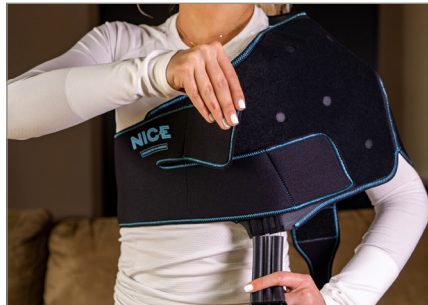


### SHOULDER WRAP INSTRUCTIONS



#### 01 PLACE

Orient the wrap as shown with blue side facing body, and connector pointed down towards the stomach



#### 02 SECURE

Secure the wrap with the straps as shown



#### 03 COMFORT

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

### VIDEO INSTRUCTIONS

Please Visit [nicerecovery.com/how-to-videos](http://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+