Adjustable Knee Support

Product description
Designed to stabilize articulations and protect the patella. It provides comfortable support to weak knee muscles and ligaments due to strains or other stress-related injuries. Neoprene retains body heat, increases blood circulation, and helps keep muscles supple.

Characteristics
• Velcro®-type fasteners for easy adjustment
• Remains effective when wet
• Retains body heat and helps keep muscles supple.
• Neoprene covered with brushed nylon and terry cloth interior
• Easy fit
• Colour: black

Made of: Neoprene covered with brushed nylon and terry cloth interior lining.

Indications
• Following strains, sprains and other stress related injuries
• Sports : raquet sports, ball sports, biking, jogging
• Walking
• Activities involving heavy lifting

Available sizes

<table>
<thead>
<tr>
<th>CODE</th>
<th>KNEE CIRCUMFERENCE</th>
<th>SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>33 - 41 cm (13” - 16”)</td>
<td>SMALL/MEDIUM</td>
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<tr>
<td>2019</td>
<td>41 - 51 cm (16” - 20”)</td>
<td>LARGE/XLARGE</td>
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<tr>
<td>2022</td>
<td>51 - 58 cm (20” - 23”)</td>
<td>XXLARGE</td>
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</tbody>
</table>

To determine proper size, measure the circumference at the mid-section of the knee joint. If the result is between two sizes, choose the largest.

Adjustment
Wrap around the knee and attach the bottom Velcro® first (step 1). Make sure the opening on the knee brace is around the patella, and attach the top Velcro® to stabilize the knee (step 2). You should be able to bend your knee without restricting blood circulation.

Cleaning
Wash by hand with mild soap and air-dry.

Caution: If pain should persist, or if you wish to know more about how to use this product, consult a health specialist.