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ZAMST A1 ANKLE SUPPORT INSTRUCTIONS FOR USE

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

Intended use: Ankle protection. Restriction of ankle inversion.

*This product is not for medical treatment.

*This product is for ankle support; however, it will not prevent all ankle 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 the product while driving vehicle. It may interfere with ability to drive.

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.
- **This product contains natural rubber latex, which may cause allergic reactions. If you are allergic to latex, do not use the product. Latex may cause allergic reactions such as itchy skin, redness, rash, swelling, fever, difficulty breathing, asthma-like symptoms, decrease in blood pressure and shock. If such symptoms occur, discontinue use and consult with a physician immediately.**
- 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 joint.
- Make sure to use the correct size and apply the support to the correct foot (left or right). (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.
- 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.
- **Wear the product over a sock. Wearing the product in direct contact with skin may cause skin discomfort.**
- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.

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.
- 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. These may damage the product.

How to apply:

*Illustrations are for the right ankle.

1. Release all hook-and loop fasteners. Slide foot into the support from the back until the inner ankle bone is aligned with the area indicated by the dashed circle. Make sure that the center line of the foot is positioned just under the support's center line (seam). (Illustrations 1a & 1b)
2. Pull A (hook fastener) and B upward at opposite angles. Fasten hook A. (Illustration 2)
3. Wrap the support tightly around the ankle by pulling B (hook fastener) and C so as not to loosen the support. Fasten B. (Illustration 3)
4. Pull the stirrup strap up and place it on the lateral side (outside). Fasten hook. (Illustration 4)
- 5-a. For inversion restriction; Pull the lateral strap toward the medial side (inside) upward and at an angle. Fasten hook. (Illustration 5a)
- 5-b. For medial/lateral stability; Pull the lateral strap horizontally toward the medial side (inside). Fasten hook. (Illustration 5b)
6. [1] Wrap the upper strap around the leg.
 [2] Pass the strap through the plastic loop.
 [3] Fold the strap back over itself. Fasten hook. Do not pull the strap too tight or create excessive compression. (Illustration 6)
7. Product properly fastened. Illustration a. shows logo in the center, however, the logo position does not guide the proper fastening position of the upper strap. It does not always come in the center and different with each individual. (Illustration 7)
 - a. Front view
 - b. Medial view
 - c. Back view

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

