

## ZAMST FILMISTA KNEE (KNEE SUPPORT) INSTRUCTIONS FOR USE

For safety reasons, be sure to read this user manual before use. Also, store it in a location where you can refer to it at any time.

### Read this first:

- This product can be used for the left or right side.
- Depending on usage, this product may not be able to provide support.
- This product is not intended to be used for medical treatment.

### When using the product:

- Due to the characteristics of the materials used in this product, the color may change depending on storage conditions.
- When storing this product, do not flatten the product by applying excessive weight on it. Otherwise, the hook-and-loop fastener may not work effectively.
- Do not leave this product in excessively hot or humid areas. Doing so may cause the product to deteriorate or delaminate.
- Due to the type of material used, it may cause small dimples on the surface or the product color may change, however, even if this does occur, quality is not compromised.

### Precautions for use - Be sure to read this:

Safety precautions are divided into the following sections, according to the level of danger involved.

**⚠ WARNING:** Indicates a potentially hazardous situation, which may result in serious personal injury if not avoided.

**⚠ CAUTION:** Indicates a potentially hazardous situation, which may result in minor personal injury and/or property damage if not avoided.

### ⚠ WARNING

- To prevent abnormalities or worsening of symptoms, people who suffer from the following conditions should refrain from using the product:
  - Those predisposed to allergies or with sensitive skin.
  - Those who have a fracture, cut, numbness, swelling, eczema, rash or other abnormalities in the area where the product will be worn.
- If the product is not used correctly, it may cause circulatory problems or injury. Be sure to follow the warnings below and use the product correctly:
  - The product should only be used on knees.
  - Be sure to use the correct size product.
  - Do not use the product while sleeping.
  - Follow the attachment steps in order to use this product correctly.
  - Do not wrap the main body of the product or the straps too tightly.
  - If the product loosens or comes off during use, be sure to refasten it. If wearing the product for a long period of time, take extra care to maintain appropriate compression force, and readjust the tightness as necessary.
  - If the product shows any signs of wear or damage, or the hook-and-loop fastener no longer works well, do not use the product.
  - Do not attempt to modify or repair the product.
- If any abnormalities, such as an injury, fracture, pain, numbness, swelling, eczema, etc. occur when using this product, immediately stop using it, and consult a physician. Continued use may worsen symptoms.

### ⚠ CAUTION

- Hard materials are used for the hook-and-loop fastener. In certain rare instances, fingers or skin may be damaged, so use the product carefully.
- Wear this product directly on your skin. Do not wear the product over your clothes.
- Sweat and friction may cause the color of this product to fade or be transferred to other materials.
- Make sure the hook-and-loop fastener does not attach to clothing. If it does, clothing may become frayed or be damaged.

## Care and cleaning

### ⚠ CAUTION

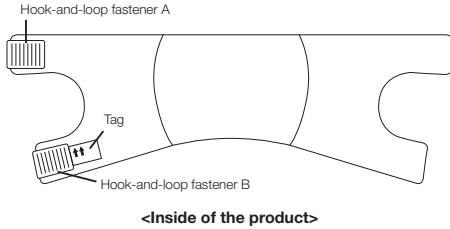
- Do not wash this product with light colored items. By doing so, color may fade or be transferred to other materials.
- If washing the product together with clothing, etc., be sure to use a laundry net in order to prevent the clothing from becoming frayed or be damaged.

- This product can be washed in a washing machine. After washing, hang it to dry in the shade.
- When washing this product, attach the hook-and-loop fastener to the main body. Attempting to wash this product without closing the hook-and-loop fastener may weaken its fastening capability.
- Do not use an iron or chlorine bleach, however, oxygen bleach can be used.
- Do not tumble dry. Doing so may damage the product.
- This product cannot be dry cleaned. Wet cleaning is allowed, however, avoid tumble drying.

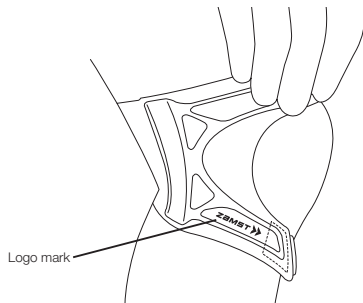
# How to apply

- Before attaching this product, carefully read through the "Precautions for use - Be sure to read this" section. Then follow the steps provided to ensure the product is attached correctly.

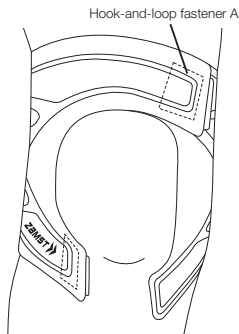
1. Unfasten all the hook-and-loop fasteners of the main body of the product, and check the product's top/ bottom and inside/outside. Confirm the top and bottom of the product by noting the direction of the arrow on the tag.



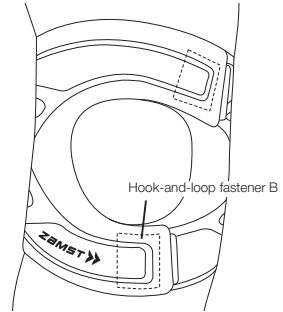
2. Place the product on the back of your knee while making sure that the logo mark is at the bottom.



3. Straighten the knee and fasten hook-and-loop fastener A.



4. Straighten the knee and fasten hook-and-loop fastener B.



5. Adjust the positions of hook-and-loop fasteners A and B so that you will be able to maintain an appropriate compression force.
6. Straighten the knee and pull the product to eliminate slack.
7. Make sure that the product is not loose or incorrectly attached. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

**If you wrap the product too tightly, you may feel numbness. Take extreme care.**

## Disclaimer:

- \* The product specifications and appearance are subject to change without notice for the purpose of improvement.
- \* When disposing of this product, be sure to follow all disposal ordinances and regulations as specified by the local government.
- \* We take all possible measures to ensure product quality, however, if you find any defects, etc. in our products