



## **FAQ and Tips by Run Forever Sports**

### **Your Calf Compression Sleeves**

#### **Q. I can't get them on, what do I do?**

**A.** Don't worry, contact us at [support@runforeversports.com](mailto:support@runforeversports.com) and we will help you out. If you need a different size, we can send it to you. Check out some helpful how to videos on our website – <https://runforeversports.com/pages/how-to> which can show you a couple of tricks to help get them on as well.

#### **Q. What Are The Best Washing Instructions For My New Compression Sleeves?**

**A.** For best results, we recommend that you :

- Hand Wash (Machine Wash Delicate ok)
- Warm Water
- Mild Soap or Detergent
- Air Dry Recommended
- Do Not Bleach
- Do Not Iron
- Do Not Dry Clean
- Do Not Use Fabric Softener



**Q. What is the compression level?**

**A.** Our sleeves are 18-23mmHg compression level. This is stronger than most other sleeves you will find and are graduated. Our sleeves are also 3<sup>rd</sup> party tested to ensure compression levels are correct.

**Q. How Often Do I Need To Replace My Compression Sleeves?**

**A.** The life of our compression sleeve depends on the usage. At minimum, they should last a year on average use. As with all clothing, the more you use it, the more it wears down. We recommend having 2 pairs at all times so you can switch between the two and give the fabric time to recover back to its original size.

**Q. What is graduated compression?**

**A.** Graduated compression is where the compression levels will decrease as you go up the leg. This is important for blood circulation. Most sleeves on Amazon are not graduated even though they claim to be. Be careful as that can cause health issues.



**Q. What are the sleeves made of?**

**A. Nylon and Lycra**

Love your new calf compression sleeves?

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