

# FACILIAID ELBOW

<Elbow Support>

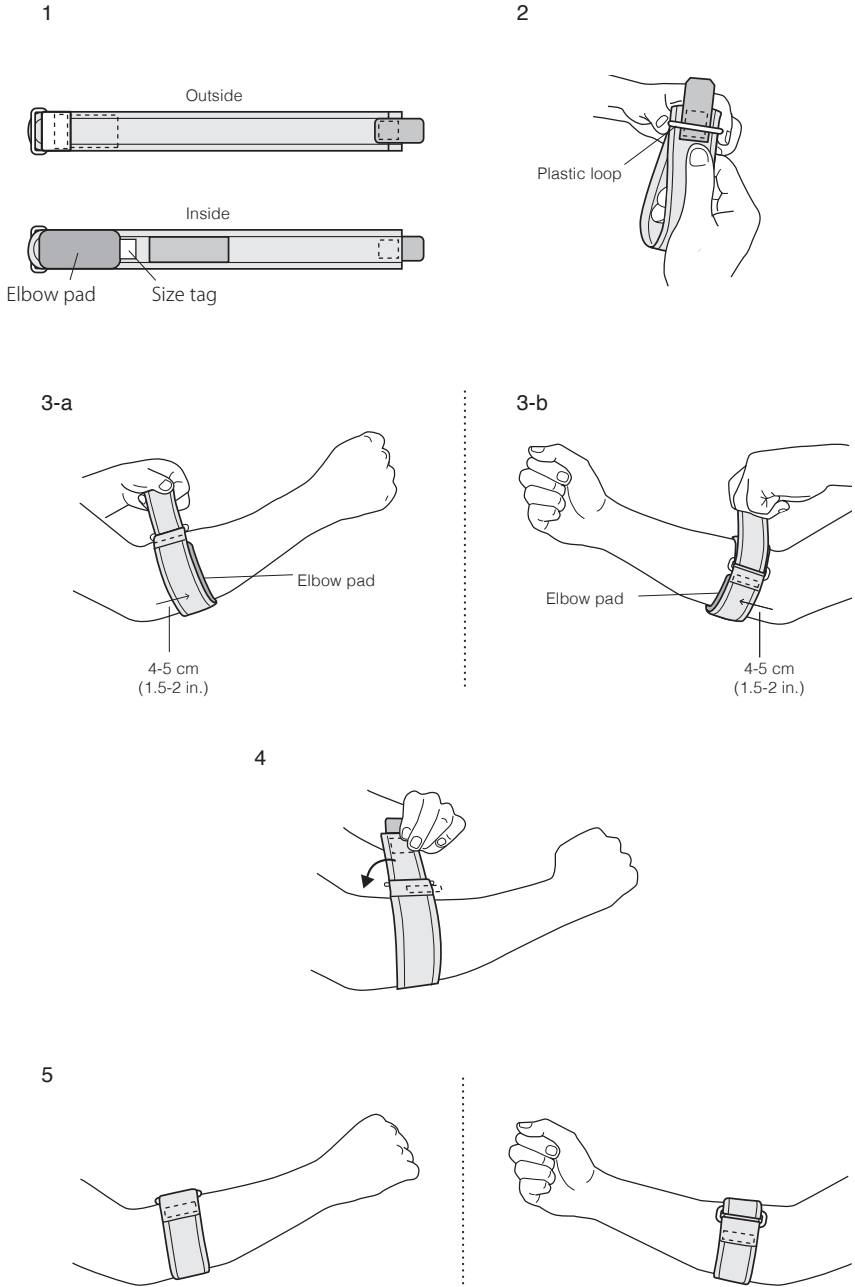
— Instructions for Use —

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

**Intended use:** Forearm compression

- \* Use this product as directed by a medical professional.
- \* This product is for elbow support; however, it will not prevent all elbow injuries.
- \* This product for either right or left elbow.

**INSTRUCTIONS FOR USE**



**To prevent symptoms from worsening, discontinue use and consult with a medical professional 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 you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product.

**Safety precautions:**

- Do not use this product other than the forearm.
- Make sure to use the correct size. (Refer to the size chart on the package and size tag inside the product)
- Use this product while sleeping only if directed by a medical professional.
- 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; inside or outside.
- Do not 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, if the hook-and-loop fastener does not work, or the elbow pad is pressed do not use the product.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.
- Apply the product over the clothes. Applying the product in direct contact with skin may cause skin discomfort.
- This 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.
- Make sure to put the elbow pad in the right position.

**How to apply:**

- Apply the product correctly to take the following steps.
- \* Illustrations are for the right arm. If you apply on your left forearm, apply it in the same way.
- 1. Release the hook-and-loop fastener. Make sure the size tag comes to the inner side of the product and the Elbow Pad is applied. (Illustration 1)
- 2. Pass the product through the plastic loop. (Illustration 2)
- 3. Pull the product up toward the elbow. Apply the product to 4 - 5 cm (1.5 - 2 in.) below the pain area. Be careful not to cover the elbow joint with the product.
  - Illustration 3-a: For pain at the outer elbow
  - Illustration 3-b: For pain at the inner elbow
- 4. Wrap the strap and adjust the compression with your hand holding tightly. (Illustration 4)
- 5. Product properly fastened. (Illustration 5)

**How to wash:**

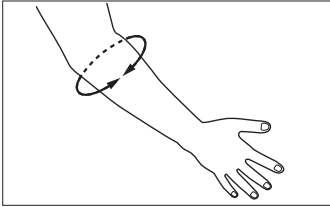
- This product's dye may bleed. Do not wash with whites or bright colors.
- Close the hook-and-loop fasteners prior to washing and make sure they do not touch fabric. Otherwise, the hook-and-loop fastener may not work effectively.
- Remove the elbow pad prior to washing. Do not re-attach the elbow pad until the product is dry. (Illustration 6)
- 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.

**Composition:**

(Fiber) Nylon 50%, Polyester 39%, Polyurethane 11%  
 (Non-Fiber) Polyacetal, Polyethylene

## Size Chart

Size	Forearm Circumference; cm (inches)
One Size	19 – 31 (7.25 - 12.25)



**How to choose size:**

Measure the circumference of the forearm at its widest point in a relaxed state.



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