

Tommie Copper 0320UR

Tommie Copper Unisex Core Compression Knee Sleeve

Model: 0320UR

INTRODUCTION

The Tommie Copper Unisex Core Compression Knee Sleeve is designed to provide targeted compression and support to the knee joint. It features a contoured construction that conforms to the knee's curvature, utilizing Tommie Copper's proprietary lightweight, 4D stretch, and patented Copper Znergy fabric. This fabric is engineered to wick away moisture, regulate body temperature, and offer natural, permanent anti-odor technology.

SETUP AND SIZING

Measurement Instructions

To determine the correct size, measure the circumference of your thigh 5 inches (13 cm) above the center of your knee. If your measurement falls between two sizes, consider sizing up for a more comfortable fit or sizing down for increased compression.

KNEE SLEEVE

INSTRUCTIONS FOR MEASUREMENT: MEASURE THE CIRCUMFERENCE OF YOUR THIGH 5" OR 13CM ABOVE THE CENTER OF THE KNEE. IF YOU FALL BETWEEN MEASUREMENTS, SIZE UP FOR COMFORT OR DOWN FOR COMPRESSION.

KNEE SLEEVE SIZING					
	S	M	L	XL	2XL
in.	14-15	15.5-17	17.5-19	19.5-21	21.5-23
cm	35-38	39-43	44-48	49-53	54-58

	3XL	4XL	5XL	6XL
in.	23.5-27	27.5-31	31.5-35	35.5-39
cm	59-67	68-78	79-89	90-99



Image: This image displays the Tommie Copper Knee Sleeve sizing chart. It provides instructions to measure the thigh circumference 5 inches or 13 cm above the center of the knee. The chart lists sizes from S to 6XL with corresponding measurements in inches and centimeters. A visual representation of how to measure the thigh is also included.

Sizing Chart

Size	S	M	L	XL	2XL
in.	14-15	15.5-17	17.5-19	19.5-21	21.5-23
cm	35-38	39-43	44-48	49-53	54-58
Size	3XL	4XL	5XL	6XL	
in.	23.5-27	27.5-31	31.5-35	35.5-39	
cm	59-67	68-78	79-89	90-99	

Application

Gently slide the knee sleeve up your leg until the contoured section is centered over your knee. Ensure the sleeve is smooth and free of wrinkles, and that the top and bottom elastic bands sit comfortably without restricting circulation. The sleeve should provide a snug fit without causing discomfort.

Application for Women

Your browser does not support the video tag.

Video: This video demonstrates the proper way for a woman to wear and adjust the Tommie Copper Core Compression Knee Sleeve. It shows the sleeve being pulled up the leg and positioned correctly over the knee for optimal fit and comfort.

Application for Men

Your browser does not support the video tag.

Video: This video illustrates the correct method for a man to wear and adjust the Tommie Copper Core Compression Knee Sleeve. It shows the sleeve being pulled onto the leg and positioned accurately over the knee for effective support.

PRODUCT FEATURES

- **Anatomically Contoured Design:** Provides targeted, isolated compression specifically at the knee joint.
- **Improved Elasticity:** Features updated elastic for a non-restrictive fit around the thigh and calf areas.
- **Comfortable Fit:** An encased elastic band at the bottom of the sleeve enhances comfort during wear.
- **4D Compression Technology:** The fabric stretches in all four directions, offering a form-fitting comfort that retains its shape over the product's lifetime.
- **Copper Znergy Fabric:** Made from 86% Polyester and 14% Spandex, this fabric wicks away moisture, helps regulate body temperature, and provides natural, permanent anti-odor properties.

MAINTENANCE

Care Instructions

To maintain the integrity and performance of your Tommie Copper Knee Sleeve, follow these care instructions:

- **Machine Wash:** Wash the sleeve in a washing machine.
- Refer to the product label for specific temperature settings and drying recommendations.

TROUBLESHOOTING

Sleeve Rolling Down

If the knee sleeve tends to roll down during wear, consider the following:

- **Sizing:** Re-verify your measurements against the sizing chart. An incorrect size, particularly one that is too large, can lead to the sleeve rolling down.
- **Placement:** Ensure the sleeve is pulled up sufficiently and positioned correctly over the knee, with the top and bottom elastic bands evenly distributed on the thigh and calf.
- **Activity Level:** For high-intensity activities, some movement may occur. Adjust as needed.

Discomfort or Restricted Circulation

If you experience discomfort, pinching, or signs of restricted circulation (e.g., numbness, tingling, discoloration), remove the sleeve immediately.

- **Sizing:** The sleeve may be too small. Refer to the sizing chart and consider a larger size.
- **Adjustment:** Ensure the sleeve is not pulled too tightly or unevenly.

SPECIFICATIONS

Brand Name	Tommie Copper
Model Number	0320UR
UPC	840001168084
Material	Polyester (86% Polyester, 14% Spandex)
Fabric Type	100% Other Fibers (as per some specifications, but detailed as Polyester/Spandex blend)
Color	Cobalt Blue (Note: Product images show black, color may vary by specific variant)
Closure Type	Pull On
Sport Type	Exercise & Fitness
Special Features	Stretchable
Care Instructions	Machine Wash
Item Weight	0.02 kg
Package Dimensions	1 x 1 x 1 inches
Department	Unisex (listed as 'mens' in some specs, but product title is 'Unisex')
Age Range Description	Adult
Manufacturer	Tommie Copper
Date First Available	March 30, 2016

WARRANTY AND SUPPORT

For specific warranty information regarding your Tommie Copper Unisex Core Compression Knee Sleeve, please refer to the product packaging or contact Tommie Copper directly. Warranty terms and conditions may vary.

For additional support or inquiries, you may visit the official Tommie Copper store:

[Visit the Tommie Copper Store](#)

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