

ZAMST ZK-X (KNEE SUPPORT) INSTRUCTIONS FOR USE (For left or right side)

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 can be used for the left or right side.
- Support may not be provided by this product under certain usage conditions.
- This product is not designed to treat knee disorders.
- Check that the product size is correct before use.

When using the product:

- Exercise care to ensure that the hook-and-loop fasteners do not come into contact with the mesh fabric on the back of the knee. The hook-and-loop fasteners may damage the mesh fabrics.
- Due to the characteristics of the materials used in this product, the color may change depending on storage conditions.
- When storing the product, avoid applying excessive weight to the hook-and-loop fasteners or raised fabric. Otherwise, the hook-and-loop fasteners may not work effectively.

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 knees.
 - 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 (top/bottom, 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 a hook-and-loop fastener no longer works well, do not use the product.
 - Do not attempt to modify or repair the product.
- The hinges of this product are made of aluminum. To prevent personal injury, do not use the product in the following situation:
 - Where contact with the product may injure others.
- 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 fasteners. In certain rare instances, fingers or skin may be damaged, so use the product carefully
- Sweat and friction may cause the color of this product to fade or be transferred to other materials.
- Make sure the hook-and-loop fasteners not attach to clothing. If they do, clothing may become frayed or be damaged.

Care and cleaning**⚠ WARNING**

- When reattaching the hinge removed for washing, be sure not to mix up top/bottom, inside/outside, front/back. The product may no longer function properly.

⚠ CAUTION

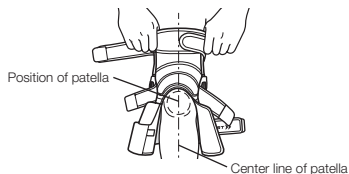
- Do not wash this product with light colored items. By doing so, color may fade or be transferred to other materials.
- If washing the product together with clothing, etc., be sure to use a laundry net. If a hook-and-loop fastener becomes attached to clothing, it may cause the clothing to become frayed or be damaged.

- Before washing this product, be sure to remove the hinges.
- 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 fasteners to the main body. Attempting to wash this product without closing the hook-and-loop fasteners 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

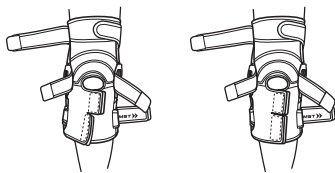
- Before attaching this product, carefully read the "Precautions for use - Be sure to read this" section. Then follow the steps provided to ensure the product is correctly attached.
- The steps below use the right leg for reference. Follow the same steps for the left leg.

1. Unfasten all the hook-and-loop fasteners of the product. Confirm the top/bottom, inside/outside, and front/back of the product.
2. Hold the product with both hands and slide it up to your knee until the patella opening fits the patella.

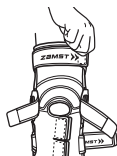


Align the center of the product with the center line of your patella.

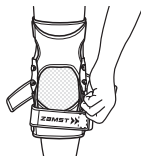
3. Fasten the hook-and-loop fasteners below the knee.



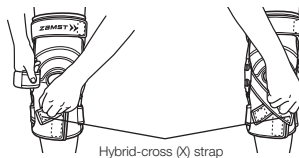
4. Fasten the strap at the thigh.



5. Fasten the strap at the calf.



6. Fasten the hybrid-cross (X) strap.

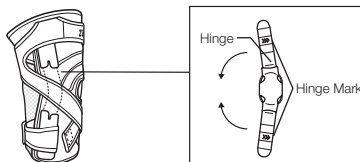


7. Make sure that the product is not loose or out of place. If you feel any discomfort, repeat the steps from the beginning to reattach the product.

The product correctly fastened (right leg)



8. Before washing this product, be sure to remove the hinges. Insert them before using again. Be sure to insert the top/bottom, inside/outside, front/back in the correct position.



The hinge mark (>>>) comes outside. Insert it so that the corner of hinge mark (>>>) faces the front when mounting.

How to remove the hinges

⚠ WARNING

- When reattaching a hinge, be sure top/bottom, inside/outside, front/back are not mistaken. Otherwise, the product may not function properly.

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.