

Copper Fit H&PC-01449

Copper Fit Compression Wrist Sleeve User Manual

Brand: Copper Fit

INTRODUCTION

The Copper Fit Compression Wrist Sleeve is designed to provide supportive relief and freedom of movement for various lifestyles. It offers compression to support muscles, helping to alleviate everyday stiffness and soreness. Made with high-quality performance fabrics infused with copper ions, it helps reduce odor and features moisture-wicking technology to prevent chafing and rashes.

This manual provides essential information for the proper use and care of your Copper Fit Wrist Sleeve.

The Copper Fit Wrist Relief features adjustable compression, allowing you to customize the support level. It is designed to stabilize your wrist while enabling your fingers to remain free and mobile. This unisex design is suitable for both right and left hands.

SETUP AND SIZING

To ensure optimal comfort and effectiveness, it is crucial to select the correct size for your Copper Fit Compression Wrist Sleeve. Follow these steps to determine your size:

1. **Measure Your Wrist:** Measure the circumference around your wrist, directly below the wrist bone (closer to your fingers).
2. **Consult the Sizing Chart:** Refer to the sizing chart below to find your corresponding size.
3. **Adjust for Comfort:** If your measurement falls between two sizes, consider sizing up for a more comfortable fit or sizing down for increased compression.



Image: Back of the Copper Fit Wrist Sleeve packaging, displaying the sizing chart and care instructions. The chart indicates S/M for 5.5"-7.5" wrist circumference and L/XL for 7.5"-9" wrist circumference.

Copper Fit Wrist Sleeve Sizing Chart

Size	Wrist Circumference
S/M	5.5" - 7.5"
L/XL	7.5" - 9"

Once you have selected the correct size, slide the sleeve onto your wrist. The adjustable compression straps allow for a customized fit. Ensure the sleeve is snug but not so tight that it restricts circulation. Your fingers should remain free and fully mobile.



Image: A person wearing the black Copper Fit Compression Wrist Sleeve, demonstrating its fit around the wrist and hand.

OPERATING AND USAGE

The Copper Fit Compression Wrist Sleeve is designed to provide support and relief for muscle stiffness, soreness, and pain. The compression technology aids in reducing muscle recovery time and supports improved circulation and oxygenation of working muscles.

When to Wear

Copper Fit compression sleeves can be worn at any time, whether you are engaging in physical activity or at rest. Their comfortable design makes them suitable for extended wear. Many users find benefit in wearing the sleeve all day long, even underneath clothing.

Expected Benefits

Many individuals report feeling immediate relief upon wearing Copper Fit products. For the full benefits of the compression sleeve to be realized, it is important that the sleeve is properly sized and worn as needed.





Image: A detailed close-up view of the Copper Fit Wrist Sleeve, highlighting the texture of the copper-infused fabric and the quality of the stitching.

MAINTENANCE AND CARE

Proper care of your Copper Fit Compression Wrist Sleeve will help maintain its effectiveness and extend its lifespan. Follow these cleaning instructions:

- **Hand Wash:** Hand wash the sleeve in cold water.
- **Do Not Iron:** Do not iron the sleeve.
- **Do Not Dry Clean:** Do not dry clean the sleeve.
- **Do Not Tumble Dry:** Do not use a tumble dryer. Air dry the sleeve instead.

Regular cleaning helps maintain the hygienic properties of the fabric and ensures continued comfort.

TROUBLESHOOTING

If you encounter any issues while using your Copper Fit Compression Wrist Sleeve, consider the following common solutions:

- **Discomfort or Restricted Circulation:** If the sleeve feels too tight or causes discomfort, it may be the wrong size. Refer to the "Setup and Sizing" section to re-measure your wrist and ensure you have the appropriate size. Compression should be supportive, not restrictive.
- **Lack of Expected Relief:** Ensure the sleeve is worn correctly and consistently. The benefits are most noticeable when the sleeve is properly sized and worn as needed.
- **Odor:** While the fabric is designed to reduce odor, regular hand washing as per the "Maintenance and Care" instructions is essential to keep the sleeve fresh.

If problems persist or you experience pain or swelling, discontinue use and consult a physician.

SPECIFICATIONS

Feature	Detail
Brand	Copper Fit
Model Number	H&PC-01449
Color	Black

Feature	Detail
Material	Outer: 100% Polyester, Inner: 89% Polyester with copper, 11% Spandex
Item Weight	0.2 Pounds
Item Dimensions (LxWxH)	4 x 1.25 x 8.25 inches
Specific Uses	Arthritis, Carpal Tunnel Syndrome
Age Range	Adult
Style	Left Hand (available for both hands)

WARRANTY AND SUPPORT

For any questions regarding your Copper Fit Compression Wrist Sleeve, or for support, please visit the official Copper Fit website or contact their customer service. While specific warranty details are not provided in this manual, product information and support resources are typically available through the manufacturer.

Official Website: copperfitproducts.com

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

