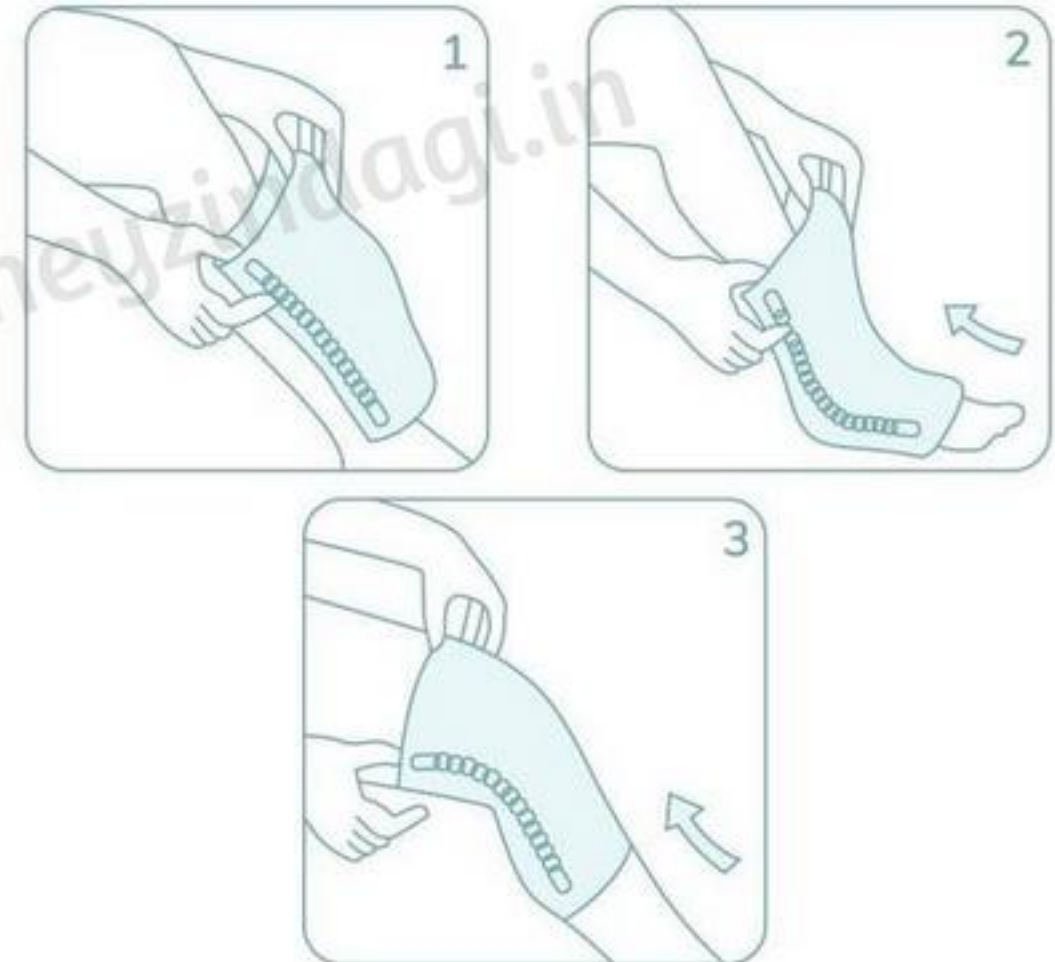


## How to Wear?

- Make sure you order the right fit as per Size Chart below
- Insert foot into sleeve aligning the light knee joint pattern on top while holding top of the support
- Pull up to the knee and centre the pattern around the knee cap, ensuring the spiral stays are on either side of the knee
- Check for compression and remove the support if it feels too sweaty to dry the skin and fabric
- To remove, pull the support from the bottom and gradually slide it
- **REMEMBER:**
  - Do not roll or bend the stay while wearing, removing or storing it. This will damage the shape and structural strength of the spirals



**P.S.:** Kindly consult your Physician or Orthopaedic Specialist before using this product