ZAMST

SHOULDER WRAP

2020.04   165110

ZAMST SHOULDER WRAP (SHOULDER SUPPORT) INSTRUCTIONS FOR USE (For left or right side)   **EN**

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 shoulder disorders.
• Check that the product size is correct before use.

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 the product, avoid applying excessive weight to the hook-and-loop fastener or raised fabric. Otherwise, the hook-and-loop fastener 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 shoulders.
  - Be sure to use the correct size product.
  - If you are pregnant or you think you are pregnant, consult a physician.
  - 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).
  - 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.
• Be sure to wear the product over an undershirt or similar garment instead of directly on your skin.
• 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 and chest strap. 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 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 shoulder for reference. Follow the same steps for the left shoulder.
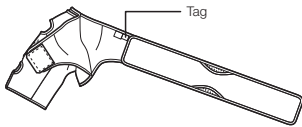
1. Unfasten all the hook-and-loop fasteners of the product. Confirm the top/bottom and inside/outside of the product.

Logo mark

Hook-and-loop fastener C

Chest strap

\<Outside of the product\>
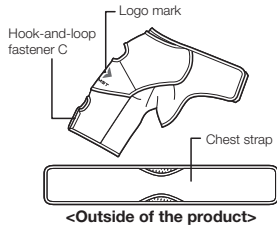
Place the side with the size tag on the back of the product face up when attaching the product to your shoulder. Place the back side of the chest strap with the blue fabric on your body.
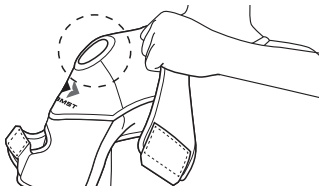
Hook-and-loop fastener B

Tag

Hook-and-loop fastener A

\<Inside of the product\>
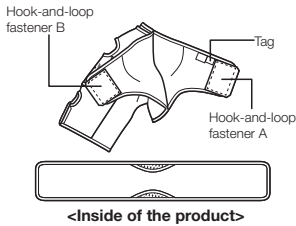
2. Attach the chest strap to hook-and-loop fastener A (with a size tag) on the product.


Tag

* When attaching the product to your left shoulder, attach the chest strap to hook-and-loop fastener B.

3. Pull the product up until the acromion (a large bony projection) of your shoulder is positioned under the hole of the product.


4. Pull the chest strap from the back to the front through under your armpit, and fasten hook-and-loop fastener B over your chest to apply appropriate compression.
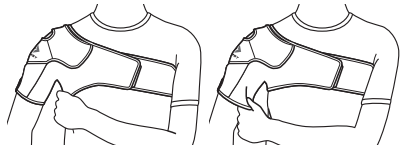

Hook-and-loop fastener B
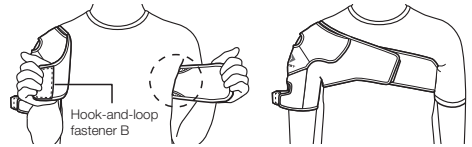
Adjust the position of the chest strap until its center is under your armpit.

* When attaching the product to your left shoulder, fasten hook-and-loop fastener A over your chest.

5. Fasten hook-and-loop fastener C so that the product fits the upper arm.

Hook-and-loop fastener C
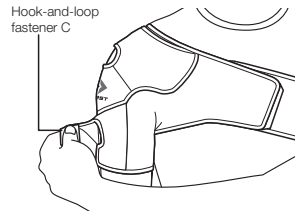
6. Pull the product up and down to eliminate slack.

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 shoulder)

\<Front view\>   **\<Side view\>**   **\<Back view\>**