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› Tommie Copper Calf Compression Sleeve User Manual

Tommie Copper 01-63588

Tommie Copper Calf Compression Sleeve User Manual

Model: 01-63588

INTRODUCTION

The Tommie Copper Calf Compression Sleeve is engineered to provide targeted support and compression for your calf muscles. Designed for athletes and active individuals, this sleeve aids in performance, recovery, and overall comfort during various physical activities. Its advanced fabric technology ensures breathability, anti-odor benefits, and a secure, non-slip fit.



Image: The Tommie Copper Calf Compression Sleeve in black, worn on a person's calf, highlighting its snug fit and design.

How to Wear and Sizing

To ensure optimal performance and comfort, proper sizing and application of your Tommie Copper Calf Compression Sleeve are essential. Follow these steps to determine your size and wear the sleeve correctly:

1. **Measure Your Calf:** Stand up and measure the circumference of your thigh approximately 5 inches vertically above the center of your knee. Keep the tape measure straight as you go around the back of the leg.
2. **Consult the Sizing Chart:** Refer to the sizing chart below to find the correct size based on your measurement. If you are between sizes, size up for comfort or down for more compression.
3. **Apply the Sleeve:** Gently slide the sleeve onto your leg, ensuring it is positioned over your calf muscle. Adjust it so it feels snug but comfortable, without restricting circulation. The non-slip elastic band should keep it securely in place.

CALF SLEEVE SIZING

	S/M	L/XL
in.	10 - 14	14 - 18
cm	25 - 36	36 - 46

INSTRUCTIONS FOR MEASUREMENT:

1. STANDING UP, MEASURE THE CIRCUMFERENCE OF YOUR THIGH 5" VERTICALLY ABOVE THE CENTER OF YOUR KNEE.
2. KEEP THE TAPE MEASURE STRAIGHT AS YOU GO AROUND THE BACK OF THE LEG.
3. REFER TO SIZE CHART TO FIND THE CORRECT SIZE. SIZE UP FOR COMFORT OR DOWN FOR COMPRESSION.



COMPRESSION CALF SLEEVE

Image: A sizing chart for the calf sleeve, showing measurements in inches and centimeters for S/M (10-14 in / 25-36 cm) and L/XL (14-18 in / 36-46 cm) sizes, along with instructions for measurement.

USAGE AND BENEFITS

The Tommie Copper Calf Compression Sleeve is designed for versatile use, providing support during various activities and aiding in recovery. Its patented Copper Znergy fabric offers multiple benefits:

- **Targeted Compression:** Provides focused support to the calf muscles, which can help reduce muscle fatigue and promote recovery.
- **Full-Range Motion:** The 4D stretch fabric allows for unrestricted movement, making it suitable for sports, workouts, and daily wear.
- **Breathable Comfort:** Made from a lightweight blend of 86% nylon and 14% spandex, the sleeve is sweat-wicking and breathable, ensuring comfort even during extended use.
- **Anti-Odor Benefits:** Infused with copper and zinc, the fabric helps eliminate the growth of odor-causing microbes, keeping the sleeve fresh.

- **Non-Slip Design:** Features a secure elastic band to keep the sleeve firmly in place during intense activities.

**WHEN TAKING
A TIMEOUT IS
NOT AN OPTION,
GET BACK IN
THE GAME
WITH TOMMIE
COPPER SPORT
COMPRESSION
SLEEVES.**



TOMMIECOPPER™
SPORT

**COMPRESSION
CALF SLEEVE**

01-63587

Image: A person wearing the Tommie Copper Calf Compression Sleeve, with text emphasizing getting back in the game when a timeout is not an option.

**100% COPPER
AND ZINC INFUSED.**
PATENTED COPPER
ZENERGY TECHNOLOGY
PROVIDES PREMIUM
ANTI-ODOR BENEFITS
& ELIMINATES THE
GROWTH OF ODOR-
CAUSING MICROBES
ON THE FABRIC.



TOMMIECOPPER™
SPORT

COMPRESSION CALF SLEEVE

01-63587

Image: Close-up of the Tommie Copper Calf Compression Sleeve, highlighting its 100% copper and zinc infused fabric and anti-odor benefits.

MAINTENANCE AND CARE

Proper care will extend the life and effectiveness of your Tommie Copper Calf Compression Sleeve. Follow these guidelines for cleaning:

- **Washing:** Hand wash in cold water with mild detergent. Do not use bleach or fabric softeners.
- **Drying:** Lay flat to air dry. Do not tumble dry, iron, or dry clean, as high heat can damage the fabric and compression properties.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

TROUBLESHOOTING

If you encounter any issues with your calf compression sleeve, consider the following:

- **Sleeve feels too tight or uncomfortable:**
 - Ensure you have selected the correct size based on the sizing chart.
 - Check if the sleeve is twisted or bunched up. Adjust for a smooth fit.
 - If discomfort persists, you may need to size up.
- **Sleeve slips down or feels too loose:**
 - Verify that you have chosen the appropriate size.
 - Ensure the sleeve is pulled up fully and the non-slip band is properly positioned.
 - If it continues to slip, you may need to size down for more compression.
- **Skin irritation:**
 - Ensure the sleeve is clean and dry before wearing.
 - Discontinue use if irritation persists and consult a healthcare professional.

SPECIFICATIONS

Attribute	Detail
Product Name	Tommie Copper Calf Compression Sleeve
Model Number	01-63588
Brand	Tommie Copper
ASIN	B0F3JQVR7X
Product Dimensions	4.85 x 3.13 x 10.88 inches; 1.59 ounces
Material Composition	86% Nylon, 14% Spandex (Copper Znergy Fabric)
Size	Large/Extra Large (other sizes available separately)
Specific Uses	Targeted compression, swelling relief, muscle support
Country of Origin	China
Age Range	Adult

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or additional support, please refer to the official Tommie Copper website or contact their customer service directly.

Manufacturer Contact: Tommie Copper, USA

You can visit the [Tommie Copper Store on Amazon](#) for more product information and support resources.

