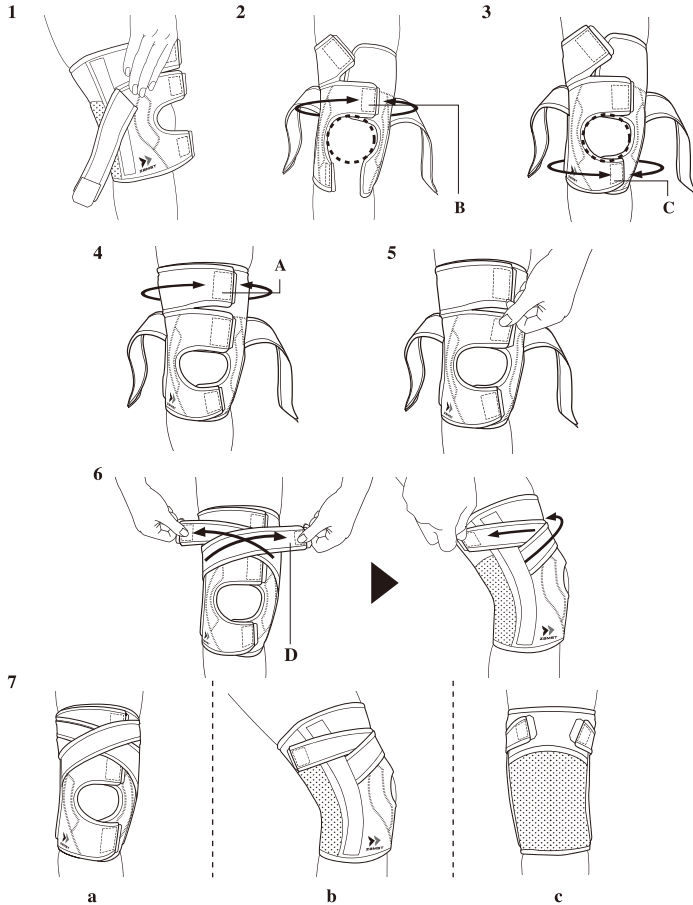


# EK-5

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## How to apply



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## ZAMST EK-5 KNEE SUPPORT INSTRUCTIONS FOR USE

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

**Intended use:** Knee joint compression and protection.

\*This product is not for medical treatment.

\*This product is for knee support; however, it will not prevent all knee injuries.

### In use of the product:

- The product may produce wrinkle which look like scratch due to the material property. However, it does not affect on product quality and performance.
- The product may become discolored due to the storage and/or usage conditions. However, it does not affect on product functions.
- Make sure that the hook-and-loop fasteners do not touch the mesh material used on the back part of the product or other fabric. The fasteners may damage these materials.
- 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.
- If you are pregnant.

### Safety precautions:

- Do not use the product other than knee joint.
- 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; top or bottom, inside or outside, front or back.
- 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 components (such as inner stays) 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.
- Use the wash net with mild detergent and wring softly by hands or spin dry shortly. 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 knee. (The product is designed for fits left or right.)

1. Release all hook-and-loop fasteners. Wrap the support around the knee from behind. The product logo should be on the bottom. (Illustration 1)
2. Straighten the knee. Pull the two sides together and fasten the hook-and-loop fastener (B). Note the top of the hole is even with the top of the kneecap. (Illustration 2)
3. Fasten the lower hook-and-loop fastener (C). Position the support so that the kneecap can be seen through the hole of the support. (Illustration 3)
4. Fasten the hook-and-loop fastener (A). If necessary, adjust the hook-and-loop fasteners for appropriate compression. (Illustration 4 and 5)
5. Pull the thigh cross straps by the equal force to the back part of the product and fasten. (Illustration 6)
6. Straighten the knee and make sure there is no wrinkle or out of place by stretching the support.
7. Product properly fastened. (Illustration 7)

a. Front view b. Lateral view c. Back view

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