NEENCA B099MVFLMR

NEENCA Ankle Brace Compression Sleeves User Manual

Brand: NEENCA | **Model:** B099MVFLMR

1. Introduction and Product Overview

The NEENCA Ankle Brace Compression Sleeves are designed to provide support and pain relief for various ankle and foot conditions. Made from breathable, high-elastic air knit fabric, these sleeves offer 360° compression that conforms to your ankle curve, promoting joint stability and improved blood circulation. They are suitable for daily wear and during sports activities.
Key benefits include:

- Effective relief for Achilles Tendonitis, Plantar Fasciitis, joint pain, swelling, and heel spurs.
- Strengthens ankle support and maintains joint stability.
- Innovative functional fabric keeps joints warm and reduces stiffness.
- Breathable, fast-dry, and sweat-absorbing material for comfortable, all-day wear.
- Non-slip silicone strips and high-elastic fabric prevent sliding during activity.



Figure 1: Key Features of the NEENCA Ankle Brace.

This image highlights the design elements of the ankle brace, such as breathable fabric, optimal compression zones, and ergonomic fit around the ankle and heel.

2. Setup: How to Wear Your Ankle Sleeves

To ensure proper fit and maximum benefit, follow these steps when putting on your NEENCA Ankle Brace Compression Sleeves:

1. Identify the top and bottom of the sleeve. The NEENCA logo should be visible at the top.
2. Roll the sleeve down to create an opening for your foot.
3. Slide your foot into the sleeve, ensuring your heel is properly seated in the designated heel pocket.
4. Gently pull the sleeve up your ankle and lower calf, adjusting it so that the compression zones align with your ankle joint and Achilles tendon.
5. Ensure the sleeve is smooth and free of wrinkles for optimal comfort and compression.



Figure 2: Proper way to wear the ankle sleeve.

This image visually guides users on the correct method for donning the compression sleeve, highlighting the stretch and fit around the ankle.

Your browser does not support the video tag.

Video 1: NEENCA Professional Ankle Braces Overview.

This official NEENCA video demonstrates the features and proper application of the ankle braces, showing how they conform to the foot and ankle for optimal support.

3. Operating: Benefits and Recommended Usage

The NEENCA Ankle Brace Compression Sleeves are designed for continuous support and comfort, whether you are recovering from an injury or engaging in physical activity. The targeted compression helps to improve blood circulation, reduce inflammation, and alleviate pain associated with various conditions.

Recommended for:

- Achilles Tendonitis
- Plantar Fasciitis
- Joint Pain
- Swelling
- Heel Spurs
- Sprains
- Muscle Fatigue
- Arthritis
- Bunion and Bursitis

Ideal for Activities such as:

- Walking, Running, Jogging, Hiking
- Cycling, Gymnastics, Fitness, Training
- Soccer, Football, Tennis, and other athletic sports
- Day and night wear for continuous support



Figure 3: Ankle Sleeves in various sports and daily life.

This image demonstrates the versatility of the ankle sleeves across different activities, emphasizing their role in providing support without restricting movement.



Figure 4: Targeted pain relief areas.

This image illustrates the specific areas of the foot and ankle where the compression sleeves are designed to offer targeted pain relief and support.

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Video 2: NEENCA Professional Ankle Sleeves Customer Review.

This official NEENCA video features a customer review highlighting the benefits and comfort of the ankle sleeves during various movements and activities.

4. Maintenance

To maintain the effectiveness and longevity of your NEENCA Ankle Brace Compression Sleeves, follow these care instructions:

- **Washing:** The sleeves are machine washable. Use cold water and a gentle cycle.
- **Detergent:** Use a mild detergent. Avoid bleach or harsh chemicals, as these can damage the fabric and reduce elasticity.

- **Drying:** Air dry the sleeves flat or hang them. Do not tumble dry, iron, or dry clean, as high heat can degrade the elastic fibers.
- **Storage:** Store in a cool, dry place away from direct sunlight.

Proper care ensures the sleeves retain their compression properties and provide consistent support over time.

5. Troubleshooting and Sizing Guide

Selecting the correct size is crucial for optimal compression and comfort. An improperly sized sleeve may not provide adequate support or could cause discomfort.

Sizing Instructions:

To determine your size, measure the circumference around your ankle joint, specifically around the heel. This is the most accurate method. Do not choose a size based solely on your height and weight.



Figure 5: Ankle Sleeve Sizing Chart.

This chart provides detailed measurements for selecting the appropriate ankle sleeve size, emphasizing the importance of measuring

around the heel for accuracy.

Size Chart:

Size	Circumference (Inches)	Circumference (CM)
S	9" - 11.5"	22.86cm - 29.21cm
M	11.5" - 14"	29.21cm - 35.56cm
L	14" - 16.5"	35.56cm - 41.91cm
XL	16.5" - 18"	41.91cm - 45.72cm
XXL	18" +	45.72cm +

Advice from NEENCA: If you are between two sizes, it is advised to choose the larger size for a more comfortable fit.

6. Specifications

- **Package Dimensions:** 9.13 x 6.46 x 0.91 inches
- **Item Weight:** 3.17 ounces
- **Department:** Unisex-Adult
- **Manufacturer:** NEENCA
- **ASIN:** B099MVFLMR
- **Date First Available:** July 16, 2021
- **Material:** Breathable high-elastic air knit fabric
- **Specific Uses:** Target compression for Achilles Tendonitis, Plantar Fasciitis, Joint Pain, Swelling, Heel Spurs, and other ankle/foot pain.
- **Included:** 2 packs ankle sleeves

7. Warranty and Support

NEENCA is committed to customer satisfaction. While specific warranty details are not provided in this manual, the product is offered with a "Full refund for any reason" policy, indicating a strong commitment to product quality and customer experience.
For further support, inquiries, or to explore other NEENCA products, please visit the official NEENCA Store:

Visit the NEENCA Store

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