

**SAWA BAR-1
BY BRACE INTERNATIONAL**

FITTING INSTRUCTIONS

THIS BRACE IS SUITABLE FOR GROIN STRAINS, HAMSTRING STRAINS, AND DEEP THIGH CONTUSIONS.

DON'T GET CAUGHT WITH YOUR BAR-1's OFF!

CRISS CROSS STRAPS

FIGURE 1 FIGURE 2 FIGURE 3 FIGURE 4

The criss crossing straps are sewn into the pants (Fig.1) and can be used to limit stride during rehab (Fig.2) or to provide more support to the groin (Fig.3) before wrapping. When not in use the straps help in keeping the pant legs from shifting (Fig.4).

CRISS CROSS STRAPS

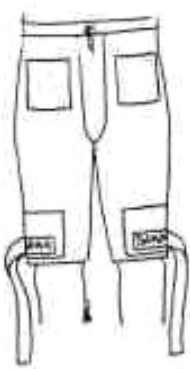


FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4

AUXILIARY STRAPS

FIGURE 5 FIGURE 6

The Auxiliary straps provide the mechanical assistance to the injured muscles. With drawstring tightened and leg cinches tight, apply one end of elastic to velcro on bottom, pull up over injured muscle and attach to velcro at top of pant.

AUXILIARY STRAPS



FIGURE 5



FIGURE 6

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HIP SPICA WRAP

FIGURE 7 FIGURE 8 FIGURE 9

With the heel slightly lifted and toe pointed in (Fig.7) begin the wrap with the double-sided velcro end as illustrated, on the injured leg. Wrap twice around the leg, making sure not to pull too tight (Fig.8). Go around hip, with wrap coming back down over groin. Attach end of wrap to velcro at back or front of pant, depending on desired compression (Fig.9). Please note that practice is required to achieve a comfortable amount of compression. This wrap can be applied over auxiliary straps.

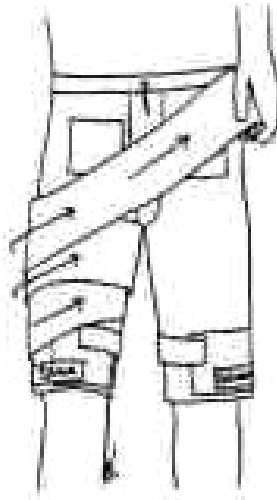


FIGURE 8



FIGURE 9

**SAWA BAR-1
SIZE CHART**

SIZE	WAIST (INCHES)
SMALL	24 -27
MEDIUM	28 - 31
LARGE	32 - 34
X-LARGE	35 - 38
XX-LARGE	39 - 44

THIS BRACE IS TO BE MACHINE WASHED IN COLD WATER. HANG DRY ONLY.

Please note: Wrapping these injuries should be done by a doctor or trained therapist. Should you choose to wrap yourself, be aware that to gain the proper compression requires practice. Do not hesitate to re-wrap if you feel any discomfort.

FOR ANY FURTHER ASSISTANCE CONTACT YOUR LOCAL SALES REPRESENTATIVE OR CALL CUSTOMER SERVICE AT: BRACE INTERNATIONAL 1-800-545-1161 USA & CANADA