



FAQ and Tips by Run Forever Sports

Your Knee Compression Sleeve

Q. I Am Having Trouble Getting Them On, What Should I Do?

A. Contact us at support@runforeversports.com and we will help you out. If it's a sizing issue, we will help you get the right size.

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 Socks?

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. Will my New Knee Compression Sleeve work like a Knee Brace? What's the difference?

A. Knee braces are designed and used to protect a previous injury from further endangerment. Knee compression sleeves are designed to protect the knee from future injury or risk of damage. This protection is important for knees put under great daily pressure (running, jumping, weightlifting). Please check out our website if you need a knee brace.

Q. What Benefit will the Run Forever Knee Compression give me?

A. Your knee compression sleeve increases blood flow naturally reducing pain, not only during but also after physical performance. The reason this compression aspect is so important is that a compressed knee encourages blood flow through the blood vessels of the knee, boosting recovery and reducing fatigue.

Q. How long will my knee sleeve last?

A. The life of our compression socks depends on the usage. Based on typical usage, you should expect them to last 9-12 months.

Q. Will these knee compression sleeves cure my knee pain?

A. No. Compression sleeves will help minimize arthritic or achy knee pain for many people due to enhanced blood flow and compression stabilization. Your knee sleeves will work best when combined with physical therapy treatments prescribed by a doctor, and some supplements to minimize inflammations. Always consult your doctor before starting any knee therapy or treatment.

TOP TIPS:

1. Ensure the kneecap zone is
Situated over the knee cap
For optimal usage





Q. I Have A Question That Isn't Answered Here?

A. Any questions you have, please contact me at support@runforeversports.com. We are a small business and we thrive on happy customers so we will do everything in our power to make sure you're satisfied.

Love your new compression socks?

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