

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

Thank you for purchasing this product. 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 is side (left and right) specific. The left and right sides of the product are not interchangeable.
- Support may not be provided by this product under certain usage conditions.
- This product is not designed to treat ankle disorders.
- Check that the product size is correct before use.

### When using the product:

- When storing this product, do not hang excessive weight on the product. Doing so may cause unwanted folding lines, wrinkles, or weaken the hook-and-loop fastening capability.
- Do not leave this product in areas subject to high temperatures and/or high humidity. Doing so may cause the product to deteriorate or delaminate.
- Due to the type of material used, it may cause small dimples to form 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 injuries if not avoided.

**⚠ CAUTION:** Indicates a potentially hazardous situation, which may result in minor personal injuries 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 ankles.
  - Be sure to use the correct size product.
  - Do not use the product while sleeping.
  - If wearing the product for a long period of time, readjust it as necessary. The application of constant pressure for a long period of time may cause skin and/or circulatory problems.
  - When using the product, be sure to put it on in the correct orientation (inside/outside, front/back).
  - 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 correctly by following the noted steps from the beginning.
  - 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 of the following abnormalities occur when using this product, immediately stop using it, and consult a physician. Continued use may worsen symptoms:
  - If this product causes discomfort.
  - If an injury, fracture, cut, pain, numbness, swelling, eczema, rashes, etc. occurs in the area where the product is worn.

### ⚠ 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

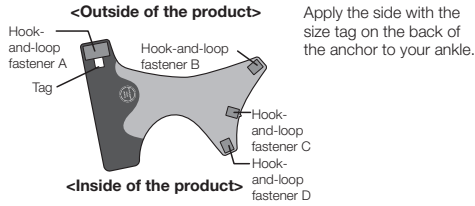
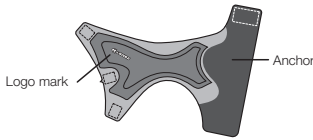
### ⚠ CAUTION

- 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. If the hook-and-loop fastener becomes attached to clothing, it may cause the clothing to become 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.
- Do not use alcohol or benzene. Doing so may damage the product.

# How to apply

- Before attaching this product, carefully read the "Precautions for use - Be sure to read this" section. Then follow the steps provided to ensure the product is correctly attached.
- The steps below use the right foot for reference. Follow the same steps for the left foot.

1. Unfasten all the hook-and-loop fasteners of the product. Confirm the inside/outside and front/back of the product.



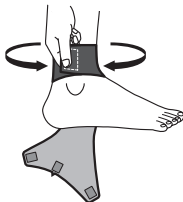
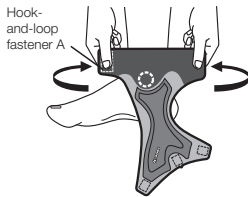
Apply the side with the size tag on the back of the anchor to your ankle.

2. Apply the product to the inner ankle bone.



Make sure that the inner ankle bone mark on the back of the anchor is aligned to the inner ankle bone.

3. Wrap the anchor part around your ankle and fasten hook-and-loop fastener A.

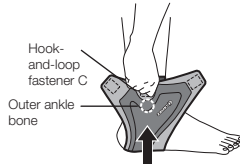


Pull the product keeping the position of the inner ankle bone mark in place and tightly wrap your ankle without creating wrinkles or sags.

4. Pull the product with your foot at right angles to your lower leg and with the heel pushed outward, pull hook-and-loop fastener C up and over the outer ankle bone and fasten it.

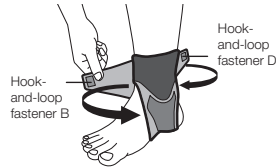


**[TIP]**  
The product can be applied tightly around your ankle by pushing it with your feet crossed.



If you cannot pull hook-and-loop fastener C above the outer ankle bone, pull the product up while stretching it again.

5. Pull up hook-and-loop fasteners B and D until the required compression is created, and wrap them around the ankle and fasten them.



Refasten hook-and-loop fasteners B and D repeatedly until the required compression is created. If hook-and-loop fasteners B and D overlap each other, place them up and down.



6. Make sure that the product is not loose or out of place. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

### The product correctly fastened (right foot)



<Front view>



<Back view>



<Inner side view>



<Outer side view>

### 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