

HIP WRAP INSTRUCTIONS



01 PLACE

Orient the wrap with the blue side facing the body and secure the waist strap as shown



02 SECURE

Use the longer strap to secure the fit around your waist, and use the shorter elastic strap to secure fit around the leg



03 COMFORT

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

To switch sides, leave the torso Velcro connected, switch to the other hip as shown, and apply the elastic strap

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+