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ZAMST RK-1 KNEE SUPPORT INSTRUCTIONS FOR USE

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

Intended use: Knee joint protection. Restriction of inner rotation of lower leg.

*This product is not for medical treatment.

*This product is for knee support; however, it will not prevent all knee 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 you use the correct size and the correct product according to which knee (right or left) you want to protect (Refer to the size chart on the package and size tag inside the product)
- Do not pull the straps too tight or create excessive compression with the support.
- If the product sits 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.
- Do not burn this product. The smoke may be harmful to your health.

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.

How to apply:

*Illustrations are for the right knee. (A product is designed specifically for use on the right knee. Another for the left knee. Please follow the same instructions for left knee as well)

1. Release all hook fasteners. Check the product's up-down side and for right or left. The size tag (A) comes upside and it is inner (skin) side. When you wear the product, the size tag (A) and logo (C) are outer side of the knee. (Illustration 1-a: Front Illustration 1-b: Back)
A: Size tag B: Spiral strap C: Logo D: Hook fastener
2. Slide up the product until the lower edge of fluffy area of the product (E) comes above the kneecap (F). Anchor pad (G) comes below the knee. (Illustration 2)
3. Position Anchor pad (G) correctly. Align the product without distortion. Align the lower part of the product in order that Anchor pad comes inner side of the shinbone (H, K). Then align the upper side of the product with keeping Anchor pad the same position. (Illustration 3)
H: Shin bone I: Outer side of knee J: Inner side of knee K: The position of Anchor pad.
4. Place the hook fastener (D), which is the lower part of the spiral strap (B), on Anchor pad. Do not pull the strap too strong.
5. Pull the spiral strap lightly and wrap it from behind the knee (Illustration 5-a). Make your knee straight and place the hook fastener of the middle of the strap (L) on the loop fastener of the main body (M). (Illustration 5-b)
6. Pull the strap lightly and place the hook fastener N (N) in front of the knee. (Illustration 6)
7. Application completed. (Illustration 7-a: Front Illustration 7-b: Outer side Illustration 7-c: Back)

How to wash:

- Hand wash with mild detergent. Do not squeeze. Air dry in a shade.
- Do not wash with other fabric. The hook fastener could damage them.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- Place the hook fastener on the product during the wash. Otherwise, the hook fastener may debilitate the performance.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Nylon, Chloroprene, Polyester, Polyurethane, Acrylic, Polyethylene

