

TYNOR 303O

TYNOR Adjustable Elbow Support (Model 303O) Instruction Manual

Model: 303O

1. INTRODUCTION

The TYNOR Adjustable Elbow Support (Model 303O) is designed to provide strong compression and support to the elbow joint. It is suitable for individuals experiencing conditions such as tendonitis, arthritis, or general elbow discomfort, and for use during various physical activities and workouts. This manual provides essential information for the proper use, care, and maintenance of your elbow support.

2. PRODUCT FEATURES

The TYNOR Elbow Support incorporates several design elements for effective performance and user comfort:

- **Strong Compression and Grip:** Provides firm support and helps keep the brace securely in place during activity.
- **Gel Pad Support:** Features a built-in gel pad for cushioning and targeted support to the elbow joint.
- **Detachable Forearm Strap:** Allows for adjustable and customized compression around the elbow.
- **Breathable, Dual-Layered Design:** Constructed from breathable spandex material with a dual-layered nylon construction for comfort, resilience, and moisture management during extended wear.
- **4-Way Stretchable Fit:** Ensures an elbow-hugging fit that adapts to movement.
- **Moulded Hook-Loops:** Provides secure closures for the detachable strap.



Bilayered Nylon with Spandex

Dual-layer construction for superior strength, resilience & stretchability



Gel Cushioning

Absorbs vibrations, supports tendons



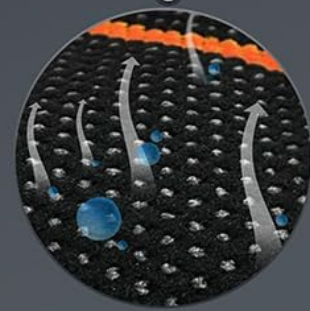
Strong Compression

Enhances strength & performance



Perfect Fit

Detachable strap for extra grip



Breathable Design

Airy fabric ensures maximum comfort

Image: Key features of the TYNOR Elbow Support, highlighting its construction and design benefits.

3. HOW TO MEASURE & SIZING

For optimal fit and effectiveness, it is crucial to follow the sizing instructions carefully. The elbow support may feel slightly tight for the first 2-3 weeks, but it will become more comfortable with continued use.

1. Keep your elbow in a straight position.
2. Measure the circumference 5 cm below the elbow in an extended position.
3. Check the size range in the table below and choose the corresponding size.

Note: If your measurement is at the upper limit of a size range, please choose one size larger for comfort.



Image: Visual guide on how to correctly measure your elbow for sizing.

Sizing Chart

Size	Inches	CMs
S	7.4 to 8.6	18.8 to 21.9
M	8.6 to 9.8	21.9 to 24.9
L	9.8 to 11.0	24.9 to 27.9
XL	11.0 to 12.2	27.9 to 31
XXL	12.2 to 13.4	31 to 34

4. SETUP AND APPLICATION

To apply the TYNOR Elbow Support:

1. Slide the elbow support onto your arm, ensuring the gel pad is positioned over the elbow joint.
2. Adjust the support so it fits snugly but comfortably around your elbow.
3. If desired, attach the detachable forearm strap and adjust it to provide additional compression and a secure fit around the forearm, ensuring it does not restrict circulation.

Your browser does not support the video tag.

Video: This video demonstrates the features and application of the TYNOR Elbow Support Air Pro, showing how it fits and provides support.

ACTIVITIES



BASEBALL



RACQUETBALL



JAVELIN



SQUASH



SHOT PUT



GOLF



TENNIS



WEIGHTLIFTING

Image: The TYNOR Elbow Support correctly worn on an arm.

5. USAGE GUIDELINES

The TYNOR Elbow Support is versatile and can be used for various purposes:

When to Use:

- Support during physical activity
- Injury prevention
- Pain relief & recovery
- Daily elbow support
- Outdoor & adventure activities
- Any activity during a day requiring elbow support

When to use

Support during physical activity
Injury prevention
Pain relief & recovery
Daily elbow support
Outdoor & adventure activities
Any activity during a day



Image: Recommended situations for using the TYNOR Elbow Support.

Highly Effective During Activities Such As:

- Baseball
- Racquetball
- Javelin
- Squash
- Shot Put
- Golf
- Tennis
- Weightlifting
- Cricket

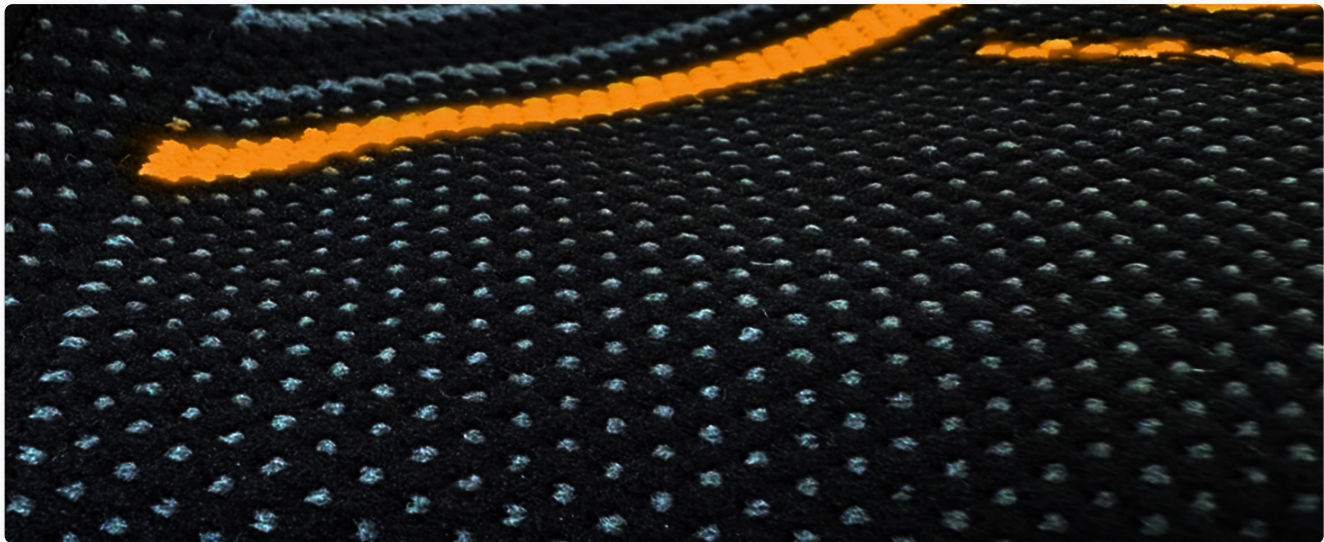


Image: Activities for which the TYNOR Elbow Support is suitable.

Product Usages:

- Training & endurance activities
- Performance enhancement
- Daily joint support
- Post-injury support

Product Usages

- Training & endurance activities
- Performance enhancement
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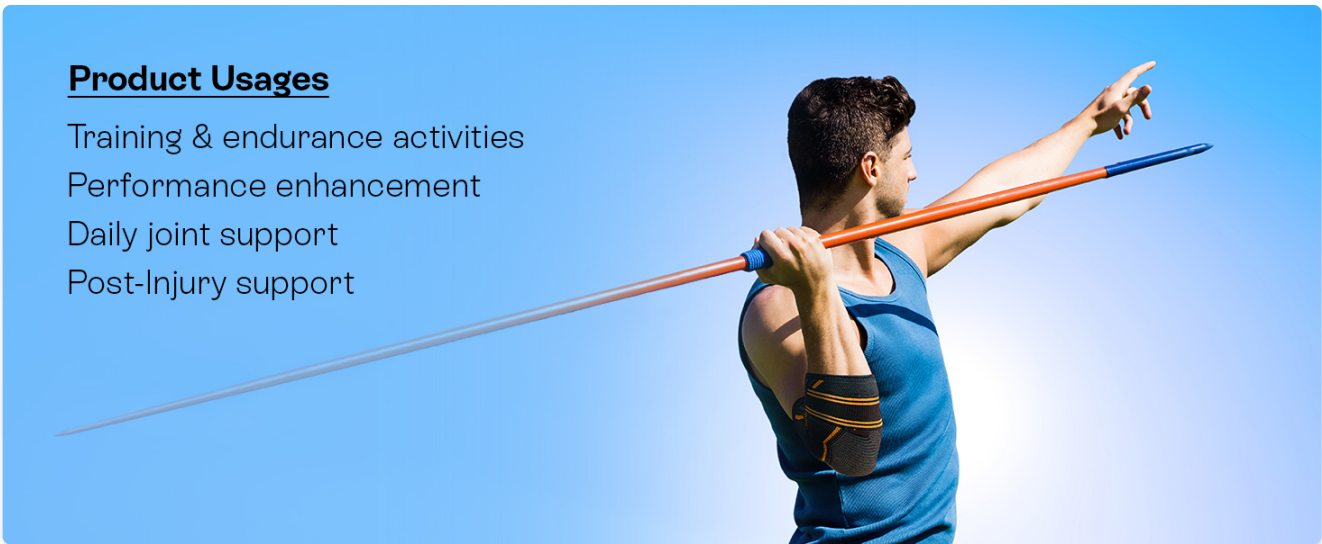


Image: Examples of product usage, such as during training and for post-injury support.

6. MAINTENANCE

To ensure the longevity and hygiene of your TYNOR Elbow Support, please follow these care instructions:

- **Hand Wash Only:** Wash the support by hand using mild soap and cold water.
- Do not bleach, iron, or dry clean.
- Air dry the support completely before storing or reusing. Avoid direct sunlight or high heat.

7. TROUBLESHOOTING

If you encounter any issues while using your TYNOR Elbow Support, consider the following:

- **Initial Tightness:** The elbow brace may feel a little tight for the first 2-3 weeks of use. This is normal as the material adapts to your body. If discomfort persists or increases, discontinue use and consult a healthcare professional.
- **Discomfort or Skin Irritation:** Ensure the support is not applied too tightly, which could restrict circulation. If skin irritation occurs, remove the brace and clean the area. If irritation persists, consult a healthcare professional.
- **Loss of Compression:** If the support loses its compression over time, ensure it is being cared for according to the maintenance instructions. Excessive stretching or improper washing can affect material elasticity.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	2.32 x 1.85 x 0.94 inches
Item Weight	0.05 Kilograms (1.76 ounces)
Model Number	3030
Material	Spandex
Color	Orange (for this variant)

Feature	Detail
Age Range Description	Adult
Number of Items	1
Specific Uses For Product	Arthritis, Bursitis, Golfer's Elbow, Joint Pain, Tendinitis
Target Use Body Part	Elbow (listed as Hands in source, but context implies Elbow)
Sport Type	Basketball, Cycling, Tennis, Weightlifting, Workout
Special Features	Adjustable Strap, Breathable, Lightweight, Non Slip, Stretchable
Closure Type	Pull On
Product Care Instructions	Hand Wash Only

9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or additional support, please refer to the retailer's policy or contact TYNOR customer service directly. Contact details can typically be found on the official TYNOR website or through your purchase documentation.