

RBR's

PREMIUM SITE

LOG IN

Join for just
\$24.99/year!

Free newsletter

See current issue

Visit RBR's
eBookstore

Always a
15% discount
for members

Targeted eArticles
for roadies just \$3.99

Click covers
for eBook details

\$14.95 eBook



Build the bridge to
your best season yet

New 2nd Ed.!
\$19.95 eBook

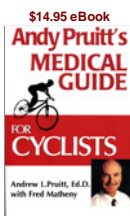


In Your Indoor
Cycling Classes!
Make training inside
like riding the road

4th Ed.!
\$19.95 eBook



50% more expert info
for road & MTB



Expert medical Rx
plus bike fit tips

\$19.95 eBook

CLIMBING

Cycling Product Tests

At RBR we constantly have new cycling products on the road. We usually post a fresh review here every 2-3 weeks. It often takes some serious mileage before we're sure how stuff *really* works.

Evaluations are written by the RBR Review Crew — [Ed Pavelka](#), [Fred Matheny](#), [Jim Langley](#), [Joshua Cohen](#), [Fred Zahradnik](#) and other experienced roadies.

You'll find our newest product review on this page until the next one is ready. Then it moves to our [archive](#) on the [PREMIUM SITE](#).

Moji Back Cold Compression Wrap

By Jim Langley



www.gomoji.com

Price: \$129

Source: website

Made in: USA (gel pack), China (wrap)

Warranty: 1 year

Sizes: S, M, L

RBR advertiser: no

How obtained: sample from company

Tested: 6 times at 20-30 minutes

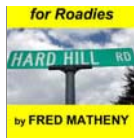
HOT!

- simple and convenient
- compression as well as cold
- get up and go while using
- virtually no dampness
- cold dissipates to reduce risk of frostbite
- reusable storage bag to protect gel pack in freezer

not!

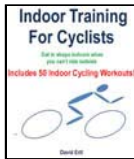
- needs about 4 hours for refreezing between uses
- cold only; can't be used for heat therapy

The Moji Back Wrap makes treating low-back pain from injury or overuse super easy and convenient. The technology is identical to the Moji Knee Wrap we reviewed with a 4.0 rating in May 2009, so it has the same plusses and minuses.



Yes, you can ride hard hills easier

\$14.95 eBook

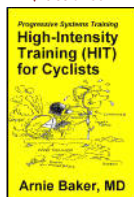


Includes 50 indoor cycling workouts

Always a 15% discount for members

See \$3.99 eArticles

New 12th Ed.!
\$26.95 eBook



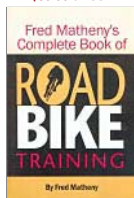
THE go-fast bible
Includes Training Log

STRENGTH TRAINING
for Cyclists



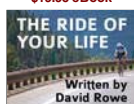
DVD plus workout manual
by Olympic Coach

\$39.95 eBook



Complete year-round program YOU can do

\$19.95 eBook



Plan & achieve your impossible dream

\$19.95 eBook



Winter project!
Create a super shop

Like for knees, this Moji is a compression wrap that contains a large, reusable cold cell. It provides 2 types of therapy -- support from the wide, snug belt and icing from the nearly frozen gel material.

The wrap is made of a blend of wicking Moji Dri-Lex and Polartec stretch fabric with a hook-and-loop closure. It stays securely in place so you can wear it around the house or while driving home from the ride that made your back sore. It fits under or over clothes.

Cold Therapy

The Moji cold cell is soft and pliable even right out of the freezer. It's comprised of 28 closely spaced individual compartments so it forms to your body and chills your lower back quickly. The cell contents are designed to stay cold for 20 minutes, the recommended time for icing and less than it would take to cause harm from excessive cold.



Compared to using bags full of ice cubes or frozen corn, the Moji wins hands down. You don't need to worry about anything getting wet and you don't have to be motionless on your stomach. Because the wrap provides back support, wearing it can help you be more active (depending on how bad your discomfort is). That's been my experience. As I move around, the cold is always right where I want it.

Quick Relief

I put on the Moji and it immediately relieves a certain amount of pain by compressing and supporting my back. Then the cold kicks in to further help. It's a wonderful improvement from having to stop everything and take icing breaks whenever my back acts up.

Other notable features include the durable zip-lock plastic bag that protects the cold cell when it's in the freezer. Hook-and-loop patches make attaching the cold cell to the compression wrap simple and secure. The wrap has hand pockets that help you put it on and fine-tune the fit.

Additional cold cells are available for \$49 if you want a backup. And there's a \$65 Moji to Go portable container that keeps a cold cell cold for up to 6 hours if you want to take the wrap in your bag to use after an event. The Moji Back comes with a one-year warranty and free shipping in the continental U.S.

Bottom Line

As a longtime back pain sufferer, I give the Moji Back Cold Compression Wrap my highest recommendation.

[\[Back to top\]](#)

"Once again I am reminded why I look forward so much to reading RBR. The August '09 review of 6 pairs of premium cycling shorts [now in the [PREMIUM SITE's](#) product test archive] demonstrates the sort of honest, trustworthy and truly comparative product review so sadly missing from the bigger commercial print and electronic media.

"As in all of your reviews that I have read, the test criteria is user reproducible, a quality that is so very important to us. It is such detail that I constantly send my clients to your website for information and advice.

"I am a cycling and running coach and a personal trainer but sometimes I get too caught up in the science and obsessiveness of training. *RoadBikeRider.com* keeps me grounded, informed and helps me be a better coach and mentor. Thanks so much." -- **Frazer H., Santa Barbara, California**