

WHAT'S INCLUDED

Groin Brace

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Groin Brace as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place visit **vhealth.link/29d82**

HOW TO WEAR



For an easy instructional video check out **vhealth.link/18d57**

 Adjust the waist wrap securely to your waist. The connection between the waist and leg straps should be over the hip flexor.



2. Adjust the compression as needed.



Adjust the thigh wrap securely around your leg.



4. Adjust the compression as needed.





MAINTENANCE & CARE

- Machine wash with cold water
- Air dry

Check out our list of Frequently Asked Questions at **vhealth.link/29d82** for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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