



## ZAMST FILMISTA ANKLE SUPPORT INSTRUCTIONS FOR USE

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

**Intended use:** Ankle joint protection.

\*This product is not for medical treatment.

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

**In use of the product:**

-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.

-Keep away from heat and moisture.

**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 ankle.

-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.

-Make sure to apply the product directly to the skin. Do not apply over the socks or the clothes. The product may lose its effectiveness.

-Do not wrap too tight or create excessive compression with the product.

-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.

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

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

-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:**

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

-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, fabric softener, alcohol and benzine. These may damage the product.

**How to apply:**

-Apply the product correctly to take the following steps.

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

1. Release all hook-and-loop fasteners. Check the product's up-down side and for right or left. The size tag (E) comes upside and it is inner (skin) side. (Illustration 1-a: Front Illustration 1-b: Back)

2. Position the circled mark (F) on inner side of the product to your inside ankle bone. (Illustration 2) Make sure to apply the product directly to the skin.

3. Wrap the Anchor part (G) around your ankle and fasten the hook-and-loop fastener A. (Illustration 3-a and 3-b)

4. Keep the ankle in a vertical position and pull the main body (H) outward. Fasten the hook-and-loop fastener C until the fastener comes above the outside ankle bone (I). (Illustration 4-a) If you cannot pull the fastener C above the outside ankle bone, re-apply the product with your feet crossed. (Illustration 4-b)

5. Pull the fastener B and D at a moderate compression. Wrap them around the ankle and fasten them. (Illustration 5-a and 5-b)

6. Straighten the leg and make sure there is no wrinkle or out of place by stretching the product. Product properly fastened. (Illustration 6)

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

**Composition:** Fiber: Elastane, Nylon, Polyester

Non-Fiber: Polyurethane, Polyester