## **INSTRUCTIONS FOR WEARING THE KINESIA SOCK**

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Follow the instructions to easily put on KINESIA... the initial difficulty due to the high compression is the strength of the sock! Make sure your feet are dry to facilitate putting on.



Insert the arm inside the sock

Grab the heel between thumb and forefinger and with the another hand returns to inside out sock



Put on your sock up to half of your leg



Grab the end of the sock and pull it on, making sure to distribute it evenly across the leg



Remove any streaks through a light massage



## **CARE INSTRUCTIONS:**

Do not bleach

Wash max 30°

## Do not iron

Do not dry clean

Dry at medium temperature