

## **KNEE SUPPORT INSTRUCTIONS**

**The Strap is designed to reduce stress on the Patella tendon which often occurs in sports that involve a lot of jumping and running, such as basketball, volleyball, soccer, aerobics, gymnastics, and track and field.**

- Place the square pad of the strap directly below the Patella/Knee Cap
- Wrap Neoprene around you leg and adjust to hold in place
- Then use Nylon strap through the buckle to tension firmly but comfortable
- Note the buckle should be to the side of the Knee
- Do not tighten to cut of blood circulation

### **IMPORTANT:**

- Wear the strap throughout the day when exerting the knee, it is not just for exercise.
- Injured patellar tendons suffer damage throughout the day, particularly from the eccentric contractions of walking, and can therefore benefit from the support of the strap.

### **REMEMBER:**

Icing the area several times a day can also assist with the repair of the Patella tendon

**We also Sell Kinesiology & Rigid Strapping Tape, Ankle Guards, , Ice Bags & Wraps, Hot & Cold Pack Wraps & Training Ladders**

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