

NIGHT WEAR

Night wear is extremely important for those suffering the pains of Carpal Tunnel Syndrome*. It is as important (and in some instances more important) than daytime wear.

*Tingling and/or numbness of the fingers and wrist pain.

TO DETERMINE PROPER SIZE

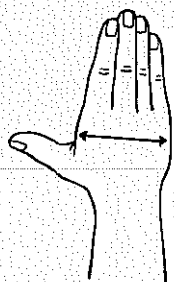


FIG. 1

Place the palm on a flat surface and apply light pressure. Measure width as shown in Fig. 1.

Small	up to 3½ inches
Medium	3½-4 inches
Large	over 4 inches

This chart is a guide. There is leeway in sizing and often more than one size will fit. Proper fit is obtained when the tee section of CARPAL LOCK can wrap around the ulnar side of the hand without extending into palm so far as to interfere with hand use.

LAUNDERING

CARPAL LOCK is made from durable plastic, nylon, and aluminum and may be hand washed in warm soapy water. Rinsing and toweling off excess water will make almost immediate use possible.

FITTING CARPAL LOCK

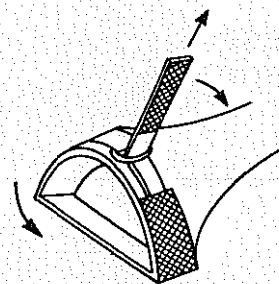


FIG. 2

1. Pull on the palm strap to bend the tee section as shown in Fig. 2. Close the palm strap to the velcro.

2. Slide CARPAL LOCK into wearing position (Fig. 3). It should fit tightly as it goes over knuckles and be snug once in place.

3. If too loose, remove and repeat step 1. Continue until CARPAL LOCK is comfortably snug.

4. The palm strap has heavy cross stitching every ¾ inch. If the strap is too long after adjustment, cutting ahead of those stitches to match the velcro loop will prevent unravelling.

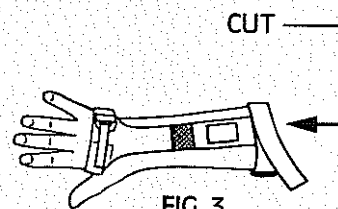


FIG. 3

5. Remove the dark brown velcro hook pads from both straps and slide CARPAL LOCK on.

6. Wrap upper strap around arm without stretching. Cut where strap crosses half way across CARPAL LOCK. Replace black velcro hook, stretch tight, and hook (Fig. 3).

7. Repeat step 6 for lower strap - fitting is now complete.