

# Instructions for Use and Care of your Juzo ACS Light Hand and Arm Wrap

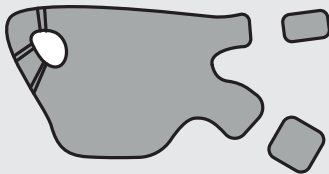
## Important:

If there are open wounds in the area, the affected area must be covered with an appropriate wound dressing or bandage before the adjustable compression system can be applied.

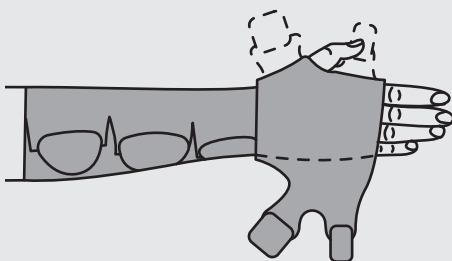
## Juzo ACS Light Hand wrap (Product code JZ705)

If you are wearing the Juzo ACS Light hand wrap in combination with the arm wrap, please put on the arm wrap first so that the hand wrap overlaps with it in the area of the wrist. Juzo hand wraps are not right or left specific.

1. Attach the supplied touch fasteners halfway on the tab ends so that you can secure the tabs from the outside.



2. Insert your thumb in the dedicated opening so that your palm initially remains free and the majority of the wrap covers the back of your hand.



3. The supplied foam pad can be placed on the back of the hand or in the palm, this is optional.

4. First, tighten the small tab around the palm and secure it on the back of the hand using the hook and loop fastener.

5. Then tighten the wide tab around the wrist and close it toward the back of the wrist.

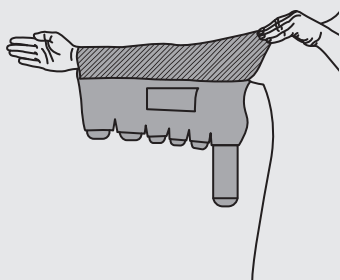
6. Check that the product exerts pleasant, clearly noticeable compression. If you feel pain or other problems, loosen the touch fasteners.



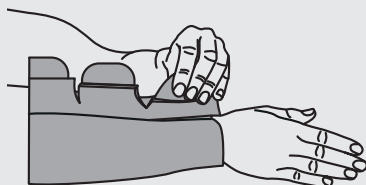
## Juzo ACS Light Arm Wrap (Product code JZ706)

Juzo ACS Light Arm Wraps are right and left arm specific.

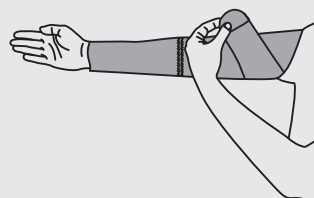
1. If not already attached, attach supplied touch fasteners half way on each tab. Optional to attach the extender to the top tab.
2. The supplied foam pad can be inserted into the dedicated pocket in the elbow area. This is optional.



3. Put your arm into the integrated lining with your palm facing upwards. Now position the upper edge of the wrap 2-3cm below your armpit. Line up the comfort zone of the arm wrap so that it will be in the crook of the elbow when the wrap is closed.



4. Bend your arm at a 90 degree angle and start by closing the tabs from the wrist. Tighten them towards the outside of the arm using the same tension on each tab.



5. Continue closing the other tabs from the bottom to the top finishing with the top tab.
6. Check that the product exerts pleasant, clearly noticeable compression. If you feel pain or other problems, loosen the touch fasteners.

There should not be any large folds / creases while wearing. If required, you can increase the wrap's compression by adjusting the tabs from the bottom to the top. All Juzo ACS Light products can be used with or without the incorporated lining, or with a separate liner where the garment is worn.

## Washing and care instructions

Juzo ACS Light products should be washed at least once a week or more often as required. Prior to washing remove all touch fasteners. The products can be machine-washed at 30 °C using a laundry detergent for delicate fabrics. A laundry net additionally protects the product. Please do not use fabric softener. Never use bleach. Do not tumble dry. You can reduce drying time by placing the products on a thick towel after washing, tightly rolling the towel up and firmly squeezing out excess moisture. Do not leave the product in the towel and do not dry it on a radiator or in the sun. Juzo ACS Light products must not be ironed. The products are not suitable for dry cleaning. The intervals between washing can be extended by wearing a Juzo liner. Store in a dry place and protect from sunlight.

Please refer to the detailed instructions in the Juzo Product pamphlet enclosed in the packaging.