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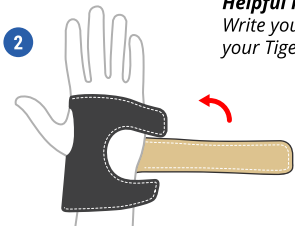
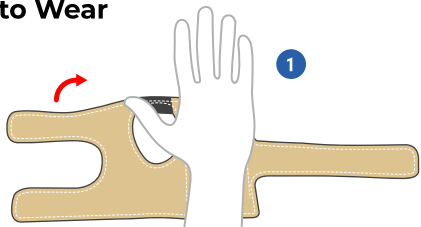
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TIGER PAW[®]
PREMIUM WRIST SUPPORTS

[Care & Instructions](#)

TIGER PAW® How to Wear



Helpful Hint
Write your name on
your Tiger Paws.



Visit usglove.com for helpful instructional videos.

TIGER PAW® Care & Instructions

How to Use

Tiger Paw Wrist Supports are designed to help prevent hyperextension of the wrist.

To use, open up your Tiger Paw. With the large velcro pocket on the back of your hand, place your thumb through the hole. Tightly wrap the straps around your wrist and hand. *Note: Over time and after several wearings, some conformation will occur.*

How to Clean

Hand wash in cold water with Woolite. Lay on a flat surface, blot dry, and allow to fully air dry. **Do not dry in direct sunlight.**

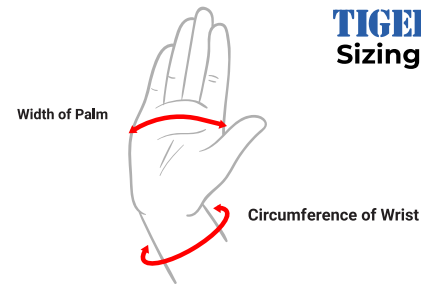
How to Replace Pads

Periodic replacement of support pads, located inside the velcro pocket, is necessary. The foam pad will lose its supporting power after approximately one month of everyday use.

To replace the pad, simply open the top of the velcro pocket, pull out the worn pad, and insert the new one. Reseal the velcro opening. *Note: The velcro pocket can be accessed on the bottom, wrist-edge of the Tiger Paw.*

Extra plastic battens are included with your Tiger Paws for additional levels of support. Never use the plastic battens without foam pads. You may use only foam pads, however, or a combination of foam pads + 1 or 2 plastic battens-- depending on your required level of support.

TIGER PAW® Sizing Guide



Size	Weight	Circumference of Wrist	Width of Palm
XS	Up to 70 LBS	< 5.75in	< 3in
S	70 - 115 LBS	5.75 - 6.25in	3 - 3.5in
M	115 - 150 LBS	6.25 - 6.75in	3.5 - 4in
L	150 - 210 LBS	6.75in & Up	4in & Up

Note: We recommend selecting your size based on your weight. However, all hands are a little different. If your weight puts you between sizes, please use the other measurements to confirm your size. **Expect a snug fit.**

Snug fit is good; too tight is not right!

Having a snug feeling provides optimal wrist support and helps prevent sprains and hyperextensions. However, if your Tiger Paw cuts off your circulation/blood flow, or severely impairs your thumb/finger movement, then it's too small!

To Adjust Levels of Wrist Support

Once you have a snug fit, toggle between the inserts to adjust wrist support. **See How To Replace Pads.**