

Portable Knee Brace



HOW TO USE

Place cold packs in refrigerator for at least 2-hours prior to first use.

1. Make sure the **MANAMED**® logo is right-side up, and simply fasten one strap around the quad, and one strap around the upper calf.



2. To obtain compression, make sure the arrow on outside of brace is pointed towards **ON**. Squeeze the bulb until a desired level of comfort is reached.
3. Once done utilizing, you can release the compression by pressing the **BLACK** button near the bulb.



Wear as frequently as desired while ambulating and then return cold pack to refrigerator.