

# NICE1 COLD + COMPRESSION THERAPY DEVICE

### **ARTICULATING KNEE WRAP INSTRUCTIONS**



Orient the knee wrap with blue side facing the body as shown



02 SECURE

Wrap the knee wrap centered around the knee, secured by the Velcro straps

## VIDEO INSTRUCTIONS

Please Visit

nicerecovery.com/how-to-videos

## WRAP GUIDE SIZING

#### Small/Medium

Fits average body types ~up to 5'10 170lbs; up to shoe size 10M/12W Shoe Size

#### Large/XL

Fits average body types above 5'10 170lbs; shoe size above 10M+/Size 12W+



Once fit, feel free to do a few bends to ensure a comfortable fit

#### NICERECOVERY.COM

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