

# USER MANUAL

## *Elbow Support*

### INSTRUCTIONS

Step 1: Choose the Right Support: Select an elbow support that fits your specific needs—whether it's for injury prevention, recovery, or support during physical activities.

Step 2: Proper Fit: Ensure the elbow support fits snugly but comfortably to provide adequate support without limiting movement.

Step 3: Regular Cleaning: Clean the elbow support regularly to maintain hygiene and prevent skin irritation.

Step 4: Follow Guidelines: Use the elbow support as recommended by a healthcare professional or for the intended purpose, such as during physical activity or rehabilitation.

