

Intended Use: This product is a sports protective gear designed to provide compression, support, and limited protection to specific joints or body parts during physical activities. It is intended for recreational and athletic use to help reduce the risk of minor impact-related injuries.

"For product details, please refer to the AliExpress webpage. "

## 1. Usage Instructions & Limitations

**Selecting the Correct Size:** Refer to the manufacturer's sizing chart. Measure the circumference of the relevant body part (e.g., knee, wrist, ankle) and select the size that corresponds to your measurement. Proper fit is essential for both comfort and effectiveness. The gear should fit snugly but not restrict blood circulation.

## 2. Wearing Instructions:

- Ensure the skin and the protective gear are clean and dry before wearing.
- Put the gear on before starting any physical activity.
- Position the gear correctly over the intended joint or body part. For example, kneepads should sit centrally over the kneecap; wrist guards should allow full finger movement while supporting the wrist joint.
- Secure all straps, fasteners, or closures to ensure the gear stays in place during activity. Do not over-tighten.

**Duration of Use:** This product is designed for use during active sports and exercise only. Remove the gear immediately after activity ends.

Prolonged, continuous wear (e.g., while sleeping or resting) is not recommended.

## 3. Cleaning & Care:

- Hand wash with mild soap and cold water after each use to remove sweat and bacteria.
- Rinse thoroughly and air dry flat in a shaded area away from direct sunlight or heat sources.
- Do not machine wash, machine dry, tumble dry, iron, or use bleach or fabric softeners. These can damage the materials and reduce effectiveness.
- **Inspection:** Before each use, inspect the gear for signs of wear and tear, such as fraying straps, loose stitching, torn fabric, or damaged padding. Discontinue use and replace immediately if any damage is found.

## 4. Limitations:

- **Limited Protection Only:** This product provides limited protection against minor impacts, scrapes, and abrasions. It does not prevent fractures, dislocations, or serious injuries.

-Not Medical/Post-Surgical: This product is for general sports use only. It is not a medical device and is not intended for post-surgical recovery, immobilization, or treatment of existing injuries unless specifically recommended by a healthcare professional.

- Activity-Specific: This gear is designed for specific sports or activities. Do not use it for activities beyond its intended purpose (e.g., using a lightweight running sleeve for high-impact motocross).

- Not Impact-Proof: Padding components may reduce impact force but cannot eliminate it entirely. Users should still exercise caution and follow safety rules of their sport.

## 5. Warnings / Safety Information

WARNING: FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY, AGGRAVATION OF EXISTING CONDITIONS, OR OTHER ADVERSE HEALTH EFFECTS.

- Consult a Professional: CONSULT A DOCTOR, PHYSICAL THERAPIST, OR TRAINED ATHLETIC TRAINER BEFORE USING THIS PRODUCT, especially if you have a pre-existing medical condition, previous injury to the area, circulatory issues, diabetes, or skin sensitivity. Using protective gear on an undiagnosed or improperly treated injury may worsen the condition.

- Circulation & Sensation: Proper fit is critical. If you experience numbness, tingling, discoloration (pale or blue skin), excessive pain, or swelling while wearing the gear, remove it immediately. These are signs that the gear is too tight and may be restricting blood flow or nerve function.

- Skin Irritation: Discontinue use immediately if you develop a rash, itching, or skin irritation. Allow the skin to heal fully before considering reuse. Ensure the gear is clean and dry before each use to minimize irritation risk.

- No Safety Guarantee: This product reduces but does not eliminate injury risk. Always play within your physical limits, use proper technique, and follow the safety rules and regulations of your sport. Never engage in activities beyond your skill level.

- Choking Hazard: This product contains small parts (e.g., buckles, adjusters, removable padding). Keep out of reach of children and pets. Not for use by children without adult supervision.

- Heat & Flammability: Keep away from open flames, extreme heat sources, and sparks. Some materials may be flammable.

Proper Disposal: When the product reaches the end of its useful life, dispose of it according to local regulations. Do not reuse damaged gear.