



WHEN TO ICE, WHEN TO HEAT

MOJI ONE



SYMPTOMS	HEAT	COLD
General Aches and Pains	●	●
Muscle Tissues		
Stiff or Tense Muscles	●	
Muscle Spasms	●	●
Knotted Muscles	●	●
Conditions		
Arthritis	●	●
Tendonitis	●	●
Exercise		
Warm Up	●	
Recovery		●
Injury		
First 24-48 Hours After Injury (or Reinjury)		●
Swelling/Inflammation		●

HEAT

Remove room temperature Moji One Fusion Cell from its reusable storage bag. Evenly distribute the gel in Moji Fusion Cell with your hand. Place Moji Fusion Cell in the center of the microwave with the light grey side up. Heat for 30 seconds on HIGH setting.

Inspect the inside of your microwave and make sure it is completely clean and free of any liquid or food debris. If your microwave does not have a turntable, rotate the cell 180 degrees halfway through the heating time. Make sure Moji Fusion Cell is room temperature before placing in microwave. Do not heat this product with any other means than a microwave.

TEST

After initial heating time, test the temperature by placing your hand on Moji One Fusion Cell.

If the Moji One Fusion Cell is too hot, set it aside and check in 30 second intervals to see if it has cooled down enough to use safely. If the Moji One Fusion Cell is too cool, microwave additional 15 seconds and test it again. Repeat if necessary, but **do not exceed a total heating time of 1 minute.**

WEAR

Once proper temperature has been reached, attach black side of Moji One Fusion Cell to black strips on Moji One Compression Wrap. Moji One Fusion Cell effectively heats for 10-15 minutes.

Moji One Fusion Cell can be worn directly on the skin. If Moji One Fusion Cell feels uncomfortably hot on your skin, try wearing the product over light clothing. Temperature of Moji One Fusion Cell may increase during the first several minutes of use. If it feels too hot, or is uncomfortable, remove from body and allow to cool. **Misuse can cause burns. Carefully read WARNING.**

STORAGE

Moji One Fusion Cell was designed for use in both the microwave and the freezer. To prolong the life of your Moji One Fusion Cell, it is important to follow the directions below. If you choose to use Moji One Fusion Cell more for warming up, Moji recommends keeping the Moji One Fusion Cell in the reusable storage bag in a cool, dry place for storage. If you choose to use Moji One Fusion Cell more for icing, Moji recommends keeping the Moji One Fusion Cell in the reusable storage bag in your freezer for storage. If you plan to frequently use both, Moji recommends keeping the Moji One Fusion Cell in the reusable storage bag in your freezer for storage.

IN THE MICROWAVE

Make sure Moji One Fusion Cell is clean, dry and at room temperature before placing in the reusable storage bag. Store Moji One Fusion Cell in a cool, dry place in the reusable storage bag.

IN THE FREEZER

Make sure Moji One Fusion Cell is clean, dry and at room temperature or below before placing in the reusable storage bag and then into the freezer. If Moji One Fusion Cell is wet, ice crystals can form on the surface, causing discomfort during the next use. Store Moji One Fusion Cell in the freezer when not in use.

CARE

Moji One Fusion Cell can be spot cleaned with a damp cloth, mild soap and water. Allow Moji One Fusion Cell to fully dry before heating in the microwave or placing in the freezer.

FREEZE

Place room temperature Moji One Fusion Cell in the storage bag in freezer for at least 2-3 hours before use.

Save the reusable bag containing Moji One Fusion Cell for storage in and out of the freezer, to keep the product clean and maintain its life. To minimize recharge time, keep Moji One Fusion Cell in the back of the freezer and closer to the top. Do not cover Moji One Fusion Cell with other objects. Make sure Moji One Fusion Cell is at room temperature or below before placing in freezer.

TEST

If your Moji One Fusion Cell looks Frosty or feels Hard, keep at room temperature for 5-10 minutes before using.

The Moji One Fusion Cell should be crunchy when removed from the freezer, reflecting the crystalline nature of the gel. It should also be soft and pliable when removing it from the freezer, allowing it to conform to your body. If your Moji One Fusion Cell is hard and/or inflexible, check the temperature of your freezer as it may be set too cold. Typical freezers are set between 0-10°F.

WEAR

Once proper temperature is reached, attach black side of Moji One Fusion Cell to black strips on Moji One Compression Wrap. Moji One Fusion Cell effectively ices for 15-20 minutes.

Moji One Fusion Cell can be worn directly on the skin. If Moji One Fusion Cell feels uncomfortable on your skin, try wearing the product over light clothing. Do not apply a cold Moji One Fusion Cell for more than 20 minutes during use. Wait at least one hour before reapplying. **Excessive use, failure to follow instructions, or using the product while sleeping may cause frostbite.**



STEP 1 Lay Moji One Compression Wrap on table with shorter straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell on the quads with the shorter straps at the top. Pull each of the shorter straps around your leg with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Hold strap down with one hand on the back of your leg and fasten the tab.



STEP 4 Pull the longer two straps outward.



STEP 5 Cross the straps behind your leg and pull both straps outward TIGHTLY from behind your leg to get the most compression.



STEP 6 Wrap the straps on the front of your quads and hold down.



STEP 7 Fasten tabs together in the middle of your thigh.



STEP 1 Lay Moji One Compression Wrap on table with shorter straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell on the hamstrings, with the shorter straps at the top. Pull each of the shorter straps around your leg with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Hold strap down with one hand on the front of your leg and fasten the tab.



STEP 4 Pull the longer two straps outward.



STEP 5 Cross the straps on the front of your leg and pull both straps outward TIGHTLY from the front of your leg to get the most compression.



STEP 6 Wrap the straps on the back of your hamstrings and hold down.



STEP 7 Fasten tab in the middle of the Moji One Compression Wrap.



STEP 1 Lay Moji One Compression Wrap on table with shorter straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell on the knee, with the shorter straps on the top. Pull each of the shorter straps around your leg with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Hold strap down with one hand on the back of your leg and fasten the tab.



STEP 4 Pull the longer two straps outward.



STEP 5 Cross the longer, bottom two straps behind your leg and pull both straps outward TIGHTLY from the back of your leg to get the most compression.



STEP 6 Wrap the straps on the front of your knee and hold down.



STEP 7 Fasten tab on your knee.

INSTRUCTIONS FOR USE: CALF & ACHILLES

WWW.GOMOJI.COM



STEP 1 Lay Moji One Compression Wrap on table with shorter straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell on the calf, with the shorter straps on the top. Pull each of the shorter straps around your leg with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Hold strap down with one hand on the front of your leg.



STEP 4 Pull tabbed strap TIGHTLY and fasten.



STEP 5 Pull the longer two straps outward.



STEP 6 Cross the longer, bottom two straps on the front of your leg and pull both straps outward TIGHTLY from the front of your leg to get the most compression.



STEP 7 Wrap the straps around the back of your leg. For those with larger legs, go to step 8. Switch hands and wrap around leg again for those with smaller legs.



STEP 8 Fasten tab on your leg in the middle of the Moji One Compression Wrap.



STEP 1 Lay Moji One Compression Wrap on table with shorter straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell on the shin, with the shorter straps on the top. Pull each of the shorter straps around your leg with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Hold strap down with one hand on the back of your leg.



STEP 4 Pull tabbed strap TIGHTLY and fasten.



STEP 5 Pull the longer two straps outward.



STEP 6 Cross the longer, bottom two straps behind your leg and pull both straps outward TIGHTLY from the back of your leg to get the most compression.



STEP 7 Wrap the straps around the back of your leg. For those with larger legs, go to step 8. Switch hands and wrap around leg again for those with smaller legs.



STEP 8 Fasten tab on your leg in the middle of the Moji One Compression Wrap.

INSTRUCTIONS FOR USE: ANKLE

WWW.GOMOJI.COM



STEP 1 Lay Moji One Compression Wrap on table with longer straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Position the Wrap and Fusion Cell around the back of your ankle, with the shorter straps at the top. Pull each of the shorter straps around the front of your ankle with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Wrap the strap around the front of your leg and tuck the strap underneath the tabbed strap.



STEP 4 Pull tabbed strap TIGHTLY and fasten.



STEP 5 Pull the longer two straps outward.



STEP 6 Cross the longer, bottom two straps on the top of your foot and pull both straps outward TIGHTLY to get the most compression.



STEP 7 Wrap the straps around the bottom of your foot and switch hands. Pull the straps outward from underneath your foot.



STEP 8 Wrap the straps on the top of your foot and hold down.



STEP 9 Fasten tab on top of the foot.



STEP 1 Lay Moji One Compression Wrap on table with long straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 Before putting Moji One on the body, hold Moji One by the two shorter straps in your hands.



STEP 3 While holding Moji One, fasten the two shorter straps to the approximate circumference of your bicep.



STEP 4 Slide your arm through the hole made from fastening the two shorter straps and pull Moji One up so that the closed bottom straps rest on your bicep and the middle of the Fusion Cell rests on your shoulder.



STEP 5 Using both hands, pull each of the longer straps **TIGHTLY** at the same time diagonally across your body.



STEP 6 Fasten tabs together on chest with the Moji tab on top.

INSTRUCTIONS FOR USE: HIP



STEP 1 Lay Moji One Compression Wrap on table with longer straps on top. Attach Moji One Fusion Cell to Moji One Compression Wrap by fastening black side of Fusion Cell to the black strips on the Wrap.



STEP 2 While standing, position the Wrap and Fusion Cell on the hip, with the longer straps on the top. Pull each of the longer straps around your waist with each hand and pull both straps TIGHTLY at the same time.



STEP 3 Fasten tabs together around your waist.



STEP 4 Pull bottom two straps.



STEP 5 Fasten tabs together on the inner part of your thigh.

CAUTION: Follow instructions carefully and use only as directed. Misuse can cause burns. Moji products should never be applied for more than 20 minutes at a time. Do not heat this product by any other means than a microwave. Test the temperature before using by applying the Moji One Fusion Cell to sensitive skin, such as the palm or fingers of your hand. Note: Moji One Fusion Cell temperature may get hotter during the first several minutes of use, if it feels too hot, or is uncomfortable, remove from body and allow to cool. **Do not overheat. Overheating in the microwave can damage or destroy the product.** Overheating will void your warranty. If overheated, check Moji One Fusion Cell for damage. If there is any sign of damage on Moji One Fusion Cell, do not use the product and discard it immediately. **Do not ingest gel.** If ingested and symptoms develop, contact a physician. If gel comes in direct contact with skin or eyes, thoroughly flush with water. If condition persists, seek medical attention. Check for leaks of Moji One Fusion Cell before use. **Discard product if Moji One Fusion Cell is leaking, punctured or torn. Do not use while sleeping or on an unconscious person.** Do not allow children to use this product unless under close adult supervision. Be cautious when using on people whose skin may be more sensitive to temperature extremes. Only use after consultation with pediatrician when treating infants and children. Persons with diabetes, circulatory problems, nerve damage, paralysis skin allergies, intolerance to temperature changes or sensitive skin should use only as directed by a physician. Do not apply on open wounds or to damaged, broken or irritated skin unless prescribed by a physician. If, while using product, you develop an allergic reaction, swelling or burning or itching sensation, or if during use you notice frozen, blistering, peeling, shriveled, wrinkled, reddened or discolored skin, immediately discontinue use and consult a physician. If product is uncomfortable during use, discontinue use immediately. Consult a physician before treating any serious injury or if pain persists. Do not use Moji One Fusion Cell in conjunction with liniments, balms or lotions. Do not use a different gel/cold pack with the support wrap provided.

Manufactured in the USA for Moji, 2700 Patriot Blvd, Suite 420 Glenview, IL 60026. The contents of this information, such as text, graphics, images and other material contained herein ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this Content.

Moji proudly offers a complete warning against failure of its products for one full year from the date of purchase. Warranty is void if product has not been used according to printed instructions, or if the Moji One Fusion Cell is damaged or shows evidence of overheating or misuse. If failure of Moji products should occur, contact Moji Customer Service, customerservice@gomoji.com or 800.593.2045, to return the defective product with proof of purchase.