

Biofeedbac™ Knee Support

INSTRUCTIONS



Biofeedbac™ Knee Support is designed to relieve a wide range of joint and muscle pain

Sprains, strains and pulled muscles

Provides firm support to injured knees without restricting movement, helping to prevent further damage.

Adjustable compression over the knee helps reduce pain, swelling and tenderness.

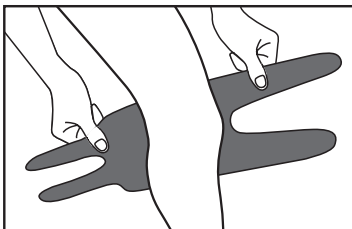
Weak or arthritic joints

Biofeedbac Knee Support provides firm support to the knee, reducing load on the joint and alleviating aches, pain and stiffness.

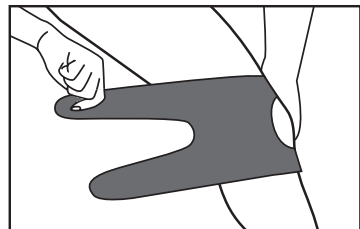
Neoprene fabric helps retain heat to provide gentle warming relief from aches and pains.

How to wear your Biofeedbac™ Knee Support correctly

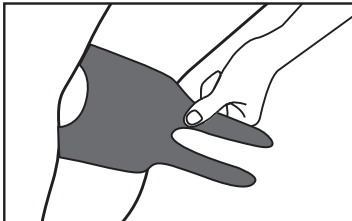
1. Holding the support so the longest strap is on top, place as shown next to affected knee.



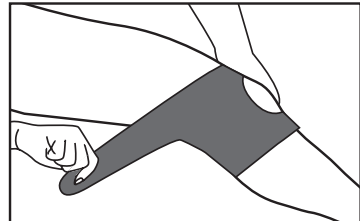
2. Wrap around knee, ensuring that the round opening is directly over knee cap.



3. Fasten the two middle straps behind knee.



4. Fasten and adjust all straps to desired compression level.



Looking after your knee problems

For sprains, strains and pulled muscles

Use the support in conjunction with the following techniques to provide symptomatic relief:

Protection: Protect the injury from further damage by wearing the support.

Rest: Avoid activity that causes pain in the first 48-72 hours after injury.

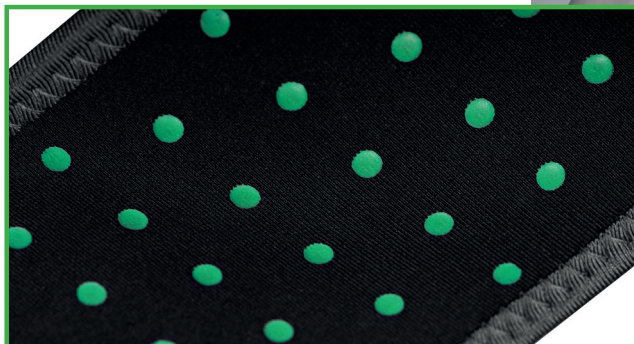
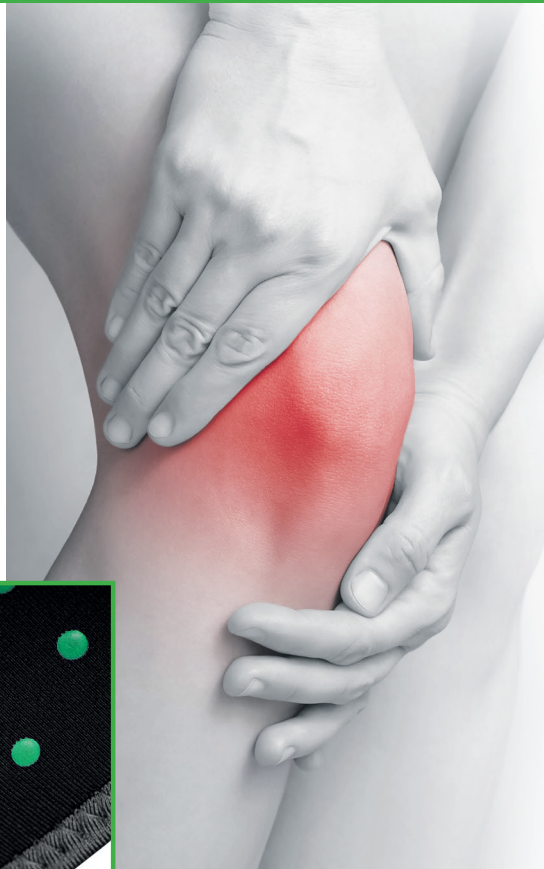
Ice: Cool the injured area as soon as possible for 15-20 minutes every 2-3 hours to limit pain and inflammation.

Compression: Use the support to apply compression to the affected area, reducing swelling.

Elevation: Keep the injured area raised and supported to help reduce swelling.

For weak or arthritic joints

Wear the support as needed to provide daytime relief from aches, pain and stiffness.



Hazards and cautions:

1. Some indications outlined may not be suitable for your condition, before use always seek medical advice from your physician
2. Only use on intact skin. Do not use if you have a known allergy to any of the specified materials
3. Avoid if you have Neoprene and Nylon sensitivity
4. The product should be applied as illustrated.
5. Ensure product is not uncomfortably tight and blood flow is not restricted. Avoid wearing for prolonged periods (e.g.) whilst sleeping
6. If a rash develops, pain is prolonged or conditions worsen, discontinue use and consult a physician
7. If your symptoms persist or worsen, seek medical advice.

Composition of materials

55% neoprene, 20% nylon, 20% polyester, 5% elastane. Material composition infused with copper.

Care instructions

Machine wash cold. Delicate cycle with like colours. Tumble dry low. Do not Iron. Do not Bleach.

For the full range of supports and other wellbeing products visit: www.globalproduct.co.uk
or: 0800 470 0278 (CALL FREE) – Mon-Fri 9am-5pm

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