

# QUICK START GUIDE

- Make sure you order the right fit as per Size Chart below
- Loosen the straps around the wrist and thumb
- Insert your hand into the support and settle the thumb through the thumb locking area
- Tighten the thumb strap first and test for comfort
- Now, tighten the elastic strap around the wrist to get the desired compression
- Check for comfort and readjust if necessary



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