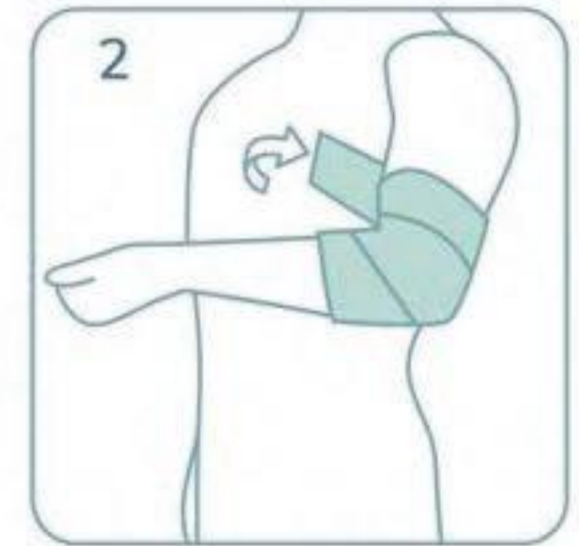
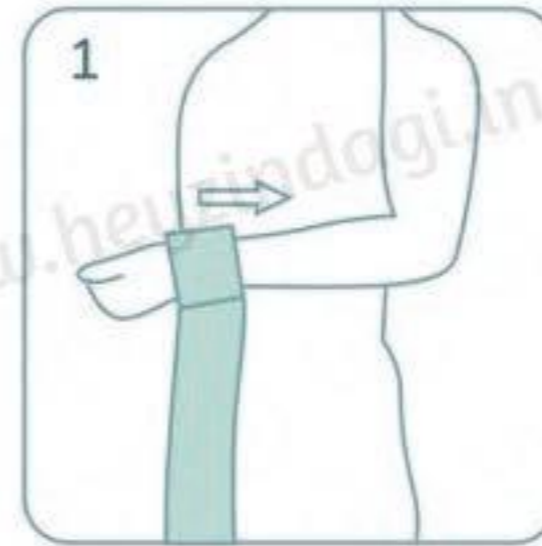


How to Wear?

- Insert hand into the starter loop of the elbow wrap
- Pull up to the upper forearm close to the elbow
- Beginning from the forearm, create a loop with the first fastener
- Continue to roll towards the upper arm in a spiral motion, overlapping half the width on each turn
- Ensure you pull the wrap to create compression levels as required
- Once finished, secure the wrap with the hook closure
- Remember to readjust in case of any discomfort



REMEMBER

- Don't bathe with the wrap - it will reduce the elasticity and compression quality of the support

- Never share or pass-on your wrap- can lead to allergy or transfer of infection