

## How to Wear?

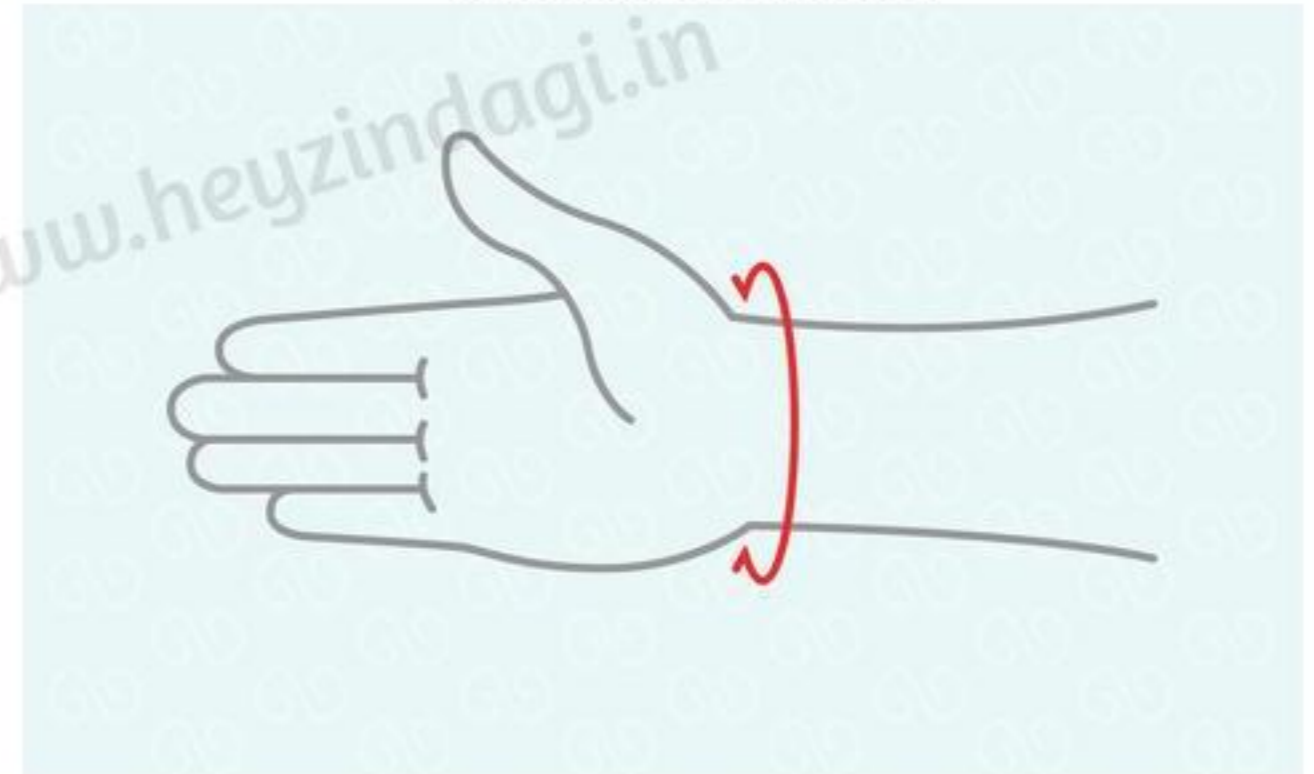
- Check your Wrist Size before ordering the product - it should be between 127 mm to 229 mm
- Place the wrap around the wrist making sure the Oppo logo on the strap faces the forearm

- Fix the Velcro-type fastener ensuring required compression
- Use the hook and loop strap to add compression and support as necessary
- Remember to readjust in case of any discomfort

### STEPS TO WEAR



### MEASURING YOUR WRIST



Measure the circumference at the wrist joint. Ideally, use a paper strip and use a pen to mark the point where both meet. Use a flat ruler to measure the distance between the two points.

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