

[manuals.plus](#) /

- › [Zamst](#) /
- › [Zamst RK-2 Running Knee Supporter User Manual](#)

## Zamst 372902

# Zamst RK-2 Running Knee Supporter User Manual

Model: 372902 | Brand: Zamst

### PRODUCT OVERVIEW

The Zamst RK-2 Running Knee Supporter is engineered to provide targeted support and reduce strain on the patella (kneecap) during running activities. It helps stabilize the knee joint and prevent discomfort, allowing for smoother knee flexion and extension. This supporter is designed for athletes seeking to maintain knee health and performance during high-impact activities.



This image shows the Zamst RK-2 Running Knee Supporter in black, fitted on a leg, highlighting its design and placement around the knee.

## KEY FEATURES

- **Patella Strain Reduction:** Specifically designed to alleviate load on the patella during running.
- **Stability Control:** Helps suppress instability and wobbling upon landing, reducing stress on the knee.
- **Two-Stage Patella Pad:** Features a unique internal two-stage patella pad for precise compression below the kneecap.
- **CR Composite Material:** Constructed with CR composite material, offering thin yet firm compression.
- **Non-Slip Design:** Engineered to prevent slipping during running and allow for unrestricted movement.
- **Comfortable Fit:** Utilizes a thin 0.6mm fabric behind the knee to minimize bulk and enhance comfort during prolonged use.

ランニング時の膝蓋骨（ヒザのお皿）の下にかかる負担を軽減。着地時のグラつきを抑制し、ヒザの負担を軽減。

ランニング時のヒザの曲げ伸ばしをスムーズに行えるように設計された、両サイドの日本製アクティブ樹脂ステー（支柱）がヒザをしっかり安定させます。

独自設計した2段階構造のバタフライパッドが膝蓋骨（ヒザのお皿）の下を的確に圧迫。着地時のヒザ下にかかる負担を軽減。

CR複合素材を使用しているため、薄くてしっかりとした圧迫力が得られます。



This diagram illustrates the internal structure of the Zamst RK-2, highlighting the two-stage patella pad and the active resin stays that provide targeted compression and stability.

半円状パーツで  
ヒザ裏のくい込みを軽減



ランニング時もズレにくく、  
動きを妨げない設計



※フルマラソン・ウルトラマラソンでの  
使用実績多数あり。

ヒザ裏生地わずか 0.6mm。薄さとサポート力を両立。  
長時間でも快適なつけ心地。

This image shows the knee supporter from the side, emphasizing its design that prevents slipping during running and allows for natural knee movement without restriction.

## SIZING AND FIT

To ensure optimal performance and comfort, it is crucial to select the correct size. Measure the circumference of your thigh 10 cm (approximately 4 inches) above the center of your kneecap. Refer to the official Zamst sizing chart for accurate selection. An improperly sized supporter may not provide adequate support or could cause discomfort.





This image displays the Zamst RK-2 knee supporter correctly positioned on a leg, illustrating how it should sit around the knee for effective support.

## APPLICATION INSTRUCTIONS

Follow these steps for proper application of your Zamst RK-2 Running Knee Supporter:

1. **Prepare Your Leg:** Ensure your leg is clean and dry before applying the supporter.
2. **Position the Supporter:** Slide the supporter up your leg. Align the patella pad so it sits comfortably and securely just below your kneecap.
3. **Adjust Straps:** Gently pull and secure the adjustable straps to achieve a snug, comfortable fit. Ensure the fit is firm but does not restrict circulation or cause discomfort.
4. **Smooth Out:** Make sure the supporter is smooth and free of wrinkles to prevent chafing during movement.

Reia Iwade



世界と戦うトップアスリートも愛用

This image provides a rear view of the knee supporter, highlighting the thin 0.6mm fabric design behind the knee, which is intended to reduce bulk and improve comfort during flexion.

## OPERATING DURING ACTIVITY

The Zamst RK-2 is specifically designed for active use, particularly during running and other athletic endeavors. Once properly applied, it provides continuous support to the patella and helps stabilize the knee joint, reducing impact and strain. The design allows for natural knee movement while offering necessary protection. It is important to listen to your body; if you experience any discomfort, pain, numbness, or tingling while wearing the supporter, discontinue use immediately and consult a medical professional.



This image shows a female athlete wearing the Zamst RK-2 knee supporter while running, demonstrating its intended use during athletic activities.

## MAINTENANCE AND CARE

Proper care will extend the life of your Zamst RK-2 Knee Supporter:

- **Washing:** Hand wash the supporter gently with a mild detergent in cold water.
- **Bleaching:** Do not use bleach or harsh chemicals, as this can damage the material.
- **Drying:** Air dry completely before storage or next use. Lay flat or hang to dry. Do not tumble dry, iron, or dry clean.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

If you encounter issues with your knee supporter, consider the following:

- **Supporter feels too tight or loose:** Re-adjust the straps to find a comfortable yet supportive fit. Ensure you have selected the correct size based on the sizing guide. A size too small can restrict circulation, while one too large may not provide adequate support.
- **Skin irritation or chafing:** Ensure the supporter is clean and dry before each use. Check for any wrinkles or folds in the fabric that might be causing friction. If irritation persists, discontinue use and consult a medical professional.
- **Supporter slips during activity:** Verify that the supporter is properly aligned and the straps are securely fastened. Sweating can sometimes affect grip; ensure the skin is dry before application. Re-check your measurements against the sizing guide to confirm you have the optimal size.

## SPECIFICATIONS

Attribute	Value
Item Model Number	372902
Department	mens
Date First Available	October 29, 2014
ASIN	B00NAS8XMQ
Age Range (Description)	Adult
Sport	Running
Number of Items	1
Size	Small, X Large
Item Package Quantity	1
Package Dimensions	9.41 x 5.43 x 1.89 inches; 4.94 ounces
Is Discontinued By Manufacturer	No

## WARRANTY AND SUPPORT

For detailed warranty information, product registration, or customer support inquiries regarding your Zamst RK-2 Running Knee Supporter, please refer to the official Zamst website. It is recommended to keep your purchase receipt as proof of purchase for any warranty claims.

You can also visit the official Zamst Store on Amazon for more product information and support resources:

[Zamst Store on Amazon](#)

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This manual is for informational purposes only. Consult a medical professional for any health concerns.