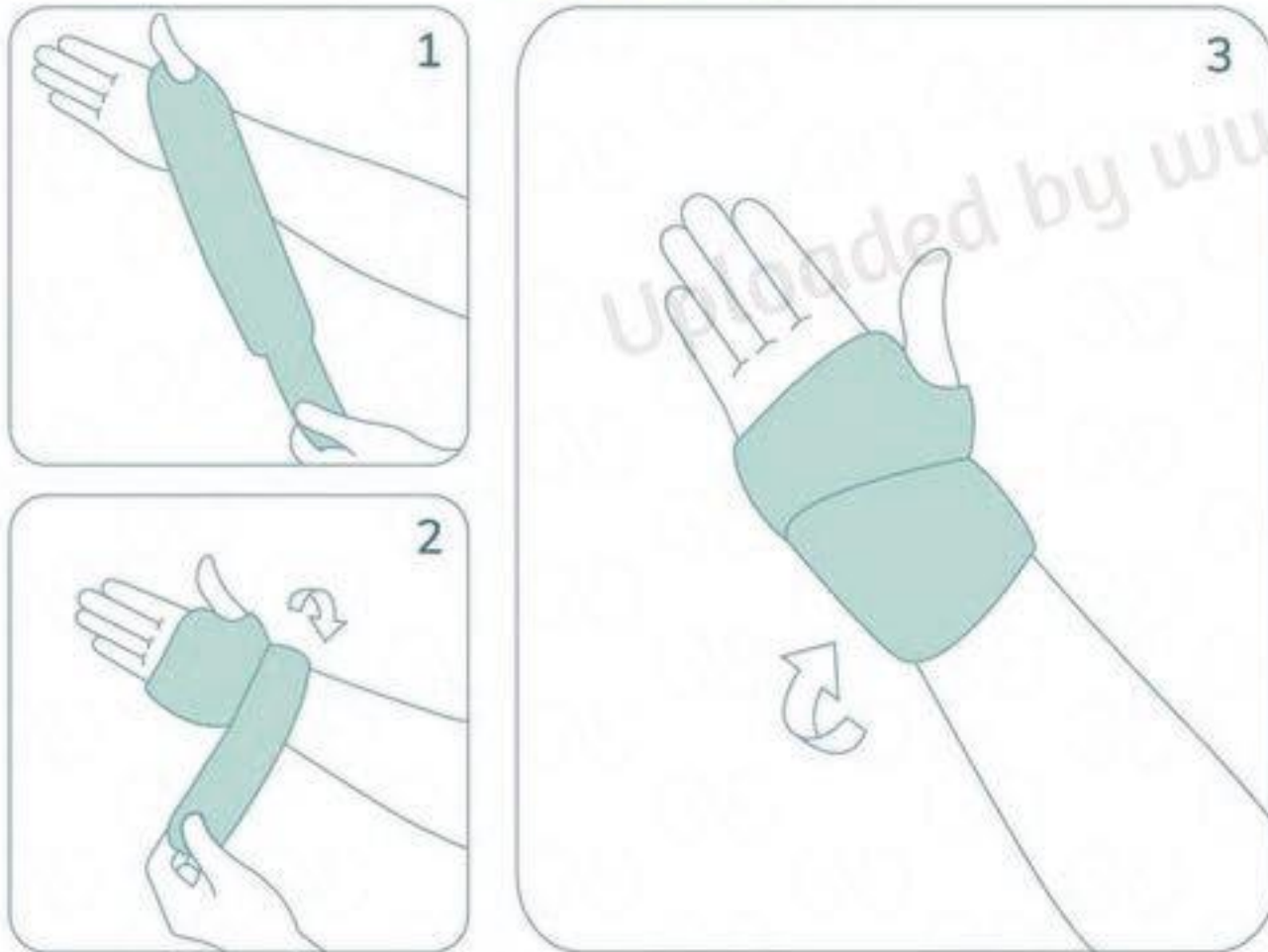


## How to Wear?

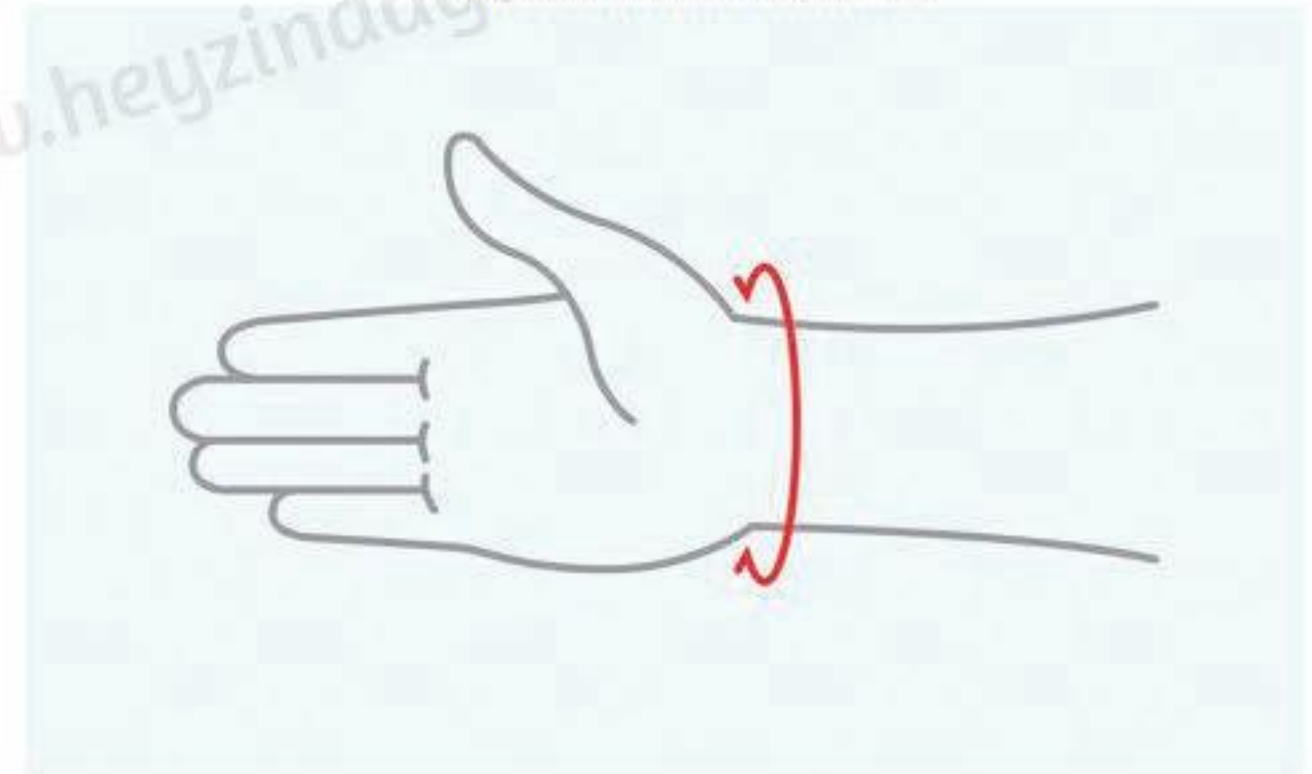
- Check your Wrist Size before ordering the product - it should be between 140 mm to 229 mm
- Insert your thumb into the locking area and settle it around the base making sure the Oppo logo on the strap faces the forearm
- Pull the wrap around the wrist and around the back of the hand

- Continue rolling the wrap around the wrist
- Fix the Velcro-type fastener ensuring required compression
- 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 Specialist before using this product