

WRIST WRAP INSTRUCTIONS



01 PLACE

Orient the wrap by placing the thumb through the thumb hole, with the blue side on the body as shown



02 SECURE

Use the Velcro straps to fit the wrap



03 COMFORT

Once fitted, the wrap should be comfortably snug with no creases or folds

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+