

KNEE WRAP INSTRUCTIONS



01 PLACE

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



03 COMFORT

Once fit, 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+