

**AT-1**

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## ZAMST AT-1 Achilles Tendon Support INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

**Intended Use:** Achilles tendon support

\* This product is for Achilles tendon protection; however, it will not prevent all Achilles tendon injuries.

\* This product is not for medical treatment.

**Do not use this product in the following cases:**

- If you have an allergic tendency and/or sensitive skin.
- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where this product is used.

**Please read the following before using:**

- The product can be used on the left or right foot.
- Take care to choose the correct size (refer to the size chart on the package).

**Safety precautions:**

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reaction while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not use this product on any body part other than the Achilles tendon.
- Make sure that you are using the correct size.
- Do not use this product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- If the body part is compressed for extended periods, blood circulation may be adversely affected or you may experience discomfort. To avoid such conditions, it is recommended that you remove and re-apply the product at regular intervals.
- Take care not to use the product inside out or upside down.
- Take care to put on the product in accordance with the steps described in "How to Apply".
- Do not pull the straps too tight or create excessive compression with the support.
- If the product moves out of place or becomes too loose, re-apply the product, beginning with the first step in "How to Apply".
- Do not use the product if it is broken or worn out or if the hook-and-loop fasteners become loose.
- Do not remanufacture, modify or repair the product.
- Wear the product over a sock. Wearing the product in direct contact with skin may cause skin discomfort.

**To prevent product damage:**

- This product might become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch any other clothes. It may damage fabrics.

**How to Apply:**

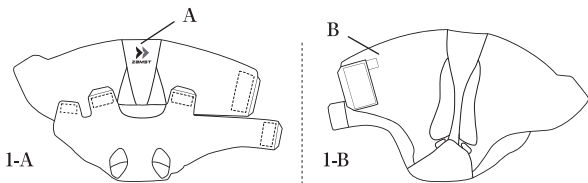
\* Illustrations are for the right ankle. The product is not designed for specific use on the right or left foot. Application is the same for the left ankle.

1. Release all hook-and-loop fasteners and make sure that the support is not upside down, inside out or reversed (Illustrations 1-A & 1-B).  
 \* The side where the logo appears (A) is the top; the side where the size tag appears (B) is the inside.
2. Hold the ankle at a 90-degree angle (Illustration 2-A). Slide the support onto the foot from the back (Illustration 2-B) and position the Achilles tendon pads (D) from the main body (C) on both sides of the Achilles tendon (Illustration 2-C).  
 \* The Achilles tendon pads (D) should be properly positioned on both sides of the Achilles tendon before fastening the outer straps (E).
3. Pull up both sides of the main body (F&G, Illustration 3-A) while applying proper compression and wrap them around the ankle (Illustration 3-B).  
 \* Plant foot firmly on the floor and fasten, taking care not to create any creases or twists.
4. Pull the foot sole from the outer strap (E) forward (Illustration 4-A). Pull the outer hook fastener (H) upward and at an angle then fasten it around the ankle (Illustration 4-B).  
 \* Take care to pull the outer strap from the foot sole (E) forward with both hands to avoid creases or twists then fasten the outer hook fastener (H) around the ankle.
5. Pull the inner hook fastener (I) while applying proper compression and fasten it around the ankle (Illustration 5).
6. Use both hands to pull the two top hook fasteners (J & K) upward and at an angle and fasten them as indicated (Illustration).  
 \* Plant foot firmly on the floor as you pull up the two top hook fasteners (J & K).
7. Adjust the positions of the two remaining hook fasteners (H & I) to create proper compression (Illustration 7-A & 7-B).  
 \* Adjust these hook fasteners (H & I) without creating any creases or twists in the outer strap (E).
8. Product properly fastened (Illustrations 8-A, 8-B and 8-C). Verify once again that there are no loose areas or creases. Re-apply if you experience discomfort.

**How to wash:**

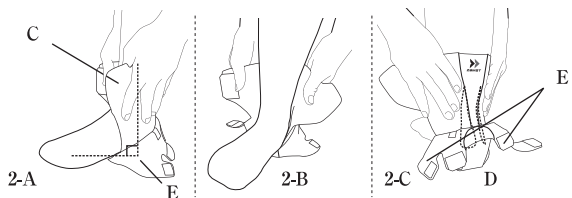
- Do not wash with other clothes. The hook-and-loop fasteners may damage other fabrics.
- Hand wash with mild detergent and air dry away from direct sunlight.
- Secure all hook-and-loop fasteners to the product when washing to prevent damage.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

**Composition:** Nylon, Polystyrene, Polyester, Chloroprene, Polyurethane



1-A

1-B



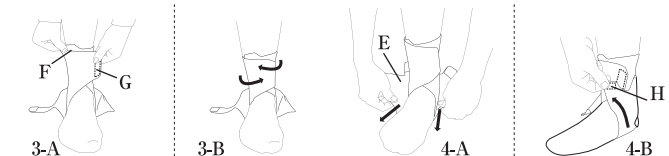
2-A

2-B

2-C

E

D

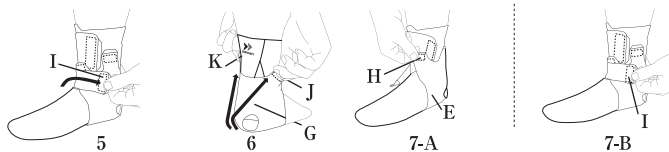


3-A

3-B

4-A

4-B

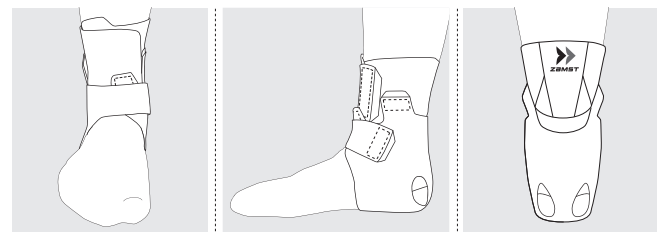


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6

7-A

7-B



8-A

8-B

8-C