

# Runner's Relief™ Therapeutic Soak

- 1) Put 1 scoop of Runner's Relief™ in a clean muck bucket and fill with hot water (108F-113F) (42C-45C) up to 20 gallons of water
- 2) Use a digital thermometer to check the water temperature (108F to 113F) (42C-45C)
- 3) Soak the injured leg for 30 minutes. Splashing onto the leg prior to entry may be necessary to allow the horse to become accustomed to the water temperature and also let the horse feel solid ground in the bucket. (Usually after three treatments they are accustomed to standing with a leg in the bucket)
- 4) Wrap COTTON PAD around the leg
- 5) Wrap PLASTIC (Saran Wrap) on top of the cotton pad around the leg 3-4 times, but not too tight and nor too loose.
- 6) Wrap with POLO WRAP lightly, and let sweat until the following soak.

## Recommendations:

Soak once or twice a day for 90 days (no more than twice a day and no longer than 30 minutes per soaking), It is recommended that an ultrasound be done starting the therapy and then follow-up ultrasounds every 30 days to allow you to monitor healing.

Keep out of the reach of children.

For external use only