

ActivElbow™ applies pressure to ease the pain of tennis elbow and to protect your elbow.



Position **ActivElbow™** around your arm with the pad placed slightly in front of the main pressure / pain point. Tighten with the velcro strap for a comfortable fit. Unisex. One size fits all.



Remove the pad for washing. Handwash below 30 degrees. Use a neutral detergent which does not contain whitening or bleaching ingredients. Dry in a place with good ventilation away from direct sunlight. Do not tumble dry. Do not iron, dry clean or bleach.

Caution

- Do not use this product other than explained in these user instructions as this can lead to damages or injuries
- Do not wear the product while sleeping
- Make sure the velcro fastener does not stick to other clothes as this can cause damage to clothes
- This product contains chemical fibres. If the product irritates the skin stop wearing the product immediately and consult your doctor
- If you continue to experience pain after using this product there may be another issue other than tennis elbow so you should stop using the product and consult your doctor



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