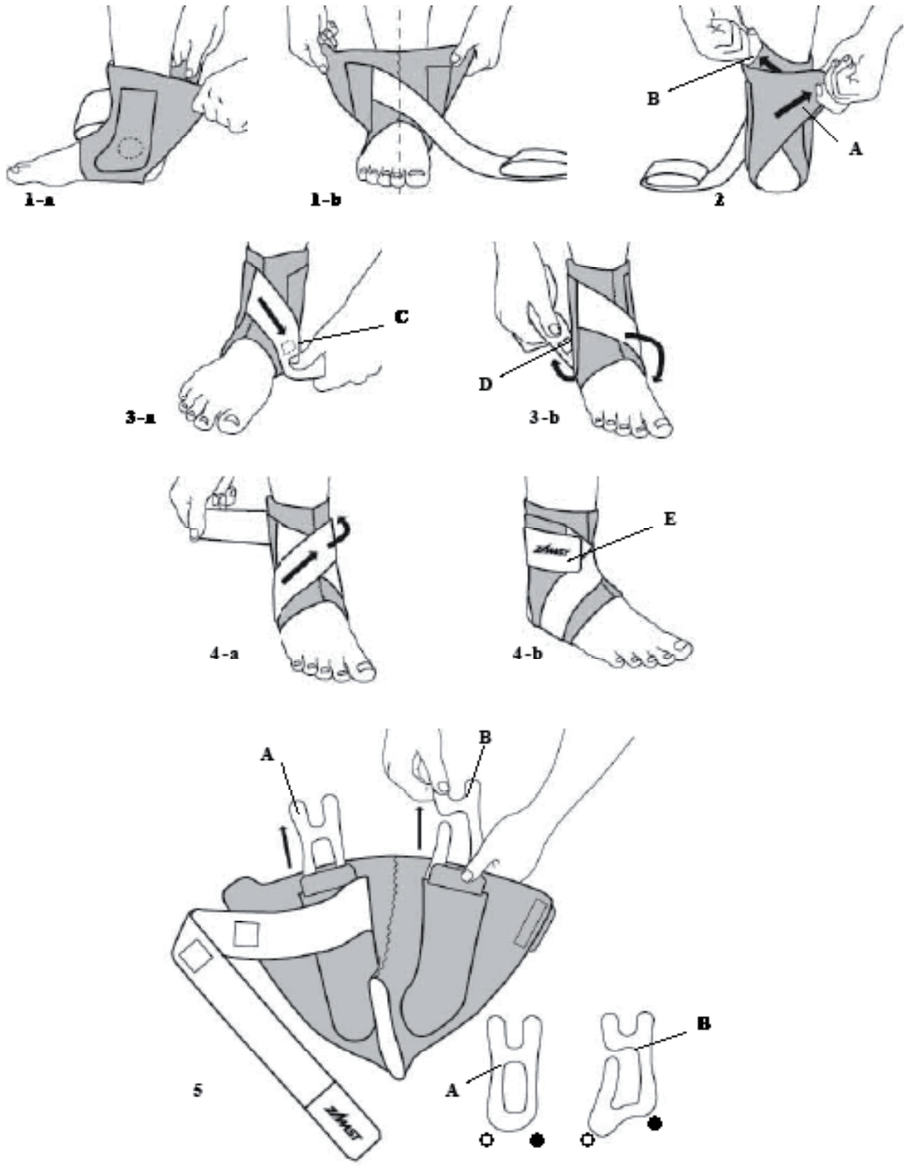

ZAMST A1-S ANKLE SUPPORT
INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

Intended use: Ankle protection. Restriction of ankle inversion and eversion.
*This product is not for medical treatment.
*This product is for ankle support; however, it will not prevent all ankle injuries.

Do not use this product in the following cases:

- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

Safety precautions:

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not use the product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- If the body part is compressed for extended periods, blood circulation may be adversely affected or you may experience discomfort. To avoid such conditions, it is recommended that you remove and re-apply the product at regular intervals.
- If you play sports where the product's plastic components (such as inner stays) could cause harm to other people, do not use the product.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure to use the correct size and apply the support to the correct foot (left or right). (Refer to the size chart on the package and size tag inside the product.)
- Do not pull the strap too tight or create excessive compression with the support.
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- If you remove and re-insert the inner stays, make sure you insert them in the correct position: lateral (outside of the ankle), medial (inside of the ankle), anterior or posterior.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.
- Wear the product over a sock. Wearing the product in direct contact with skin may cause skin discomfort.

To prevent product damage:

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

How to apply:

*Illustrations are for the right ankle.

1. Release all hook-and-loop fasteners. Hold the ankle in a vertical position. Slide the support onto the ankle from the back of the support **until the inner ankle bone is aligned with the area indicated by the dotted circle**. (Illustration 1-a) Make sure that the center line of the foot is positioned just under the support's center line (seam). (Illustration 1-b)
2. Pull A and B obliquely upward at opposite angles. Fasten hook (A). (Illustration 2)
3. Pull the strap down at an angle toward the inner ankle. Fasten hook (C). (Illustration 3-a) Pass the strap under the foot without increasing tension in the strap. Fasten hook (D) at outer ankle. (Illustration 3-b)
4. Pull the strap upward at an angle toward the inner ankle so that it forms a crisscross at the front of the ankle. Continue wrapping the strap around the ankle. (Illustration 4-a) Fasten hook E. (Illustration 4-b) Product properly fastened.
5. Removing the plastic inner stays. (Illustration 5)
   A. Lateral inner stay (Front side Back side)
   B. Medial inner stay (Front side Back side)

   The stays should be removed in the following situations:
   - You are playing a sport that prohibits the use of rigid materials in an ankle support.
   - You feel pain or discomfort caused by the stays.
   - You are washing the support.

   *When you re-insert the stays in the support, make sure they are inserted in the correct position (lateral, medial, anterior or posterior) to avoid injury.

How to wash:

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Nylon, polyester, polyethylene and polyurethane