours (ideally room temperature not below 23° C)		
SISSEL COLD THERAPY COMPRESSION		
Clean with moist towel and dry	Don't use in case of undefined results. Consult doctor or therapist	
Spray or wipe to disinfect	Don't apply on open injuries / wounds (possibly cover first)	
Spray, let soak, wipe if necessary. Use only suitable cleaners	Don't inflate / compress too strongly	
Store compress at (Max-18 deg) in freezer. Enhances effectiveness	Don't put on too loosely	
Too low temperature can cause frost damage to the skin. Protect skin with towel	Avoid it proper positioning (position Joint opening for knee & elbow compress)	
SISSEL HOT & COLD PACK		
Max temperature in hot water 80 deg C	Avoid direct contact with pot	
In hot water – place flat in pot ; remove pack after every 4 – 6 mins	Don't boil it in hot water. Bring water to boil, then remove pot from stove and then place the pack inside it	
Wrap pack in towel during application	Don't use on small children	
In microwave – if pack is folded, heat in short intervals of 20 sec each at max 600W	Don't use if damaged	
Life span : 6 months, when used 10-15 times a day	Don't use on numb areas	
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SISSEL PILLOWS		
Wash pillow by hand	Don't worry about slight discoordination	
Squeeze carefully by hand	Don't rinse it	
Dry on grate or similar	Don't dry in direct sunlight / heat source	
Place a towel underneath to dry		
Give about a week to dry		
SISSEL RESISTIVE AIDS		
Prior to every use check for damages	Don't overstretch band / loop / tube	
Ensure band / tube can't release from doorframe	Don't tie the end like a knot	
Keep the band / loop / tube dry	Don't wet the band / loop / tube in water	
Wrap over blunt object edge for performing exercise	Don't create too much tension	
SISSEL TAPE		
Best to apply 1 hr prior to physical activity	Don't expose to direct sunlight / high temperature	
Area of application must be clean, dry and free of creams, perfume & hair	Don't apply on damp & unclean surface	
Remove immediately in case of redness, itching, pain or blistering	Don't rub or blow dry	
Pat dry after showering	Don't use on open wounds, bleeding sores, existing irritations, sores or allergic reaction	
Test patch is recommended for those with high allergic tendencies / plaster allergic reactions	Don't store in direct sunlight and / or high temperatures	
Repetitive use without break could increase skin trouble	Not recommended for usage for more than 72 hours	
Stretching tapes could give more stress on patient's skin	Stop usage immediately if it results in skin irritation	
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