

EXTREMIT-EASE[®]

COMPRESSION GARMENT

APPLICATION INSTRUCTIONS



1 APPLY LINER

Apply the EXTREMIT-EASE[®] Liner as if you are putting on a sock. Be sure to place toes all the way to the end of the liner and work out any extra space or wrinkles throughout the liner to avoid discomfort after compression is applied.



2 RELEASE & LOOSEN

Completely release all four sets of bungees/tabs and reattach the tabs as close to the center opening as possible.

Loosen the garment by pulling against the fabric to open and increase the center gap.



3 UNZIP & OPEN

Unzip and open the garment, ensuring the tongue is pressed against the bungees.



4 SLIDE & ZIP

Slide your foot into the garment and zip it up to secure the garment in place. **Upon initial application, the garment may feel snug.**

Rotate the garment to align the bungees with the front of the leg, position the garment just below the knee, and double-check the garment tongue to make certain there are no folds or wrinkles.



5 COMPRESS

Starting from the bottom set of bungees, grasp the tabs using your index finger and thumb and pull the bungees away from the garment, contracting the space between the eyelets.

Secure each set of tabs to the garment evenly on opposing sides.

Use the white and red guidelines sewn into the tabs and the white seam line sewn into the garment to achieve desired compression levels. For lower compression, align the white guideline with the white seam line. Adjust the red guideline closer to the white seam line to increase compression levels. **It is not recommended to compress beyond the red guideline.**



To check that your level of compression is set properly, insert two fingers between the garment and your leg. Your fingers should fit snugly, but without difficulty. If the garment is too tight, simply loosen the bungees/tabs and test again.

As treatment progresses, the center opening under the bungees will become smaller. **If no gap is visible on the front of the garment, it is time to switch to a smaller garment for effective compression.**



VIEW THE INSTRUCTIONAL VIDEO ONLINE AT
extremitease.com/application

