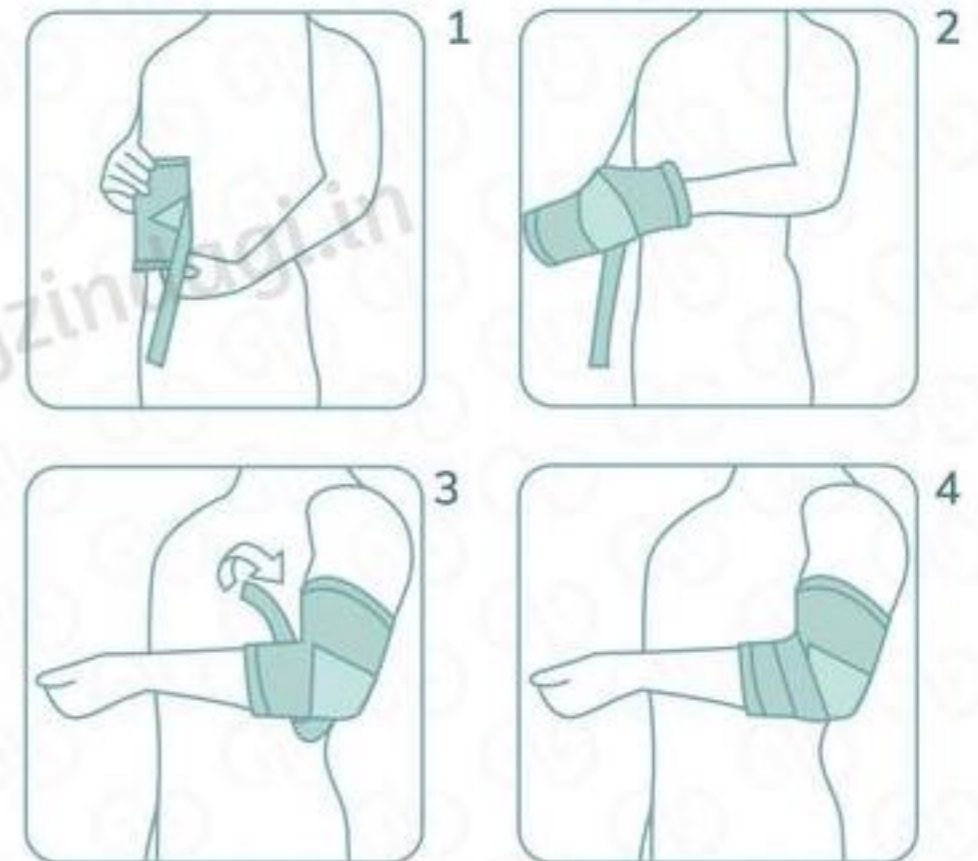


How to Wear?

- Make sure you order the right-sized product from the Size Chart below
- Place the product in such a way that the wider side faces upwards and turquoise-colored soft spot faces downwards
- Pull the support and position it around the elbow joint with or without the use of an applicator
- Make sure the support conforms well to the shape of the elbow
- Smoothen the wrinkles, if any
- Position the turquoise-colored soft spot exactly in the centre of the elbow
- Stretch the adjustable strap to create additional compression around the upper forearm muscles
- Remember to readjust in case of any discomfort



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