

Tennis Elbow Brace (User Manual)

Product Description

Tennis elbow, or lateral epicondylitis, is usually caused by the repetitive strain on the wrist as it is bent backwards when playing racket sports like tennis and also from other daily activities that require repetitive wrist movement. Wearing an elbow brace can reduce the likelihood of getting tennis elbow and help tennis elbow sufferers to heal.

Tomight tennis elbow brace is designed to produce more pain-free strength and decrease the pressure on overused muscles. It has a compression pad to secure and comfort your forearm. It's a one-size-fits-all elbow brace and can be used on the left or right forearm. It works great for women and men thanks to its adjustable strap.

Important Notice:

This product is not designed to diagnose, treat, cure, or prevent any disease.

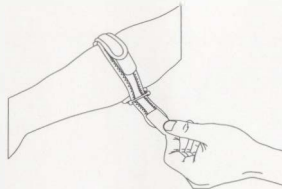
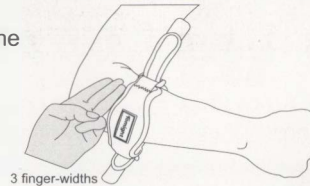
Where to Use

Tomight tennis elbow brace can be used as an armband for all sorts of sports and daily activities which require repetitive wrist movement and could result in elbow overwork, such as tennis, weightlifting, basketball, volleyball, table tennis, golf, baseball, handball, badminton, softball, bicycle, mountain climbing and etc.

How to Use

1. Slip the brace on your forearm.

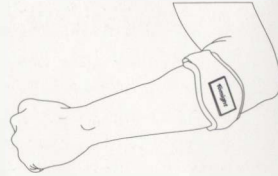
2. Wrap the brace around the forearm approximately 3 finger-widths below the elbow.



3. Position the compression pad of the brace over the largest muscles of your forearm.

4. Adjust and fasten the strap securely around your forearm to where it feels snug, but not too tight.

One finger should be able to easily slide between the strap and the arm.



How to Wash

Wash in cold water using a mild soap and air dry.

Customer Service

Your satisfaction is very important to us. If any concerns about the technical support or other product issues, please directly contact **support@tomight.com**, and you have our 100% satisfaction guarantee.