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ZAMST SP-1 SHIN SUPPORT INSTRUCTIONS FOR USE

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

Intended use: Shin compression and protection.

*This product is not for medical treatment.

*This product is for shin support; however, it will not prevent all shin 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.

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 shin.

- 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.

- Do not use other than playing sports.

- 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.

- 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 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.

- 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 leg. (The product is designed for fits left or right.)

1. Release all hook-and-loop fasteners. (Illustration 1)
2. Place the main body on the inner side of shin. Make sure the bottom edge is aligned with the top of the inner ankle bone (horizontal line). The center line of the main body (vertical line) is positioned just on the edge of shin bone (dashed square). (Illustration 2)
Keep the shin pad D from contacting with your shin bone.
3. Pull and wrap the strap A around the shin. The bottom edge is passed through the top of the outer ankle bone. Make sure the center line (vertical line) does not twist or shift away from the edge of shin bone. (Illustration 3)
4. Pull and wrap both straps B and C horizontally in opposite directions. (Illustration 4)
5. Make sure there is no wrinkle or out of place by stretching the support. If there is, back to step 1 and apply again.
6. Product properly fastened. (Illustration 5)
 - a. Front view b. Lateral view c. Back view

Composition: Nylon, Polyester, Polyurethane, Polyethylene

