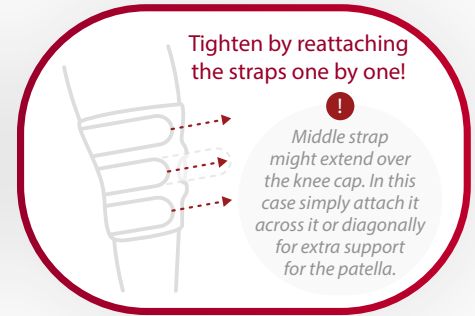
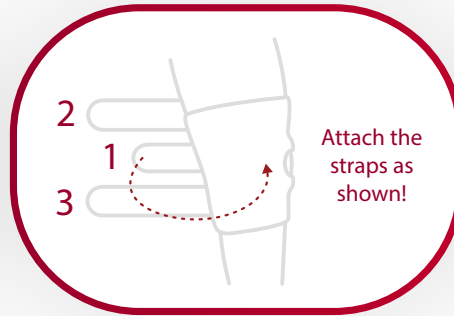
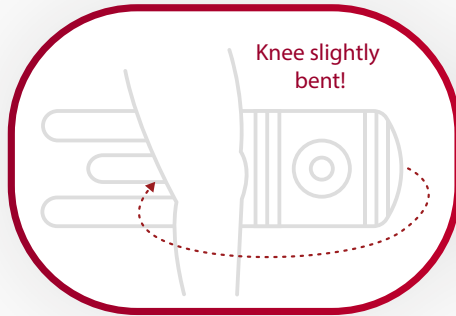


KARM ADJUSTABLE KNEE BRACE

GUIDE



EASY TO PUT ON AND TAKE OFF BY YOURSELF!

1. Is this brace for left or right knee?

Our brace is designed to fit both left and right knee.

2. Can I wear the brace overnight? ☀️ 🌙

Our brace is meant to be used both during the day and night, just remember to give your knee breaks couple of times a day.

3. The brace I ordered is slipping down. What should I do?

First adjust the straps and fasten them tighter. If that does not help, please contact our team for personal assistance.

4. Should I wear it under or over the clothes?

You can wear the brace either way according to your preference.

5. The middle strap of the brace goes over the open area.

Is that okay?

In some cases the middle strap is longer than shown on the product photos and extends over the open patella. In that case attach it either across the round hole or diagonally as that will give your knee and patella extra support. If it feels uncomfortable, please contact our team for personal assistance.

6. Can I machine wash my brace? 🧺

You can either machine or hand wash your brace once in a while. When machine washing, choose a cold delicate cycle and tumble dry low.

FAQ

