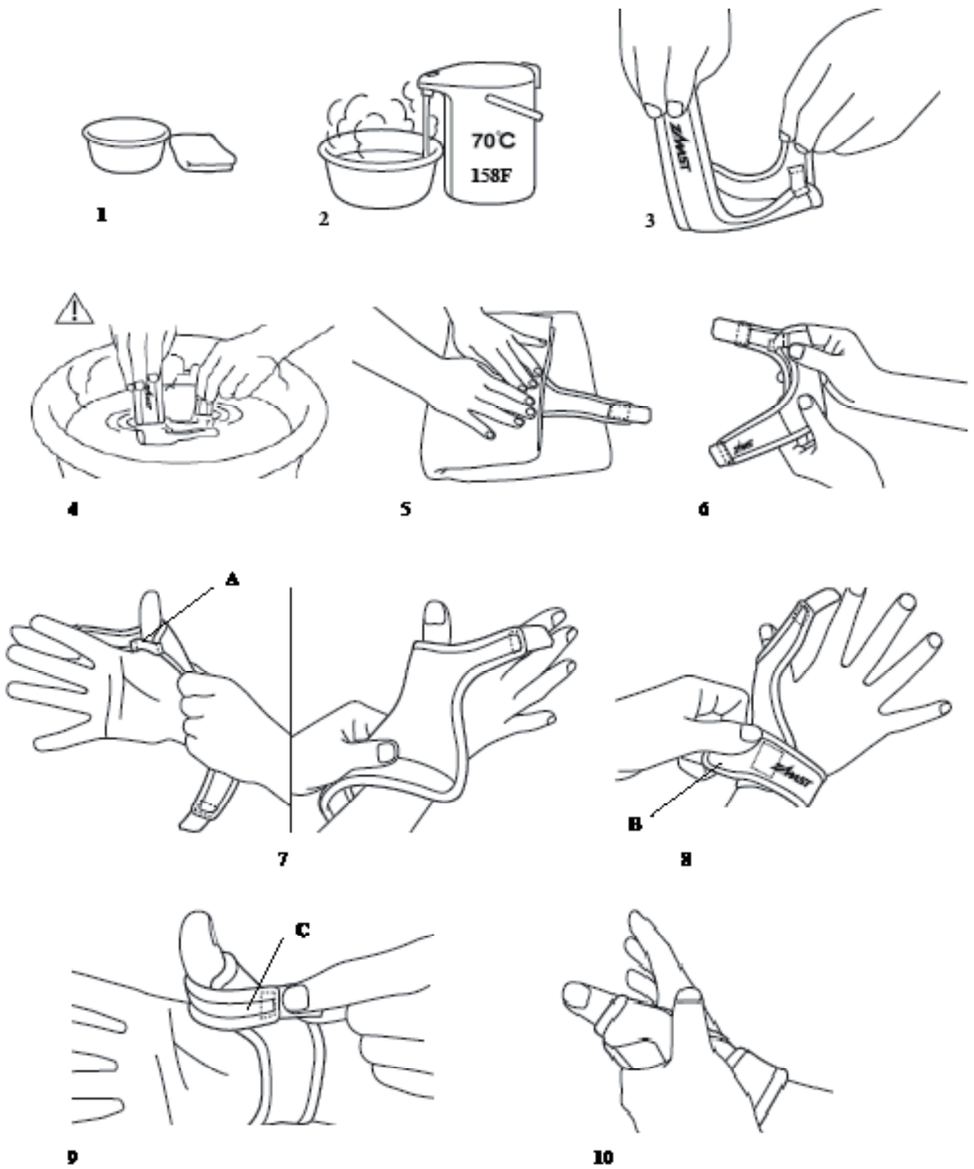

ZAMST THUMB GUARD
INSTRUCTIONS FOR USE

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

Intended use: Thumb protection and immobilization
*This product is not for medical treatment.
*This product is for thumb support; however, it will not prevent all thumb 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 beyond the adjustments described in these instructions. The product may lose its effectiveness and/or cause injuries.
- If the product is to be used by a child, make sure that an adult makes the adjustments described in these instructions before initial use.
- Exercise caution when using hot water to avoid getting burned.
- After immersing the product in the hot water, make sure you remove all the excess water with a towel and check that the product is not too hot before applying it to hand.

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 adjust and apply:
*Illustrations are for the right hand. The product is not designed specifically for use on the right or left, so application is the same for the left hand.
1. Set aside a towel for removing excess water and a container (such as a bowl) that can be filled with hot water and hold the product. (Illustration 1)
2. Pour hot water (approximately 70°C/158°F) into the container. (Illustration 2)
3. Release all hook-and-loop fasteners. Pinch the two hook fasteners. (Illustration 3)
4. Immerse the main body of the product into hot water for 15 to 20 seconds. Be careful not to burn yourself. (Illustration 4)
5. Remove the product from the hot water and towel off excess water. (Illustration 5)
6. Confirm that the product is not too hot. Fold the main body of the product in half lengthwise. (Illustration 6)
7. Slide thumb into the finger loop (A) and shape the product into the position in which you would like the thumb to be immobilized. (Illustration 7)
8. Fasten the wrist strap (B). (Illustration 8)
9. Fasten the thumb strap (C). (Illustration 9)
10. Cover the product with your other hand to encourage the product to fit snugly over the finger and hand. Hold this position until the product hardens. (Illustration 10) The product hardens three to four minutes after it has been removed from hot water. If you would like the product to harden faster, plunge it in cold water.

*If you have already adjusted the product for initial use, begin with step 7 and end with step 9.
*If the main body of the support loses its shape during use, you can re-adjust it. The product can be adjusted approximately 20 times.

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, polyurethane and isoprene foam