

QUICK START GUIDE

- Make sure you order the right-sized product after checking your knee dimensions below
- Sit in a comfortable position
- Wear the patellar support on the patellar tendon, just below the patella
- Ensure that the patella is centered in the silicon pad
- Insert the strap through the buckle following reverse buckling mechanism
- Tie the hook loop closures to a comfortable compression
- Re-adjust in case of any discomfort



REMEMBER

- Make sure the skin is clean and dry before applying this product
- Avoid over-tightening as it may result in constriction of blood flow, pressure on nerve endings causing swelling and numbness

- Discontinue use and consult the doctor in case of allergic reactions on skin and persistence or increase of pain

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