



STOKO

SUPPORTIVE TIGHT



**PRIOR TO USING THE DEVICE, READ THE
FOLLOWING INSTRUCTIONS COMPLETELY**

GOT QUESTIONS?

We're always here to help.

hello@stokodesign.com

stokodesign.com

STOKO DESIGN INC.

1535 VENABLES ST
VANCOUVER BC V5L 2G8
CANADA

IFU REVISION & DATE

REV B - 2023-11-02

Stoko™

HOW TO WEAR THEM

We're stoked you're stoked to get into your new STOKO SUPPORTIVE TIGHTS. Trust us, they're like nothing you've worn before! Here's a couple tips and tricks to make your first experience a little easier.

THEY ARE HARD TO GET ON THE FIRST TIME

Sit down and inch them up like a wetsuit - they will get stuck if you try to pull them on like normal pants. It could take 5 minutes or more to put them on for the first time, so follow the instructions on the next page which walk you through the essential steps to ensure a flawless fit.

THEY NEED TO BREAK IN

They might feel small at first! Stretch the waistband outward and pull on the cables to distribute support down your legs. As you move they will mold perfectly to your body, so the more you move, the more the cables will work their magic.

SUPPORTIVE APPAREL FEELS DIFFERENT

Unlike a traditional brace, your Supportive Apparel will not feel rigid or bulky. The Stoko Support System is designed to mimic your muscles and ligaments, reinforcing your body and engaging when you need it.

PUTTING ON

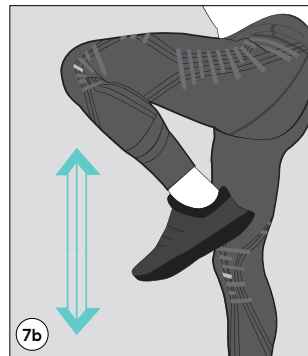
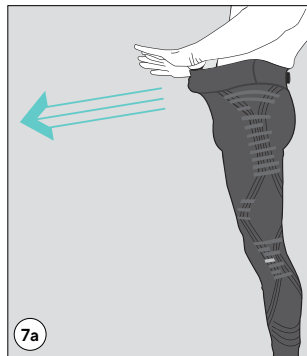
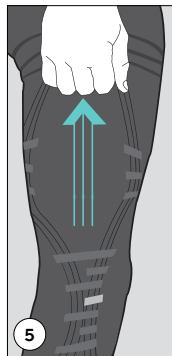
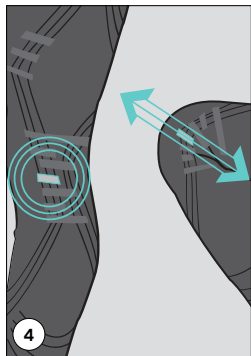
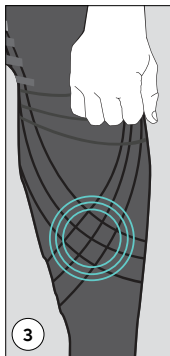
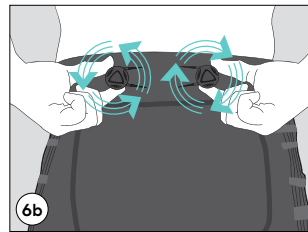
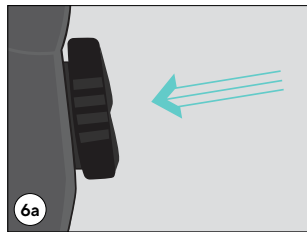
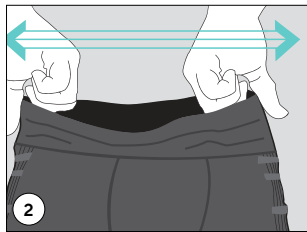
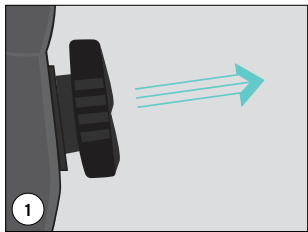
1. Pull the dials out to disengage the support system.
2. Stretch the waistband out to relax the cables.
3. Sitting down, pull the tights over each foot and up to your knee. Position the crisscrossed cables at your mid-shin.
4. Continue working the tights up your legs and align the two light grey bars with the bend of your knee.
5. Stand up and pull the waistband over your hips. This will be difficult if the light grey bars aren't positioned correctly.

ADJUSTING

6. Push the dials in and twist to engage support - you will feel them tighten at your waist first.
7. To distribute the support to your legs, stretch the waistband outward and move (squat, jog, etc.).
8. STOKO SUPPORTIVE TIGHTS are adjustable and provide more support the more you tighten. Your support is personal; adjust according to comfort or medical recommendation.
9. You will know your tights are working as you feel them tighten across your waist, thighs, and calves.

REMOVAL

10. Pull the dials out to disengage the support system.
11. Pull the waistband outwards to release the cables and work the tights down your legs and off.



THE REST YOU NEED TO KNOW

INTENDED USE

The STOKO SUPPORTIVE TIGHT is intended for stabilization, support, and protection of the knee.

INDICATIONS FOR USE

- Knee pain
- Knee instability
- Knee ligament instabilities (including ACL, MCL, LCL, and PCL)
- Knee strains and sprains
- Knee osteoarthritis (OA)
- Patellofemoral pain syndrome (PFPS)

CONTRAINDICATIONS

- Pregnancy
- Unstable or displaced fracture of the spine or lower limbs.

Any conditions that could be exacerbated by compression or pressure.

WARNINGS

Stoko Design Inc. accepts no responsibility for any injury which might occur while using Stoko Design Inc. products.

This device will not prevent or reduce all injuries. Consult your health care provider to ensure the STOKO SUPPORTIVE TIGHT is suitable for you.

Failure to properly position the STOKO SUPPORTIVE TIGHT and adjust the support with the dials, as described in the instructions, will compromise performance.

Do not use the STOKO SUPPORTIVE TIGHT over an open wound.

In rare cases the STOKO SUPPORTIVE TIGHT may cause irritation, discomfort, joint pain, or constriction of blood vessels or nerves. In these cases, discontinue use immediately.

This product does not protect against crushing or hyperextension.

Stoko Design Inc. accepts no responsibility for the consequences of any adjustments, modifications and/or repairs made to the STOKO SUPPORTIVE TIGHT by any user or other third party.

INTENDED FOR SINGLE PATIENT USE.

DUTY TO REPORT

Any serious incident in relation to the device must be reported to the

manufacturer and relevant authorities.

USE LIFE

This device may be safely used for 5 years or until you see significant signs of garment wear.

PRODUCT CARE

Keep your STOKO SUPPORTIVE TIGHT fresh! Follow the instructions on the sewn-in-label, wash in the washbag provided, and hang to dry. Do not expose the product to direct heat.

MATERIAL CONTENT

Garment: 79% Nylon / 21% Lycra

Support System: UHMWPE, Nylon, Polycarbonate, Polyoxymethylene, Polyurethane.