



ZAMST FA-1 ANKLE SUPPORT INSTRUCTIONS FOR USE

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

Intended use: Ankle joint compression and protection

*This product is not for medical treatment.

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

Do not use this product in the following cases:

- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

Safety precautions:

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- 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.
- 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.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure that you use the correct size. (Refer to the size chart on the package and size tag inside the product.)
- 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.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.
- Wear the product over a sock. Wearing the product in direct contact with skin may cause skin discomfort.

To prevent product damage:

- 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 that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

How to apply:

*Illustrations are for the right ankle. The product is not designed specifically for use on the right or left, so application is the same for the left ankle

1. Release all hook-and-loop fasteners. (Illustrations 1-a & 1-b)
2. Pull open the lower part of the inner body (A). Slide the support onto the ankle from the back of the support. Make sure that the center of the foot is positioned just under the center of the support. Keep the ankle in a vertical position. (Illustrations 2-a and 2-b)
3. Wrap the inner body around the ankle. When wrapping, pull both ends of the inner body upward at opposite angles. Fasten the hook (B) attached to one side of the inner body. (Illustration 3)
4. Make sure to keep the ankle in a vertical position. Wrap outer body (C) around the ankle. When wrapping, pull both ends of the outer body upward at opposite angles. Fasten the hook (D) attached to one side of the outer body. (Illustrations 4-a and 4-b)
5. Product properly fastened. (Illustration 5)

How to wash:

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Nylon, polyester and polyurethane

