Toomac Solutions
DIVISION OF TOOMAC HOLDINGS LTD

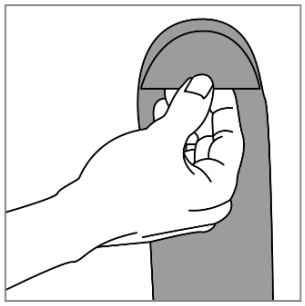
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Instructions for Use and Care of your Juzo Adjustable Wraps

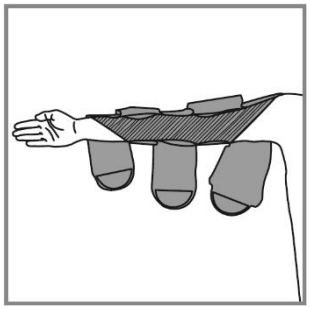
Juzo Compression Wraps can be worn either with the beige or the black side facing outwards. There must not be any large folds during donning or wearing. If required, you can increase the wrap's compression by adjusting the tabs from the bottom to the top. We recommend applying the Velcro tabs with a minimum of 0.5mm from the edge, when removing the Velcro from the fabric remove from the straight edge lifting towards the round tab end.

Juzo Arm wrap (Product code 6000 UA)

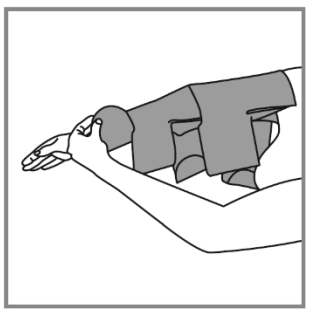
1. Before putting on the wrap, secure the supplied Velcro fasteners on the insides of the tabs. First, fold all tabs inwards to prevent the Velcro fasteners attaching accidentally.



2. Insert your arm into the inner sleeve of the wrap until the seam at the centre of the wrap is positioned at the elbow.

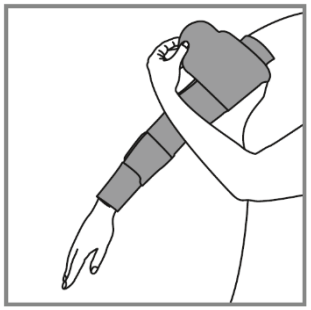


3. Secure the bottom strap (wrist) of the wrap by pulling and fastening the strap. The strap should be just firm enough to hug the arm and hold the garment in place.



4. Continue working up the arm and fasten the remaining straps using enough tension for the straps to gently hug the arm.

5. Once each strap is in place, start at the bottom of the arm and tighten each strap until it feels comfortably snug against the limb.



6. Continue working up the arm and pull and tighten each strap. Make sure there is no gaps between the straps. This can be best achieved by having adjacent straps slightly overlap and by inserting one strap in the notch.

7. The wrap should have a snug fit but not painfully tight. If you feel pain or discomfort, or the wrap feels too loose -adjust the level of tension in the straps.



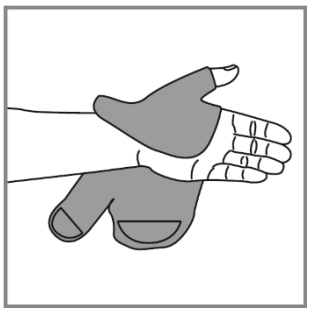
Juzo Hand wrap (Product code 6000 UH L/R)

If you are wearing the Juzo Compression Wrap Hand wrap in combination with the arm wrap, please put on the arm wrap first so that the hand wrap overlaps at the wrist.

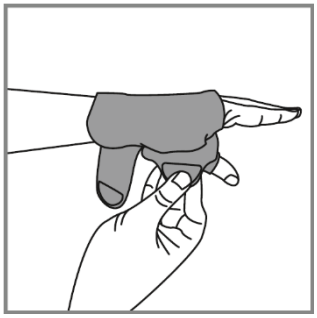
1. Before putting on the wrap, secure the supplied Velcro fasteners on the insides of the tabs. First, fold all tabs inwards to prevent the Velcro fasteners attaching accidentally.



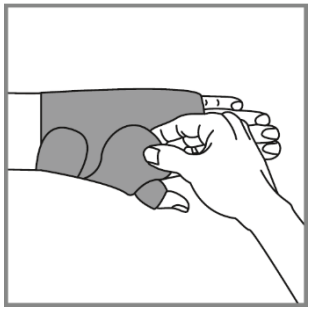
2. To don hand wrap, slide thumb in the thumb stub so that the short side of the wrap is on the palm side. Wrap the garment around the hand and bring the thumb through the thumb hole.



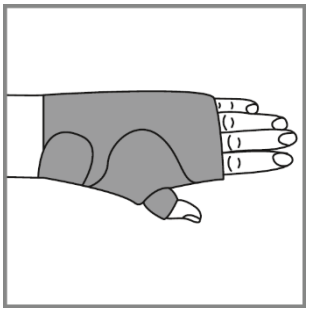
2. Attach the fasteners, beginning with the wrist strap, until the hand wrap fits comfortably snug.



4. Pull the straps at the wrist and on the back of the hand until they are comfortably snug and fasten the straps to the body of the garment.



5. Make sure there is no gaps between the straps. This can be best achieved by having adjacent straps slightly overlap and by inserting one strap in the notch.



6. The wrap should have a snug fit but not painfully tight. If you feel pain or discomfort, or the wrap feels too loose -adjust the level of tension in the straps.





Washing and care instructions

Juzo Compression Wraps 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 wrap 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

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