

SUGGESTED USE

KNEE STRAIN

Incrediwear products needed: Knee Sleeve

Steps:

1. Wear *Knee Sleeve* continually for 4-6 weeks or until pain and swelling subside
2. After week 6, wear during activity.
3. For Baker's Cyst - Cut a 3 inch slit behind knee and wear continually. On Day 7, re-stitch slit behind knee.

KNEE/ACL/MCL SURGERY

Incrediwear products needed: 5" Bandage Wrap, Leg Sleeve, Knee Sleeve, Performance Pants

Steps:

1. Day 1-6: Wear *5" Bandage Wrap* continually
2. Day 6-35: Wear *Leg Sleeve* continually. Wash every other day.
3. Day 35-60: Wear *Knee Sleeve* during the day. Sleep in *Leg Sleeve*.
4. During Rehab: Wear *Performance Pants*

ANKLE SPRAIN

Incrediwear products needed: Two Ankle Sleeves

Steps:

1. Day 1-10: Soak one *Ankle Sleeve* in hot water for two minutes. Ring out excess water. Place on ankle for 20 minutes.
2. Remove wet sleeve and replace with dry *Ankle Sleeve*.
3. Repeat steps 1-2, three times daily.
4. Wear *Ankle Sleeve* continually until swelling and pain subside.
5. Wear during activity to prevent re-injury.

* Remove *Incrediwear* products while showering.

SHOULDER STRAIN/SURGERY

Incrediwear products needed: Shoulder Brace, Arm Sleeve

Steps:

1. Wear *Shoulder Brace* during the day
2. Use support for 30 days or as doctor recommended for recovery
3. Use *Arm Sleeve* for 14 days following surgery or until swelling has subsided.

ELBOW TENDONITIS/SURGERY

Incrediwear products needed: Elbow Sleeve

Steps:

1. Wear *Elbow Sleeve* continuously for 4-6 weeks or until pain subsides

WRIST SPRAIN

Incrediwear products needed: Wrist Sleeve and/or Circulation Gloves

Steps:

1. Wear *Wrist Sleeve* continuously for 4-6 weeks or until pain subsides
2. If swelling in the hand occurs, wear *Circulation Gloves* in place of *Wrist Sleeve* until swelling and pain subside

HIP/UPPER THIGH INJURY

Incrediwear products needed: Hip Brace, Leg Sleeve, Performance Pants/Circulation Shorts

Steps:

1. Wear *Hip Brace* continuously for 4-6 weeks or until pain and swelling subside.
2. After week 6, wear *Performance Pants* or *Circulation Shorts* to prevent re-injury