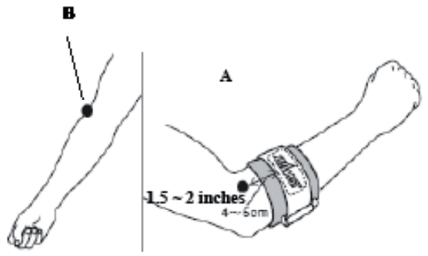
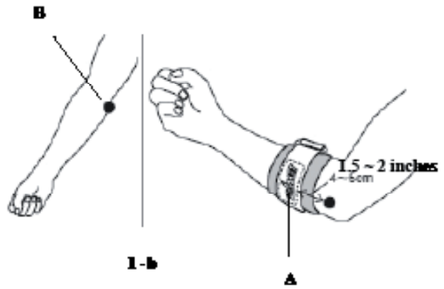


1-a



1-b

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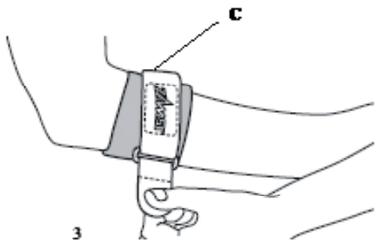

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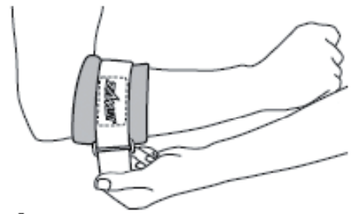

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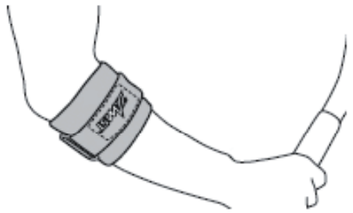

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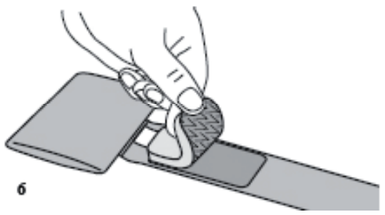

6

ZAMST ELBOW BAND
INSTRUCTIONS FOR USE

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

Intended use: Forearm compression
*This product is not for medical treatment.
*This product is for elbow support; however, it will not prevent all elbow 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 the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure that you use the correct size. (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.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.

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 the product's main body (fluffy band) or other fabric. They may damage fabric.

How to apply:

*Illustrations are for the right arm. The product is not designed specifically for use on the right or left, so application is the same for the left arm.
*A new product will occasionally shed some yarn lint. This does not affect the quality of the product.

1. Apply the product so that the elbow pad (A) is situated approximately 4 to 5 cm (1.5 to 2 in) below the point on the elbow where pain is experienced (B) .
   Illustration 1-a: For pain at the outer elbow.
   Illustration 1-b: For pain at the inner elbow.
2. Release the hook-and loop fastener. Slide the support up the arm until it reaches the point indicated in the previous step. Be careful not to cover the elbow joint with the product. (Illustration 2)
3. Wrap the strap (C) over the arm. Pass the strap through the D-ring. Position the elbow pad on the side where pain is experienced. Refer to Instruction 1 for elbow pad positioning. (Illustration 3)
4. Check the position of the elbow pad. Adjust the level of compression. Fasten the hook. (Illustration 4)
5. Product properly fastened. (Illustration 5)

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.

*Remove elbow pad before washing. (Illustration 6) Do not re-attach the elbow pad until the product is dry.

Composition: Cotton, nylon, polyurethane and polyacetal