

How to Wear?

- Make sure you order the right fit as per Size Chart below
- Loosen the Velcro-style strap
- Insert hand into the brace and pull up to the upper arm
- Rotate the pressure pad on the forearm, positioning it on the strained muscle group
- Pull the strap to add compression on that area and secure it
- Remember to readjust in case of any discomfort



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