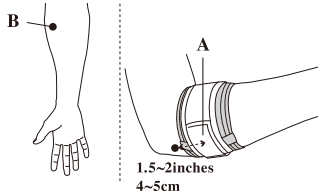


# Elbow Band

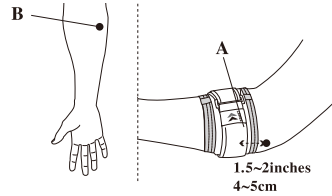
NIPPON SIGMAX CO.,LTD.  
33<sup>rd</sup> Floor Shinjuku Oak Tower  
6-8-1 Nishi-shinjuku, Shinjuku-ku,  
Tokyo 163-6033 JAPAN  
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## How to apply

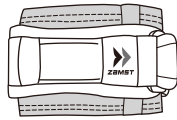
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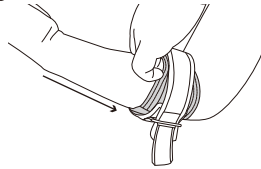
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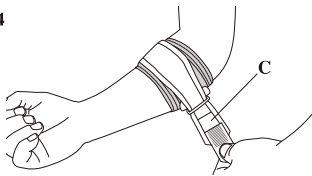
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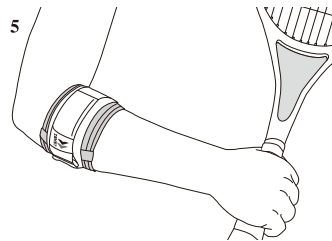
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4

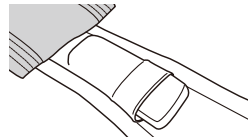
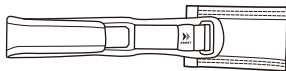


5



## How to wash

6



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## 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.

**In use of the product:**

-The product may become discolored due to the storage and/or usage conditions. However, it does not affect on product functions.

-Do not put excess weight on the hook-and-loop fastener and the raised fabric when store the product. The hook-and-loop fastener may not work effectively.

**Do not use this product in the following cases:**

-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.

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

**Safety precautions:**

-Do not use the product other than the intended use.

-Make sure to use the correct size. (Refer to the size chart on the package and size tag inside the product)

-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.

-Make sure to use the correct position; inside or outside.

-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 the product is broken or worn, or if the hook-and-loop fastener does not work, do not use the product.

-Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.

-If you play sports where the product's plastic component (such as D-ring) could cause harm to other people, do not use the product.

-If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.

-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 the hook-and-loop fasteners do not touch clothing and other fabric when applied. It causes fray and runs.

**How to wash:**

-The product's dye may bleed. Do not wash with whites or bright colors.

-Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

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

-Hand wash with mild detergent and air dry in the shade.

-Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine including bleach, and fabric softener. These may damage the product.

**How to apply:**

-Apply the product correctly to take the following steps.

\*Illustrations are for the right arm. (The product is designed for fits left or right. So application is the same for the left arm.)

1. Apply the product so that the elbow pad (A) is situate approximately 4 to 5 cm (1.5 to 2 in.) below the point on the elbow where pain is experienced (B). (Illustration 1)

Illustration 1-a: For pain at the outer elbow

Illustration 1-b: For pain at the inner elbow

2. Make sure the pad on the product logo side. (Illustration 2)

3. Release the hook-and-loop fastener. Pull the product up toward to the elbow until it reaches the point indicated in the previous step. Be careful not to cover the elbow joint with the product. (Illustration 3)

4. 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 Step 1 for elbow pad positioning. (Illustration 4)

5. Check the position of the elbow pad. Adjust the level of compression. Fasten the hook.

6. Product properly fastened. (Illustration 5)

**Composition:** Nylon, Polyester, Polyurethane, Polyacetal, Polyethylene