

N-601 – RMJ Wrist wrap

Function

Conveys heat and support for the wrist. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Weakened wrist after injury, lighter inflammation.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Place the wrist support around the wrist.
- 2) Tighten the Velcro for the desired firmness around the wrist.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3) Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-602 – RMJ Elbow sleeve

Function

Conveys heat and support for the elbow. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Suitable in sports where the elbow is exposed or in case of a lighter injury.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Slip the exposed arm through the product.
- 2) Adjust the product so that the seam is on the inside of the arm.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-659 – RMJ Knee support with easy application

Function

Conveys heat and support for the knee. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Lighter injury, overexertion or inflammation of the knee.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Slip the exposed leg through the product.
- 2) Adjust the product so that the patella is in the cutout.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3) Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-625B – RMJ Knee support with opening in the fold of the knee

Function

Conveys heat and support for the knee, stimulates the circulation/blood flow in the joint and joint region.

Indication

Lighter injury, overexertion or inflammation of the knee.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Slip the exposed leg through the product.
- 2) Adjust the product so that the opening is at the fold of the knee.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3) Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-625A – RMJ Knee support with two holes

Function

Conveys heat and support for the knee. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Lighter injury, overexertion or inflammation of the knee.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Slip the exposed leg through the product.
- 2) Adjust the product so that the rounded hole is at the patella.
- 3) If the above placement is correct, the elongated hole will be at the fold of the knee.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3) Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



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N-605C – RMJ Knee pad

Function

Relieves pressure from the patellar tendon.

Indication

Osgood-Schlatter disease or Patellar tendinitis (Jumpers knee)

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Tighten the support around the patella.
- 2) Adjust the support so the support plate is over the patella and puts pressure on the patellar tendon.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3) Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



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N-604 – RMJ Knee sleeve

Function

Stimulates the circulation/blood flow in the joint and joint region.

Indication

Stiffness and pre work out.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Slip the exposed leg through the product.
- 2) Adjust the product so that the patella is in the cutout.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3) Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-613(F) – RMJ ankle support

Function

Conveys heat and support for the ankle. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Mild instability problems, heel tendon discomfort, stiffness around / about the ankle.

Material

90% SBR/neoprene, 10% Nylon

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



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N-613B – RMJ Ankle Wrap

Function

Provides support and relieves the muscles and joints.

Indication

Overstrain and inflammation in muscles and tendons. Rehabilitation after minor ankle injuries and prevention purposes.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) open all Velcro
- 2) Put the cover so that it fits over the shin
- 3) Tighten the Velcro straps. Start at the lower loop on the heel, continue through the loop under the foot and then back up through the upper loop of the ankle and tighten.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3 Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



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N-236 – RMJ Back Support

Function

Conveys heat and support for the back.

Indication

Severe back pain, chronic problems. Extra stability for sports performer / heavy work.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Place the cover over the back end.
- 2) Hold the guard left end of the bottom.
- 3) Hold the right end and put it over the left side so burdocks to meet. Tighten so hard that it feels comfortable.
- 4) The extra belt attaches by moving the belt with Velcro. Tighten the belt after what seems comfortable and secure with the Velcro strap.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



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N-623B – RMJ Calf Support

Function

Conveys heat and support for the calf. Stimulates the circulation/blood flow in the muscle and muscle region.

Indication

Recommended for muscle stiffness, periostitis and muscle ruptures.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Place the cover on the calf.
- 2) tighten the Velcro on the front so that the protection is in place.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-628B – RMJ knee stabilization support

Function

Conveys heat and support for the knee. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Recommended for knee injuries such as meniscal injuries, ligament injuries or ligament damage.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Open the Velcro straps.
- 2) pull up the cover so that the knee will be the center of the hole so that the knee is visible.
- 3) tighten the two Velcro straps so that the protection is in place.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-604M – RMJ Knee support with opening for patella and steel sheet

Function

Conveys heat and support for the knee. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Recommended for knee injuries such as meniscal injuries, ligament injuries or ligament damage.

Material

90% SBR/neoprene, 10% Nylon, metal bars.

Application

- 1) Open the Velcro straps
- 2) pull up the cover so that the knee will be the center of the hole so that the knee is visible.
- 3) tighten the two Velcro straps so that the protection is in place.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
- 1) If the product contains any Velcro or zip, close them.
- 3 Hand wash only
- 4) Stretch the product while wet and then let it self-dry.

See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N604A – RMJ knee support with opening for patella

Function

Conveys heat and support for the knee. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Knee injuries such as meniscal damage, cruciate ligament injuries or ligament damage.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Open both Velcro.
- 2) pull up the cover so that the knee will be the center of the hole so that the knee is visible.
- 3) tighten the two Velcro straps so that the protection is in place.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



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N-626A – RMJ Medical ankle sleeve with spring

Function

Conveys heat and support for the ankle. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Sprains or unstable ankles.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Place the cover over the foot.
- 2) Tighten the Velcro front.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



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N-613C(A) -RMJ Medical ankle support

Function

Conveys heat and support for the ankle. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Sprains or unstable ankles.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) Place the support over the foot
- 2) Tighten the Velcro
- 3) Thread the Velcro strap with soft part outwards through the opening at the tendon so that they are equal in length.
- 4) Start with the right Velcro and cross over the foot, pull through the opening under the foot and attached to the outside foot.
- 5) Repeat the same with the left
- 6) Tighten to their satisfaction.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
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- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-610C(F) – RMJ medical wrist support with extra support for thumb

Function

Conveys heat and support for the wrist and thumb. Stimulates the circulation/blood flow in the joint and joint region.

Indication

Carpal tunnel syndrome or thumb base osteoarthritis or similar injuries

Material

90% SBR / neoprene, 10% nylon, aluminum bars, plastic splint.

Application

- 1) Open the zipper and remove the steel rail for easier application.
- 2) pull the cover over the hand so that the thumb is visible.
- 3) Pull up the zipper and place the plastic strip into the slot.

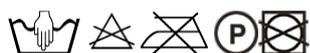
Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-630 – RMJ Shoulder support

Function

Conveys heat and support for the shoulder. Stimulates the circulation/blood flow in the joint and joint region

Indication

For use in sports or other activities where the shoulder joint is subjected to strain more than usual. Rehabilitation after shoulder injury. reduces stiffness in tendonitis and overwork.

Material

90% SBR / neoprene, 10% nylon.

Application

- 1) Place the bandage on the arm and shoulder.
- 2) The band pulled in the non-injured arm and fastened with Velcro front.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.

N-622 – RMJ Thigh support**Function**

Conveys heat and support for the thigh. Stimulates the circulation/blood flow in the muscle and muscle region

Indication

sprains and muscle injuries. Maintain heat in the thigh.

Material

90% SBR/neoprene, 10% Nylon

Application

- 1) open Velcro
- 2) Place the cover on the thigh.
- 3) tighten the Velcro so that the protection is in place.

Important information

- 1) If you are unsure about application, please contact RMJ Health AB for further instructions.
- 2) The product is not flameproof. The product must not be exposed to heat above 120 ° C/248 ° F.
- 3) Adjustments, smaller or larger may not be made. If the product is altered, RMJ Health AB cannot be held responsible for any accidents/incidents that could occur.
- 4) The function may not be changed or modified and the product should only be used for the intended indication.
- 5) Products made of SBR / neoprene should not be used for more than 3 hours straight. Product in other materials than SBR / neoprene should not be used more than seven hours at a stretch, unless otherwise indicated.
- 6) If you are allergic to latex / rubber, and the product contains latex / rubber, consult a doctor or other trained personnel* before using the product. See material specifications above.
- 7) If you are allergic to heat, we advise you to use a product that is not manufactured in the heating material SBR / neoprene.

*Physical therapist, personal trainer, occupational therapist or orthopedic Engineer.

Washing instructions

- 1) Take out any removable rails/splints
 - 1) If the product contains any Velcro or zip, close them.
 - 3 Hand wash only
 - 4) Stretch the product while wet and then let it self-dry.
- See washing label on the product for more information on how to wash the product in the best way.



NOTE! Because of the risk of infection, RMJ Health AB does not recommend shared use of the product. In case of shared use, RMJ Health AB waives all responsibility in the event of illness.