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› POWERLIX Compression Knee Sleeve Instruction Manual - Model B07P2Y1TZ3

POWERLIX B07P2Y1TZ3

POWERLIX Compression Knee Sleeve Instruction Manual

Model: B07P2Y1TZ3

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1. INTRODUCTION

The POWERLIX Compression Knee Sleeve is designed to provide comprehensive support and comfort for your knees. This versatile sleeve combines the benefits of a knee brace, knee pads, and compression wear, making it suitable for a wide range of activities and conditions. It aims to reduce knee pain, aid in injury recovery, and enhance performance during physical activities. This manual provides essential information on how to properly use and care for your POWERLIX Compression Knee Sleeve to ensure its longevity and effectiveness.



Image: Individuals engaged in physical activity, highlighting the active use of POWERLIX products.

2. PRODUCT FEATURES

Your POWERLIX Compression Knee Sleeve is engineered with advanced features to deliver optimal support and comfort:

- **All-in-One Knee Support:** Combines knee brace, knee pads, and compression for versatile use in various activities like volleyball, running, and general knee pain relief.
- **Tailored for Comfort:** Designed for both women and men, including plus-size users, offering reliable support without compromising comfort.
- **Targeted Pain Relief:** Provides necessary support for conditions such as arthritis, meniscus tears, and general knee discomfort.
- **Breathtaking Design & Anti-slip System:** Features a special knitted technical design with two silicone gel strips to ensure the sleeve stays in place during any activity.
- **Enhanced Performance:** Ideal for activities involving joint stress, such as baseball, basketball, soccer, golf, gym workouts, hiking, running, tennis, and volleyball, allowing for peak performance and full range of motion.



Image: Detailed view of the knee sleeve highlighting its anti-slip system, 3D knitting technology, and compression benefits.



- **Significantly Reduces Knee Pain & Heals Faster**
- **360° Protection & Injury Prevention**
- **Keeps an Optimal Joint Temperature**
- **Improves Blood Circulation & Oxygen Delivery**
- **Support for workout & Increases Performance**

Image: Visual representation of the knee sleeve's benefits, including 360-degree protection and pain relief.

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Video: An overview of the POWERLIX Knee Brace/Knee Compression Sleeve, showcasing its design and benefits.

3. SIZING GUIDE

To ensure the best fit and optimal performance, accurately measure your leg circumference before selecting your sleeve size. A proper fit is crucial for effective compression and support.

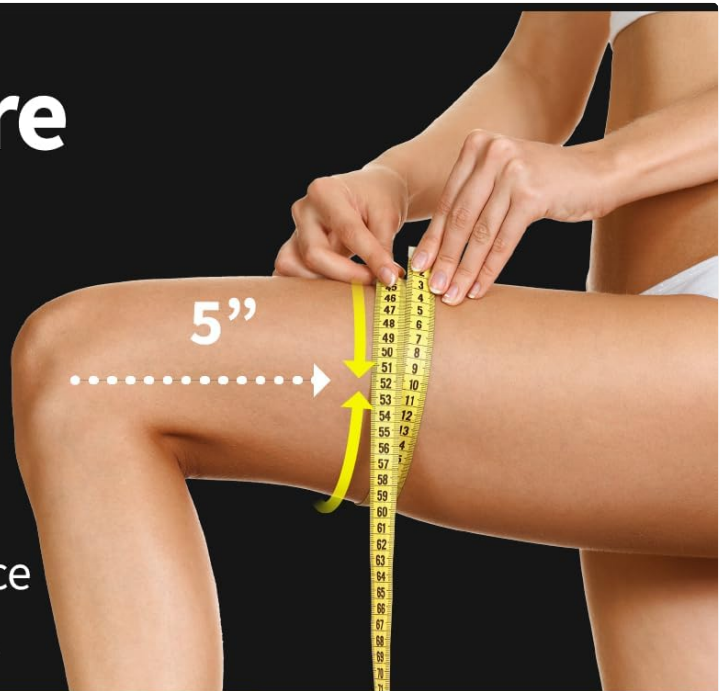
How to Measure:

1. Extend your leg to a 120-degree angle.
2. Locate the center of your kneecap and draw an imaginary line to the side of your knee. This will be your starting point.
3. Measure the circumference of your leg 4 inches (10 cm) above this starting point.

Compare your measurement to the chart below. If your measurement falls between two sizes, choose the larger size for a better

Measure before you buy!

Using a **tape measure**, take your thigh's circumference **5 inches** above your kneecap.



Most Teenagers

S

11.5" – 13.5"

M

13.6" – 16.5"

L

16.6" – 19.5"

Most Adults

XL

19.6" – 23.5"

XXL

23.6" – 26"

Image: Instructions on how to measure your thigh circumference for accurate sizing.

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Video: A guide on how to choose the correct size for your POWERLIX knee sleeve.

Size Chart:

Brand Size	Mid Knee Circumference (in)	Thigh Circumference (in)
S	10	11.5 - 13.5
M	11	13.6 - 16.5
L	15	16.6 - 19.5
XL	18	19.6 - 23.5
XXL	20	23.6 - 26

4. SETUP & APPLICATION

Applying your POWERLIX Compression Knee Sleeve correctly is essential for maximum benefit and comfort. Follow these steps for proper application:

- 1. Prepare Your Leg:** Ensure your leg is clean and dry before applying the sleeve.
- 2. Roll Up the Sleeve:** Gently roll the sleeve down from the top cuff towards the middle, similar to putting on a sock.
- 3. Position the Sleeve:** Step into the sleeve and pull it up over your foot and calf. Continue pulling it up until it reaches your knee.
- 4. Align with Kneecap:** Adjust the sleeve so that the patella (kneecap) area is centered within the knitted pattern designed for the knee. The silicone gel strips should be positioned at the top of your thigh to prevent slipping.
- 5. Smooth Out Wrinkles:** Ensure there are no wrinkles or bunching, especially behind the knee, to prevent discomfort and maintain even compression.
- 6. Check Comfort:** The sleeve should feel snug and supportive, but not uncomfortably tight or restrictive of blood flow. You should be able to move your knee freely.

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Video: Demonstrating the application and fit of the POWERLIX Knee Compression Sleeve.

5. OPERATING INSTRUCTIONS

The POWERLIX Compression Knee Sleeve is designed for continuous wear during various activities where knee support is beneficial. It provides consistent compression and stability without restricting your range of motion.

Recommended Usage:

- During Workouts:** Wear the sleeve during exercises such as weightlifting, running, cycling, or any activity that puts stress on your knee joints. It helps to stabilize the knee, reduce muscle vibration, and improve proprioception.
- Sports Activities:** Ideal for sports like basketball, volleyball, soccer, tennis, and baseball to provide support, prevent injuries, and enhance performance.
- Daily Activities:** Can be worn throughout the day for general knee support, especially if you experience chronic knee pain, arthritis, or are recovering from a minor injury.
- Post-Injury Recovery:** Provides gentle compression to reduce swelling and promote blood circulation, aiding in faster recovery from sprains, strains, or meniscus tears. Consult with a medical professional for specific recovery protocols.



FULL SUPPORT AND **UNLIMITED MOBILITY**

Complete & versatile support allowing
you a full range of motion



Image: Illustrating the full support and mobility provided by the knee sleeves during running.

PHENOMENAL PROTECTION

Full support
while maintaining
your peak
performance and
full range of motion



Image: A weightlifter using the knee sleeve for enhanced protection during heavy lifts.

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Video: Showcasing the POWERLIX Knee Brace for men and women, providing support for running and various activities.

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Video: Demonstrating the benefits of the POWERLIX Knee Brace for leg pain relief in both men and women.

6. CARE & MAINTENANCE

Proper care will extend the life of your POWERLIX Compression Knee Sleeve and maintain its effectiveness. Follow these guidelines:

- **Hand Wash Recommended:** Hand wash the sleeve in cold water with a mild detergent.
- **Do Not Bleach:** Avoid using bleach or harsh chemicals, as these can damage the fabric and elastic fibers.
- **Air Dry:** Lay flat to air dry. Do not tumble dry, iron, or dry clean, as high heat can degrade the material and affect the compression properties.

- **Avoid Direct Sunlight:** Dry in a shaded area to prevent material degradation from prolonged sun exposure.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

7. TROUBLESHOOTING

If you encounter any issues with your POWERLIX Compression Knee Sleeve, consider the following:

- **Sleeve is Slipping:** Ensure you have selected the correct size according to the sizing guide. The silicone gel strips should be positioned correctly on your thigh. If the issue persists, your sleeve might be too large.
- **Discomfort or Excessive Tightness:** Re-check the sizing. The sleeve should be snug but not cause pain, numbness, or restrict circulation. If it feels too tight, you may need a larger size. Ensure there are no wrinkles or bunching.
- **Reduced Compression Over Time:** This can occur with prolonged use or improper care. Ensure you are following the care instructions. If the compression significantly diminishes, it may be time to replace the sleeve.
- **Skin Irritation:** If you experience skin irritation, discontinue use and consult a healthcare professional. Ensure the sleeve is clean and dry before each use.

8. PRODUCT SPECIFICATIONS

- **Brand:** POWERLIX
- **Model:** B07P2Y1TZ3
- **Size:** Medium (as per current product variant)
- **Department:** Unisex-adult
- **Specific Uses For Product:** Knee support for men and women, versatile relief for activities like baseball, basketball, soccer, golf, gym, hiking, running, tennis, dance, volleyball, and more.
- **Use for:** Legs
- **Age Range (Description):** Adult
- **Package Dimensions:** 8.5 x 6.5 x 0.91 inches
- **Item Weight:** 2.89 ounces
- **Manufacturer:** Powerlix
- **Date First Available:** February 25, 2019

9. WARRANTY & SUPPORT

POWERLIX is committed to providing high-quality products and customer satisfaction. For any questions, concerns, or support regarding your Compression Knee Sleeve, please contact POWERLIX customer service through the retailer's platform or the official POWERLIX website.

Please note that statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for support and comfort.

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