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› TYNOR Shoulder Brace Instruction Manual - Model 4040000600

TYNOR 4040000600

TYNOR Shoulder Brace Instruction Manual

Model: 4040000600

1. PRODUCT OVERVIEW

The TYNOR Shoulder Brace is designed to provide targeted support and compression for weak, dislocated, or injured shoulder muscles. It is suitable for both men and women, offering relief from conditions such as rotator cuff injuries, AC joint pain, and general shoulder discomfort. Crafted from high-quality neoprene, this brace ensures durability, flexibility, and comfort during various physical activities and rehabilitation.

Key features include a versatile one-size design (30-46 inches chest circumference), neoprene material for maximum comfort and flexibility, an oblique strap for easy application and customized pressure, and an axillary pad for enhanced comfort.

When to use

Weak, dislocated & injured shoulder muscles

During workouts, gyming, or fitness training for extra support

Helps reduce pain caused by shoulder sprain

During rehabilitation after shoulder injury

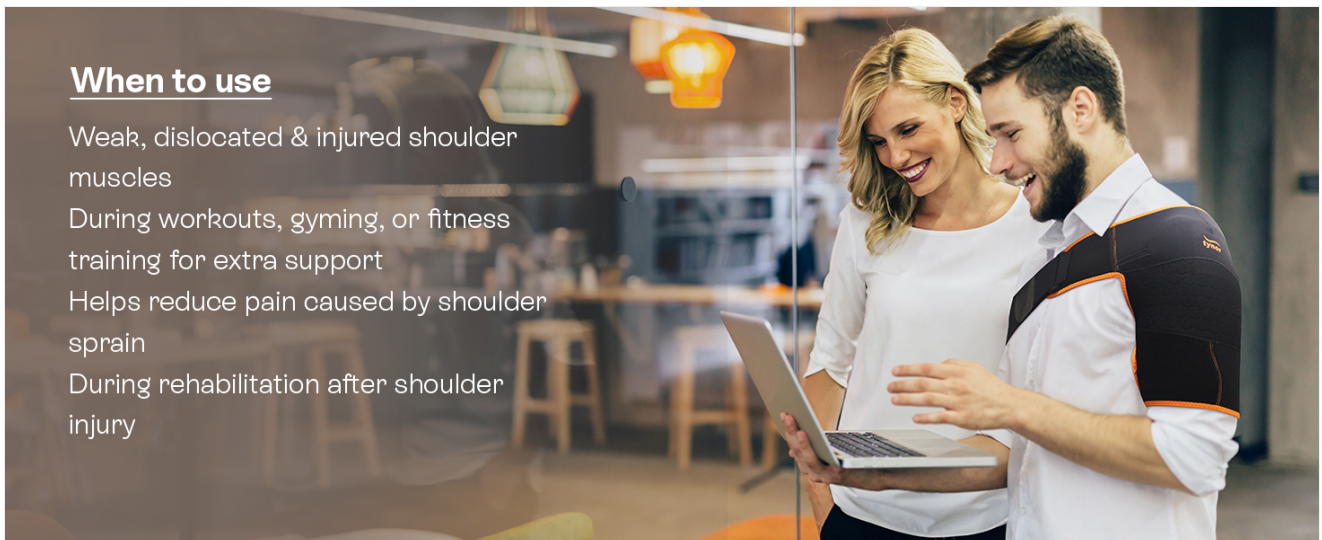


Image: The TYNOR Shoulder Brace providing support on a user's shoulder.

Highly effective during

Tennis	Gymnasts
Handball	Cricket
Volleyball	Javelin
Weight Lifters	

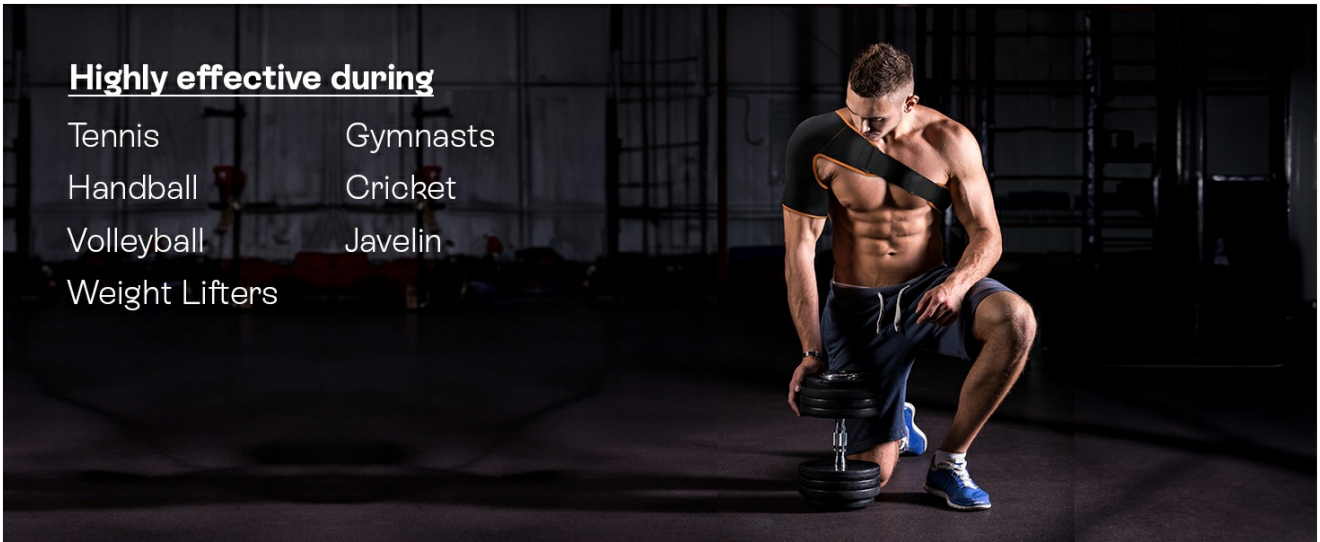


Image: Detail of the neoprene fabric, highlighting its texture and quality.

Product Usages

Training & endurance activities
Performance enhancement
Daily joint support
Post-Injury support
Outdoor & recreational use

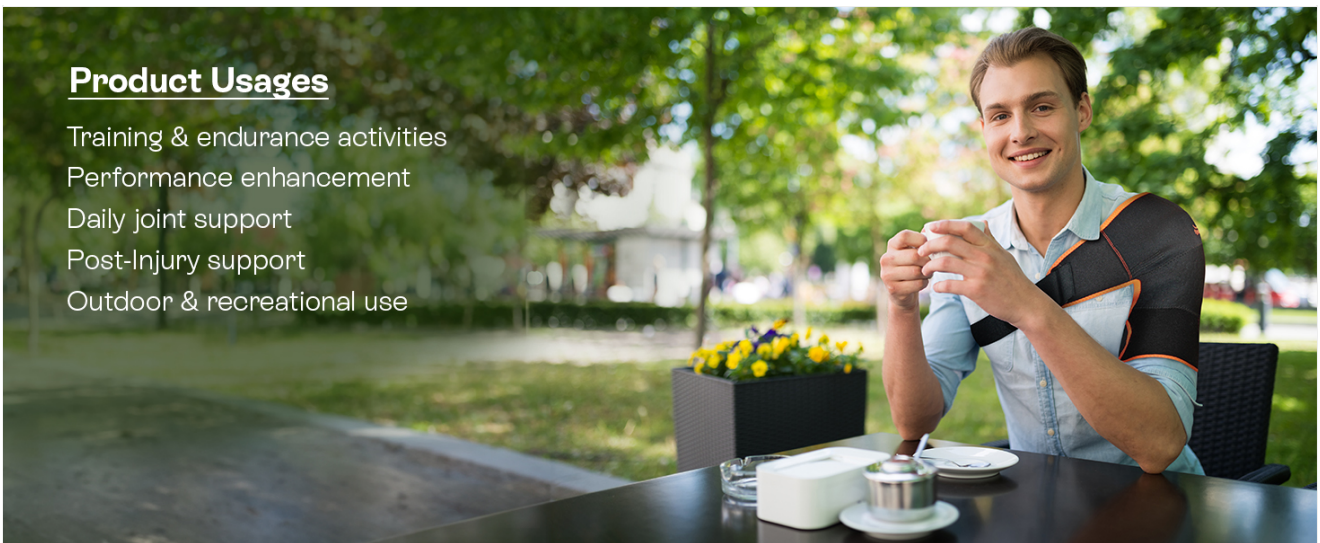


Image: Visual representation of the compression provided by the shoulder brace.

2. SETUP AND FITTING

2.1 How to Measure

To ensure the correct fit, please follow these measurement instructions:

1. Stand or sit with your back in a straight position.
2. Measure the circumference around your chest, directly below your arms.
3. Refer to the size chart below to confirm the appropriate size.



Image: Guide on how to measure chest circumference for proper brace sizing.

Size Chart

SIZE	INCHES	CMS
UNI (Universal)	30 to 46	76 to 117

2.2 How to Wear

The TYNOR Shoulder Brace is designed for easy application. Follow these general steps:

1. Position the main shoulder cup over the affected shoulder.
2. Bring the main strap across your chest and under the opposite arm.
3. Secure the strap using the hook-and-loop fasteners, adjusting for a snug but comfortable fit.
4. Ensure the axillary pad is positioned correctly to provide comfort and prevent chafing.
5. Adjust the oblique strap to apply desired compression to the shoulder joint. The brace should feel supportive without restricting circulation or movement excessively.

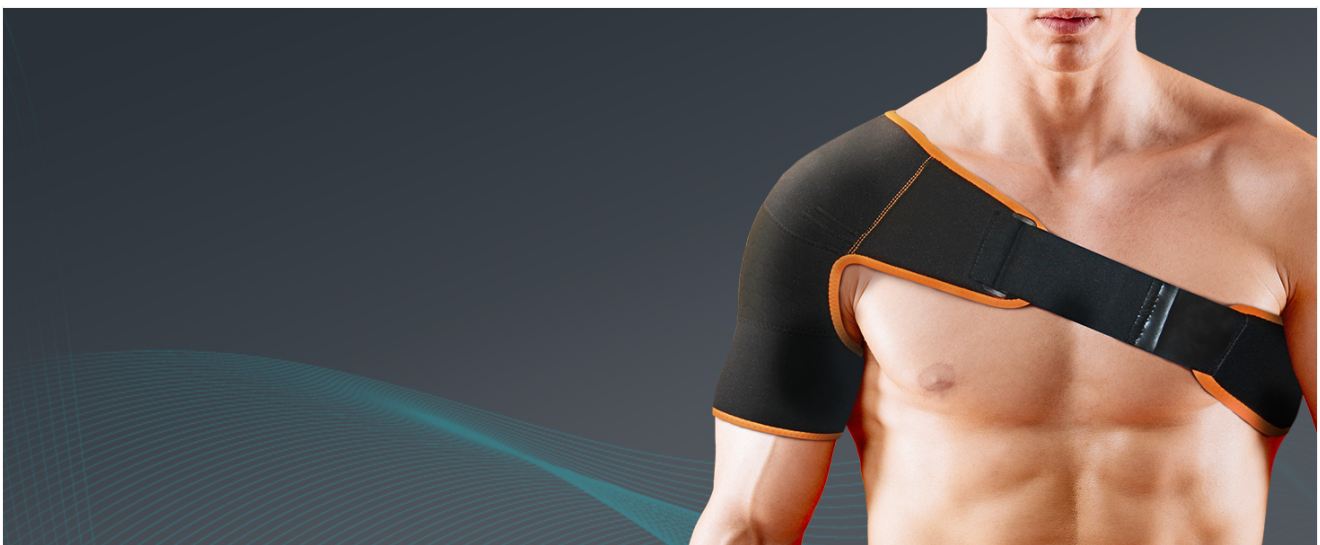


Image: Demonstrating the adjustment of the shoulder brace strap for a personalized fit.

3. USAGE RECOMMENDATIONS

3.1 When to Use

The TYNOR Shoulder Brace is recommended for:

- Support for weak, dislocated, or injured shoulder muscles.
- During workouts, gym activities, or fitness training for additional support.
- Reducing pain caused by shoulder sprains.
- During rehabilitation after a shoulder injury.

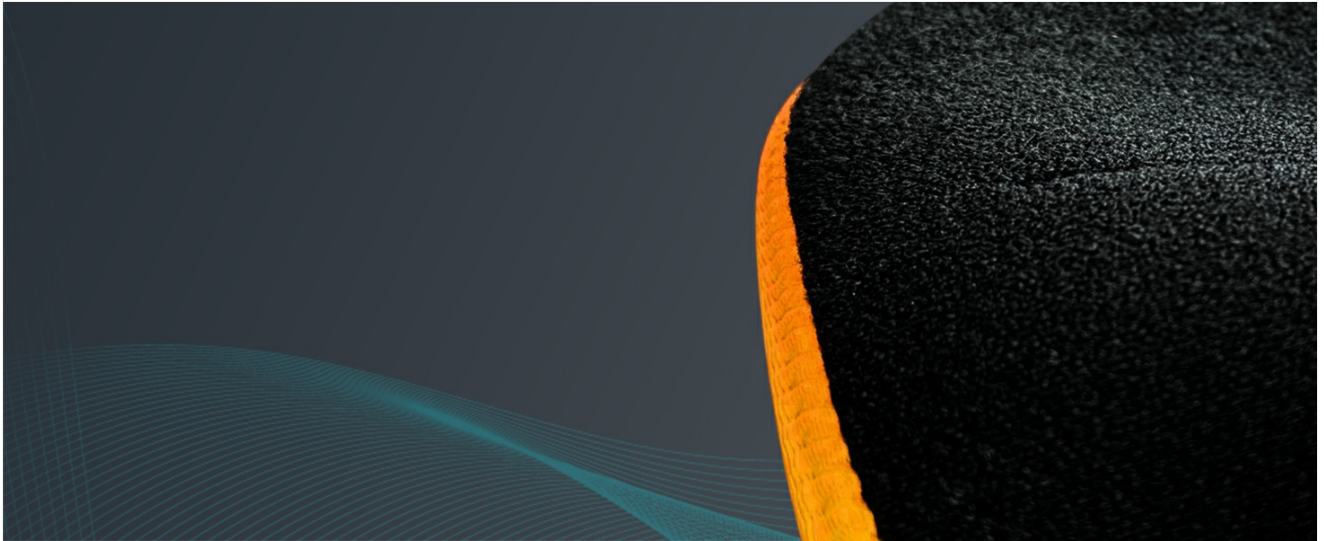


Image: Conditions and situations where the shoulder brace is beneficial.

3.2 Recommended Activities

This brace is suitable for a wide range of activities, including:

- Tennis
- Gymnastics
- Handball
- Cricket
- Volleyball
- Javelin Throw
- Weightlifting



Image: Visual guide to activities where the shoulder brace can be used.

3.3 General Product Usages

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



Image: Various applications and benefits of using the TYNOR Shoulder Brace.

4. MAINTENANCE AND CARE

Proper care will extend the life of your TYNOR Shoulder Brace:

- **Hand Wash Only:** Wash the brace gently by hand in cold water with mild soap.
- **Do Not Bleach:** Avoid using bleach or harsh detergents, as these can damage the neoprene material.
- **Air Dry:** Lay flat or hang to air dry completely. Do not tumble dry, iron, or dry clean.
- **Avoid Direct Sunlight:** Prolonged exposure to direct sunlight can degrade the material.
- **Store Properly:** When not in use, store the brace in a cool, dry place away from direct heat.

5. TROUBLESHOOTING

If you encounter any issues while using your TYNOR Shoulder Brace, consider the following:

- **Brace feels too tight or uncomfortable:** Ensure you have measured correctly according to the size chart. Adjust the hook-and-loop straps to loosen the fit. The brace should provide compression without causing pain or restricting blood flow. Initial tightness for the first 2-3 weeks is normal as the material adapts.
- **Brace feels too loose or provides insufficient support:** Re-adjust the straps to tighten the fit. Ensure the main shoulder cup is properly positioned over the shoulder joint. If the brace consistently feels too loose, re-check your measurements against the size chart.
- **Difficulty putting on the brace:** It may take a few attempts to get used to the application process, especially if you have limited shoulder mobility. Consider asking for assistance if needed, or practice in front of a mirror.
- **Skin irritation:** Ensure the brace is clean and dry before wearing. If irritation persists, discontinue use and consult a healthcare professional. Wearing a thin layer of clothing underneath may also help.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	8.46 x 6.69 x 2.36 inches
Item Weight	8.1 ounces
Department	Unisex-adult
Manufacturer	Tynor Orthotics Pvt. Ltd
ASIN	B09NNZGX2K
Item Model Number	4040000600
Date First Available	January 22, 2022
Brand	TYNOR
Size	One Size (Universal)
Specific Uses For Product	Arthritis, Rotator Cuff Injury, Shoulder Pain, Swelling, Tendinitis
Use for	Shoulder
Age Range (Description)	Adult

7. WARRANTY AND SUPPORT

This product is sold by TYNOR Orthotics. For specific warranty information, please refer to the product packaging or contact the manufacturer directly. Amazon's standard return policy allows for returns within 30 days of receipt for a refund or replacement, subject to their terms and conditions.

For further assistance or inquiries, please contact TYNOR customer support through their official channels or the retailer from whom the product was purchased.