

Left arm placement



Right arm placement



Tightening the strap



Place **BandIT** on the forearm two finger widths below the elbow crease.

Place **BandIT**® on the forearm as shown above. Tighten the strap, pulling it from the underside of your arm towards you. Tighten the strap no more than is necessary to keep **BandIT** in place during the activity that aggravates your condition (i.e., make it tighter for tennis, looser for typing). When worn, the strap between the two plates should be equal in length on each side. The plate with the logo sits on top of the arm; the other, under the arm. To achieve this, pull the bottom plate (the plate without **BandIT**'s logo) along the strap. The strap is *not* glued to the bottom plate. For a more customized fit, the plastic plates are bendable and

may be gently *squeezed* for a smaller arm or *flattened* for a larger arm.

**Washing:** *DO NOT MACHINE WASH OR DRY.* Hand wash with water and mild soap. Compress pads and rinse thoroughly. With a towel, pat dry any excess water.

**Caution:** For persistent pain, immediately contact your health care professional. If excessive moisture due to physical exertion builds under the **BandIT**, either place a loose fabric sleeve under it or remove it after activity to allow skin and **BandIT** to dry. *DO NOT USE OVER OILS OR LOTIONS.*