

Shock Doctor 864

Shock Doctor Knee Compression Sleeve 864 User Manual

Model: 864 | Brand: Shock Doctor

1. PRODUCT OVERVIEW

The Shock Doctor Knee Compression Sleeve 864 provides light support for minor pain, sprains, and strains, allowing for daily use. Its anatomical pre-curved design and N-Tex™ material offer moisture-wicking properties and therapeutic warmth, promoting healing and comfort. This sleeve is designed to stay firmly in place while providing a free range of motion.

Key Features

- **Four-way stretch spandex [elastane] mesh:** Located at the back of the knee for comfortable flex and ventilation.
- **No-slip silicone gripper pattern lining:** Helps keep the sleeve securely in place during activity.
- **Spandex [elastane] binding:** Ensures comfort and long-lasting wear.
- **N-Tex™ airflow vented moisture-wicking neoprene:** Provides therapeutic warmth and breathability.
- **Versatile Fit:** Designed to fit both left or right leg.
- **Ease-of-Use:** Features easy-on pull tabs for convenient application.
- **Anatomical Design:** Pre-curved compression fit for optimal comfort and support.



An image highlighting the key features of the Shock Doctor Knee Compression Sleeve, including easy-on pull tabs, breathable comfort flex mesh at the back of the leg, and anatomical pre-curved compression fit for comfort.





An image detailing the support level and material features of the Shock Doctor Knee Compression Sleeve, such as four-way stretch spandex, no-slip silicone gripper, and N-Tex™ airflow vented neoprene.

2. SIZING AND FIT

To ensure the best fit and optimal support, follow these sizing instructions:

1. **Measure:** Measure the circumference of your leg 2 inches (approximately 5 cm) below the center of your kneecap.
2. **Consult Size Chart:** Refer to the official Shock Doctor sizing chart (typically found on product packaging or the manufacturer's website) to find your corresponding size.
3. **Between Sizes:** If your measurement falls between two sizes, it is recommended to select the larger size for optimal comfort and to prevent over-compression.

Your browser does not support the video tag.

Official Shock Doctor video demonstrating how to measure for the correct size and properly apply and remove the Knee Compression Sleeve 864.

3. APPLICATION INSTRUCTIONS

Follow these steps to correctly apply and remove your knee compression sleeve:

Applying the Sleeve

1. **Preparation:** Ensure your leg is clean and dry before application.
2. **Slide On:** Gently pull the entire knee sleeve over your foot. Use the easy-on pull tabs if available.
3. **Positioning:** Continue sliding the sleeve up your leg until the main compression area is centered over your kneecap. Ensure the sleeve is smooth and free of wrinkles for maximum comfort and effectiveness.
4. **Adjustment:** During extended periods of use or activity, periodically recheck the sleeve's position and tension. Adjust as needed to maintain comfort and effective support without restricting circulation.

Removing the Sleeve

- **Roll Down:** To remove, gently roll the sleeve down your leg.
- **Turn Inside Out:** As you roll it down, turn the sleeve inside out.
- **Slip Off:** Once it reaches your ankle, simply slip it off your foot.



EASE-OF-USE

Easy-on pull tabs



BREATHABLE

Comfort flex mesh
keeps back of leg cool



COMFORT

Anatomical,
precurved
compression fit



Front view of the Shock Doctor Knee Compression Sleeve worn on a leg, demonstrating its fit and coverage.



SUPPORT

Light compression fit for all-day support

Side view of the Shock Doctor Knee Compression Sleeve worn on a leg, showing its contoured design.

BEST FOR

Helps prevent and recover from medial/lateral instability, minor patella instability, meniscus injuries, minor ligament sprains

FEATURES

- Four-way stretch spandex [elastane] mesh at back of knee for comfortable flex and ventilation
- No-slip silicone gripper pattern lining keeps sleeve in place
- Spandex [elastane] binding for comfort and long lasting wear
- N-Text™ airflow vented moisture wicking neoprene provides therapeutic warmth
- Fits left or right



Back view of the Shock Doctor Knee Compression Sleeve worn on a leg, highlighting the breathable mesh area behind the knee.

4. CARE AND MAINTENANCE

Proper care will extend the life and effectiveness of your knee compression sleeve:

- **Washing:** Hand wash in cold water using a mild detergent.
- **Bleaching:** Do not use bleach or harsh cleaning agents.
- **Drying:** Air dry completely at room temperature. Do not iron, tumble dry, or dry clean. Avoid direct sunlight during drying to preserve material integrity.
- **Storage:** Store in a cool, dry place away from direct heat and sunlight.

5. SPECIFICATIONS

Brand	Shock Doctor
Model Name	Knee Compression Sleeve with Closed Patella Coverage
Model Number	864
Size	Small (Available in various sizes)
Specific Uses	Knee Support
Use For	Knee
Age Range	Adult
Number of Items	1
Material	N-Tex Neoprene, Spandex [Elastane]
Color	Black
Item Weight	5.92 ounces
Item Dimensions	5 x 3 x 1 inches
Sport Type	Mixed Martial Arts, Basketball, Football, Running, General Sports
UPC	733313025506, 733313052137
GTIN	00733313025506

6. IMPORTANT SAFETY INFORMATION

Please read and adhere to the following safety guidelines:

- **Medical Advice:** This product is not a substitute for professional medical care. Always consult a healthcare professional for the diagnosis and treatment of pain, injury, or irritation.
- **Discontinue Use:** Discontinue use immediately if discomfort, pain, numbness, tingling, or irritation increases or persists.
- **Circulation:** Do not overtighten the sleeve, as this may restrict blood circulation. Ensure a snug but comfortable fit.
- **Allergies:** If you have known allergies to neoprene or similar materials, consult a healthcare professional before use.

7. WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries regarding your Shock Doctor Knee Compression Sleeve 864, please contact Shock Doctor customer service directly. It is recommended to keep your purchase receipt as proof of purchase for any warranty claims.

You can typically find contact information and further support resources on the official Shock Doctor website.

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