How to Use?

- Hold the plastic ring perpendicular to the arm
- Insert the arm through the hole of the diaphragm and slide slowly
- Ensure that the cast/bandage/wound is undisturbed



REMEMBER

- Do not wear the cast cover for more than 20 to 30 minutes at a time, as it might lead to condensation of the trapped air
- It is not recommended to be used during recreational water activities

- Adult supervision is necessary for use in case a child/adult with poor control is using it
- Consult your doctor in case the diaphragm causes discomfort or swelling

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