



GR8FUL[®]

User Guide

KNEE SUPPORT



1

MEASURE YOUR THIGH

In order to get the right size and maximum benefit from our gr8ful knee sleeves, it is important to measure your thigh and use the fitting guide to get the best fit.

Size	Circumference of thigh 10cm above knee
S	36-44cm
M	45-53cm
L	54-62cm

2

PUT THE SLEEVES ON

Gradually build up wearing your knee sleeves over time in order for your knees to get used to them and get the most out of your new product.

The best way to get them on, is either:

1. just slide them on or;
2. turn them inside out and roll them up your leg.

3

HOW TO WEAR KNEE SUPPORT SLEEVES

You can wear your gr8ful knee sleeves next to your skin.

- Compression supports aren't just for Grandma and Grandpa. Modern compression sleeves help improve circulation in men and women of all ages.
- By design, compression sleeves are tight but not too tight to restrict movement. They have a silicone strip to keep them in place.
- We encourage you to wear your sleeves consistently so you'll get the maximum benefit.

4

DAILY WEAR & EXERCISE

gr8ful graduated compression sleeves can stimulate circulation in your legs.

Which in turn can:

1. Improve your athletic performance,
2. Reduce occupational foot swelling.

The mild compression works well for everyday use.

5

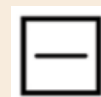
DO NOT SLEEP IN YOUR SLEEVES

We do not recommend sleeping in your sleeves.

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MACHINE WASH

gr8ful graduated compression sleeves can be machine washed. They are best dried, either on a washing line, drip dry or dried flat. Do not iron your gr8ful plantar sleeves.



www.gr8ful.co.uk

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