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> [IPOW 2-Pack Patella Knee Strap Instruction Manual \(Model EXPSFD006021\)](#)

IPOW EXPSFD006021

IPOW 2-Pack Patella Knee Strap Instruction Manual

Model: EXPSFD006021

INTRODUCTION

This manual provides comprehensive instructions for the proper use and care of your IPOW 2-Pack Patella Knee Straps. Designed to offer support and help alleviate discomfort associated with patellar tendonitis, jumper's knee, runner's knee, and chondromalacia, these straps are suitable for various physical activities. Please read these instructions carefully before use to ensure optimal performance and safety.

SETUP AND APPLICATION

Follow these steps to correctly apply your IPOW Patella Knee Strap:

- Position the Strap:** Place the knee strap directly below your kneecap (patella). Ensure the thickened pad is centered over your patellar tendon.
- Secure the Strap:** Wrap the strap around your leg and secure it using the hook-and-loop (Velcro) closure.
- Adjust Tightness:** Adjust the strap's tightness to your comfort level. It should be snug enough to provide support without causing discomfort or restricting circulation.
- Verify Position:** Stand up and gently bend your knee to confirm the strap is secure and correctly positioned. The patella pad should remain centered over your patella.



Image: The IPOW 2-Pack Patella Knee Straps, illustrating proper placement below the kneecap for support.

Thickened Pad Supports Your Knee Joints Well



1 Not Press The Pad



2 Press The Pad



3 Bounce Back



Stable Patella

Soft gel padding prevents your painful patella from moving



Protect Tendon

Avoid pulling on the tendon when walking



Help the Meniscus Restore

Disperse pressure on the patella



Image: Detailed view of the thickened pad, explaining its function in stabilizing the patella, protecting the tendon, and dispersing pressure on the kneecap.

Comfortable to Wear



Image: Features of the knee strap, including double stitching for durability, a double knot design for adjustability, and sweat-absorbing padding for comfort.

One Size Fits ALL

Suitable for men and women

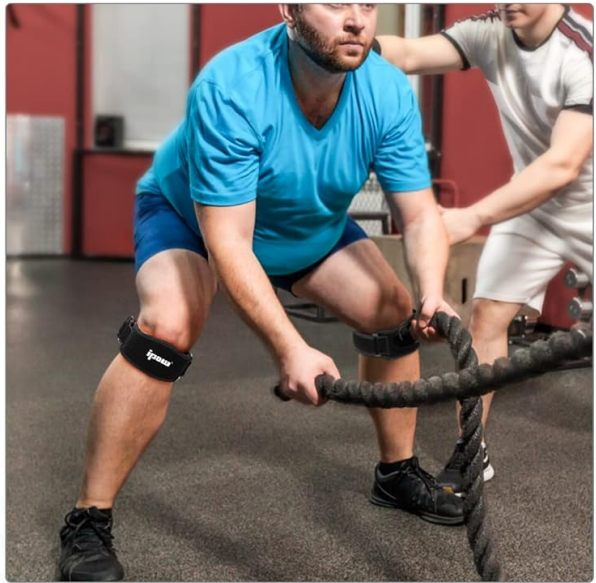


Image: Dimensions of the knee strap and examples of its use during exercise, demonstrating its 'One Size Fits All' design.

Video: A demonstration of how to correctly wear and adjust the IPOW Patella Knee Strap for optimal support and comfort. The video shows the strap being placed below the knee, secured with the Velcro closure, and adjusted for tightness. It also highlights checking the fit by bending the knee.

OPERATING AND INTENDED USE

The IPOW Patella Knee Strap is designed to provide targeted compression and support to the patellar tendon, helping to absorb shocks and reduce stress on the knee joint. It is suitable for use during a variety of physical activities and for individuals experiencing knee discomfort.

- **Activity Support:** Wear the knee strap during activities such as running, walking, cycling, weightlifting, basketball, volleyball, hiking, and jumping to help stabilize the knee and prevent injury.
- **Pain Relief:** The resilient compression pad helps reduce pain associated with conditions like patellar tendonitis, jumper's knee, runner's knee, and chondromalacia.
- **Injury Recovery:** Can be used as part of a recovery regimen to provide support and stability to the knee joint, aiding in the healing process.

Lightweight and Breathable Knee Strap

Avoid cumbersome and hot
like other big bulky braces

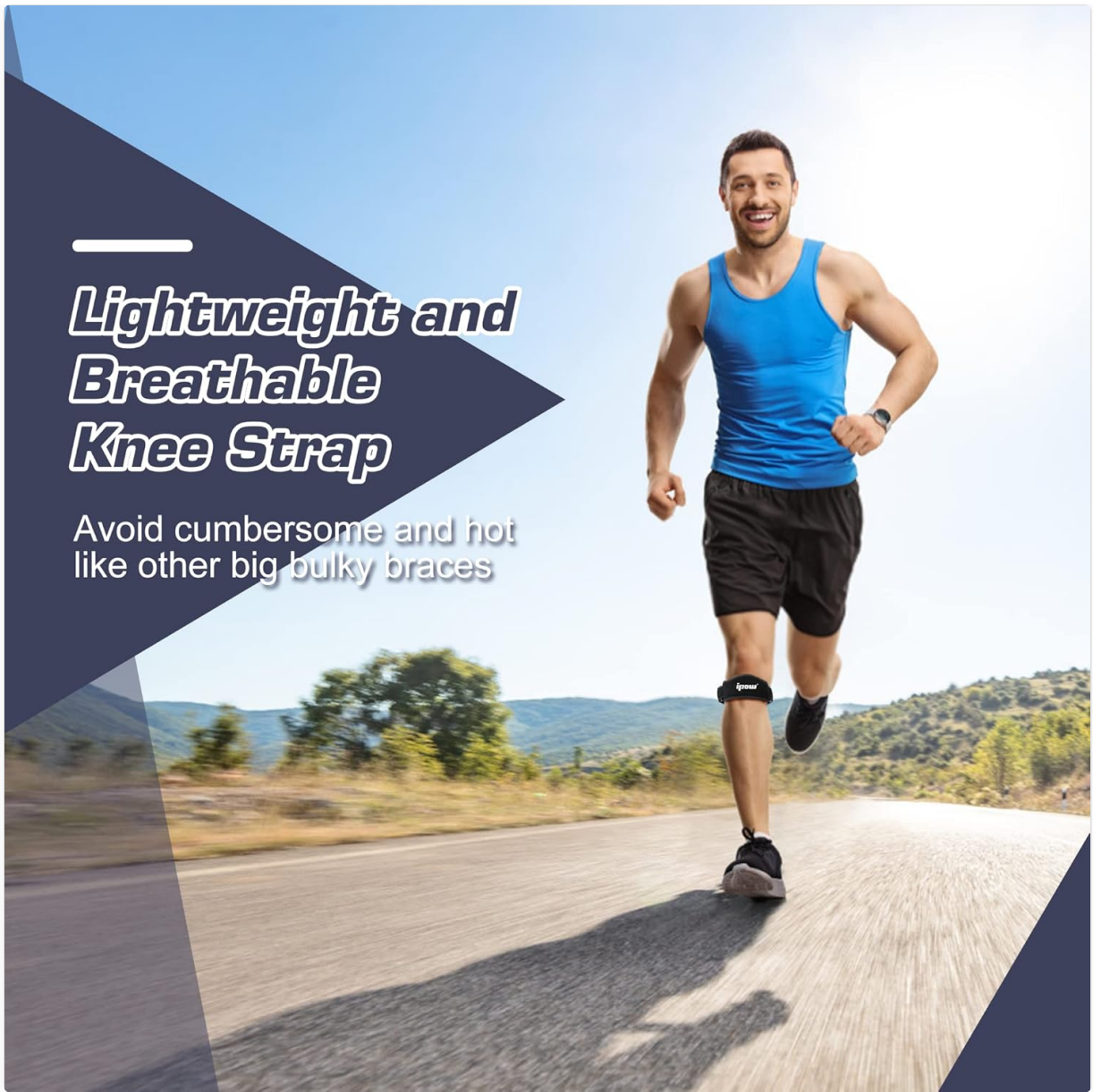


Image: The lightweight and breathable design of the knee strap, ideal for active use like running.

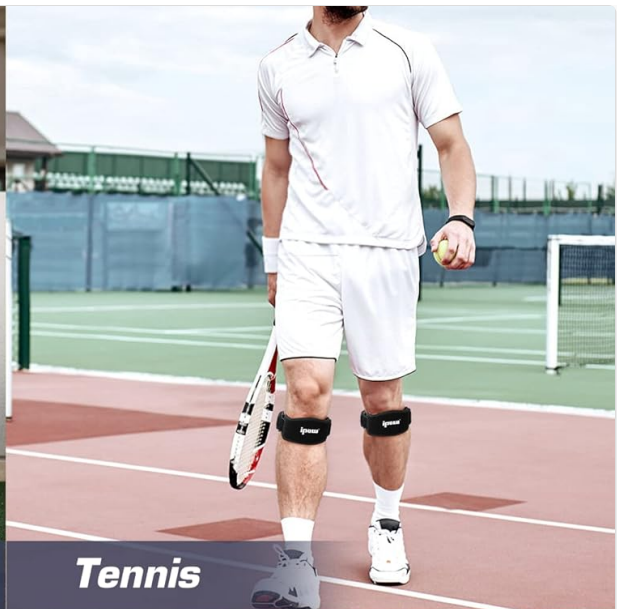
A person is captured in mid-stride while running on a rocky, grassy trail. They are wearing a blue long-sleeved athletic shirt, black shorts, and blue and red running shoes. A black knee brace with a thickened pad is visible on their right knee. The background shows a hazy, mountainous landscape under a cloudy sky. The text is overlaid on a dark blue, semi-transparent triangular shape on the left side of the image.

***Thickened Pad Perfectly
Prevents Your Painful
Patella From Moving***

Image: The thickened pad's effectiveness in preventing unwanted patella movement during dynamic activities.



Weightlifting



Tennis



Jumping



Basketball

Image: Examples of various sports and activities where the knee strap provides beneficial support, including weightlifting, tennis, jumping, and basketball.

MAINTENANCE AND CARE

To ensure the longevity and hygiene of your IPOW Patella Knee Straps, follow these maintenance guidelines:

- **Hand Wash:** Hand wash the straps in cold water with mild soap.
- **Air Dry:** Lay flat to air dry completely. Do not machine wash, tumble dry, iron, or bleach, as this may damage the material and affect its effectiveness.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

TROUBLESHOOTING

- **Discomfort or Restricted Circulation:** If you experience discomfort, numbness, tingling, or restricted circulation, loosen the strap immediately. Re-adjust the tightness to a comfortable level that still provides adequate support.
- **Strap Slipping:** If the strap shifts during activity, ensure it is positioned correctly below the patella and tightened sufficiently. The non-slip material should help keep it in place.

- **Increased Pain or Swelling:** If your knee pain increases or you experience swelling while wearing the strap, discontinue use and consult a medical professional.
- **Loss of Effectiveness:** Over time, the material may lose some elasticity. If the strap no longer provides adequate support, it may be time to replace it.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	IPOW
Model Number	EXPSFD006021
Size	One Size
Color	Black
Material	Neoprene (comfortable and breathable)
Special Features	Thickened Pad, Wide Patella Support, Adjustable Velcro Closure, Reinforced Stitching
Intended Use	Sport, Pain Relief, Injury Recovery
Package Dimensions	6.93 x 5.04 x 1.65 inches
Item Weight	3.2 ounces

WARRANTY INFORMATION

IPOW is committed to providing high-quality products. For specific warranty details or any product-related concerns, please refer to the product packaging or contact customer support directly. We stand behind our products and aim to offer efficient solutions for any issues.

CUSTOMER SUPPORT

For any questions, concerns, or assistance with your IPOW Patella Knee Straps, please contact our customer service team. You can typically reach us via email through your Buyer Central account on the platform where you purchased the product. Our professional customer service team is ready to assist you.