

# GR8FUL®

## User Guide

### SHORT COMPRESSION SOCK

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#### MEASURE YOUR FOOT

In order to get the right size and maximum benefit from our gr8ful short compression socks, it is important to measure your foot and use the fitting guide to get the best fit.

Size Chart	UK	European
S/M	2-6	34-40
L/XL	7-11	41-45

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#### PUT THE SOCKS ON

Gradually build up wearing your gr8ful short compression socks over time in order for your feet 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 over your foot.



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#### HOW TO WEAR GR8FUL SHORT COMPRESSION SOCKS

You can wear your gr8ful short compression socks sleeves with our plantar sleeve if more compression is needed:

- Compression socks aren't just for Grandma and Grandpa. Modern compression socks help improve circulation in men and women of all ages.
- By design, compression socks are tight—which can make them tricky to put on.
- We encourage you to wear your socks consistently so you'll get the maximum benefit.

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#### DAILY WEAR & EXERCISE

gr8ful short compression socks can stimulate circulation in your feet, ankle and Achilles.

Which in turn can:

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

The mild compression works well for everyday use.



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#### SLEEP IN YOUR SOCKS

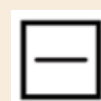
gr8ful short compression socks can double up as a very comfy night brace. Wake up in the morning and feel the benefit of pain free feet.



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#### MACHINE WASH

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



[www.gr8ful.co.uk](http://www.gr8ful.co.uk)

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