

***i*NCREDIWEAR**

WEARABLE
ANTI-INFLAMMATORY

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SUGGESTED INDICATIONS

DAY 
PRODUCT A

NIGHT 
PRODUCT B

- Total Knee Replacement
- ACL Reconstruction
- Meniscal Repair (post arthroscopic)



KNEE SLEEVE



LEG SLEEVE

- "Tommy John" Surgery
- Carpal Tunnel Syndrome
- Tennis/Golfers Elbow



ARM SLEEVE



ELBOW SLEEVE

- Total ankle replacement
- Achilles tendon repair
- Neuropathy
- Poor Circulation (Cold Feet)
- Plantar Fasciitis



ANKLE OR BOOT SLEEVE



CIRCULATION SOCK



- Carpal Tunnel
- CMC
- Raynaud's Syndrome



WRIST SLEEVE



CIRCULATION GLOVE



- Herniated Disc
- Sciatica



BACK BRACE



BODY SLEEVE

- Total Hip Replacement
- Sciatica
- Groin injury
- Hamstring Injury



HIP BRACE



LEG SLEEVE

- Total shoulder replacement
- Bursitis
- Ligament Repair



SHOULDER BRACE



ARM SLEEVE

SUGGESTED GENERAL INDICATIONS

- Osteoarthritis / Rheumatoid Arthritis
- Generalized pain and swelling
- Acute injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative muscle injury and recovery
- In conjunction with various braces as an undersleeve
- Strains / Sprains
- Fractures

PROTOCOLS

ACUTE INJURY

Utilize sleeve as soon as possible to reduce pain and swelling. Sleeve should be worn 24 hours to promote blood flow and reduced edema (up to 4-6 weeks). Sleeves may be worn in conjunction with physical therapy sessions to promote full range of motion. Sleeve may be worn as needed post recovery.

CHRONIC CONDITION

Utilize product A during the day to alleviate pain and swelling associated with any activity. Utilize product B at rest and while sleeping.

PRE-OPERATIVE

Utilize appropriate sleeve one week prior to surgery day and night to manage any localized swelling and pain.

POST-OPERATIVE

Day 1-10: Product A

Sleeve can be worn over a surgical dressing and applied immediately post-operatively. Patients should wear the sleeve until the swelling has resolved (up to 4-6 weeks).

Day 11-30: Alternate products A / B

Utilize product A during the day to alleviate pain and swelling associated with any activity. Utilize product B at rest and while sleeping.

BANDAGE WRAP

Utilize if sizing or extreme swelling is an issue. May be used in conjunction with or separate from sleeves if preferred

INCREDIWEAR

FULL PRODUCT LIST

LOWER EXTREMITY SLEEVES



UPPER EXTREMITY SLEEVES



BRACES & SUPPORTS



APPAREL



CIRCULATION SHORTS



MEN'S PERFORMANCE PANTS



WOMEN'S PERFORMANCE CAPRI



WOMEN'S PERFORMANCE PANTS



BEANIE

SOCKS



CIRCULATION



ACTIVE



SPORT



SPORT THIN



TREK



RUN



WINTER



MERINO WOOL



GOLF



DRESS

ADDITIONAL INFORMATION

WASH AND CARE:

Hand or machine wash cold. Hang or tumble dry low. No fabric softener.

PHYSICAL THERAPY:

Sleeves may be worn during any physical therapy sessions.

ADDITIONAL ITEMS:

Additional items for increased circulation may be used in conjunction with recommended protocols to target full extremity circulation.

Examples include but are not limited to:

- Socks with recovery leg sleeve
- Arm sleeve and glove with shoulder brace



SIZE CHART

PRODUCT		SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	XXX-LARGE	XXXX-LARGE
THIGH	KNEE SLEEVE Based on thigh circumference, 2" above kneecap		12-14 in	14-16 in	16-18 in	18-22 in		
	LEG SLEEVE(S) Based on thigh circumference	16-20 in	20-24 in	24-28 in	28-32 in			
	HIP BRACE Based on thigh circumference	17-19 in	20-22 in	23-25 in	26-28 in	29-31 in		
CALF	CALF SLEEVE Based on calf circumference	12-16 in		16-20 in				
BICEP	ARM SLEEVE Based on bicep circumference	12-16 in		16-22"				
	ELBOW SLEEVE Based on bicep circumference	9-11 in	11-14 in	14-20 in				
	SHOULDER BRACE Based on bicep circumference		9-11 in	11-13 in	13-15 in	15-18 in		
SHOE SIZE	ANKLE SLEEVE Based on shoe size	M 4-8.5 W 5-9.5		M 9-13 W 10-14	M 9-13+ W 10-14+			
	SOCKS Based on shoe size	M 4-6.5 W 5-7.5	M 7-9.5 W 8-10.5	M 10-12.5 W 11-13.5	M 13-17 W 13.5+			
	WALKING BOOT UNDER SLEEVE Based on shoe size	M 4-6.5 W 5-7.5	M 7-9.5 W 8-10.5	M 9-13 W 10-14	M 9-13+ W 10-14+			
WAIST	BACK BRACE Based on waist circumference		24-29 in	30-33 in	34-37 in	38-44 in	45-53 in	54-60 in
	BODY SLEEVE Based on waist circumference	24-34 in		35-44 in				
	CIRCULATION SHORTS Based on waist circumference		30-32 in	34-36 in	38-40 in			
	PERFORMANCE PANTS - MEN'S Based on waist circumference		28-32 in	33-36 in	37-40 in	41-44 in		
	PERFORMANCE PANTS & CAPRI - WOMEN'S Based on waist circumference	24-25 in	26-27 in	28-30 in	31-32 in			
WRIST	WRIST SLEEVE Based on wrist circumference	6-8 in		8-10 in				
HAND	CIRCULATION GLOVES Based on length of palm	3.25 in		4.5 in				
HEAD	BEANIE Based on head circumference		9-14 in	15-20 in				

KNEE SLEEVE

Suggested Indications:

- Total Knee Replacement
- ACL Reconstruction
- Meniscal Repair (Post Arthroscopic)
- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain



SIZING

UNISEX - Based on thigh circumference 4 inches above kneecap

	ID# (GREY)	ID# (BLACK)	IN	CM
MEDIUM	G702	GB702	12-14	30-35
LARGE	G703	GB703	14-16	35-41
X-LARGE	G704	GB704	16-20	41-51
XX-LARGE	G705	GB705	20-24	51-61

LEG SLEEVE

Suggested Indications:

- Total Knee Replacement
- ACL Reconstruction
- Meniscal Repair (Post Arthroscopic)
- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain
- Hamstring Injury



SIZING

UNISEX - Based on thigh circumference

	ID# (CHARCOAL)	ID# (BLACK)*	IN	CM
SMALL	LS802	LS902	16-20	41-51
MEDIUM	LS803	LS903	20-24	51-61
LARGE	LS804	LS904	24-28	61-71
X-LARGE	LS805	LS905	28-32	71-81

* The Black Leg Sleeve is available for purchase in pairs

ANKLE SLEEVE

Suggested Indications:

- Total Ankle Replacement
- Achilles Tendon Repair
- Neuropathy
- Poor Circulation (Cold Feet)
- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain
- Plantar Fasciitis



SIZING

UNISEX - Based on shoe size

	ID# (GREY)	ID# (BLACK)	MEN	WOMEN	EUR
SMALL/ MEDIUM	G706	GB706	4-8.5	5-9.5	35-41
LARGE	G707	GB707	9-13	10-14	42-46
X-LARGE	G707XL	GB707XL	9-13	10-14	42-46

WALKING BOOT UNDERSLEEVE

Suggested Indications:

- Total Ankle Replacement
- Achilles Tendon Repair
- Neuropathy
- Poor Circulation (Cold Feet)
- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve

- Strains / Sprains
- Fractures
- Joint Pain
- Plantar Fasciitis



SIZING

UNISEX - Based on shoe size

	ID#	MEN	WOMEN	EUR
SMALL	BV001	4-6.5	5-7.5	36-39
MEDIUM	BV002	7-9.5	8-10.5	39-42
LARGE	BV003	10-12.5	11-13.5	42-46
X-LARGE	BV004	12+	13+	46+

CALF SLEEVE

Suggested Indications:

- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures



SIZING

UNISEX - Based on calf circumference

SINGLES	ID# (SINGLES)	ID# (PAIRS)	IN	CM
SMALL / MEDIUM	TS101	TS101PR	12-16	30-41
LARGE	TS101B	TS101BPR	16-20	41-51

ELBOW SLEEVE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Tennis/Golfers Elbow
- Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain
- “Tommy John” Surgery



SIZING

UNISEX - Based on bicep circumference

	ID#	IN	CM
SMALL/ MEDIUM	G701	9-11	23-28
MEDIUM	G701M	11-14	28-36
LARGE	G701B	14-20	36-51

ARM SLEEVE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Tennis/Golfers Elbow
- Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain
- “Tommy John” Surgery



SIZING

UNISEX - Based on bicep circumference

	ID# (CHARCOAL)	ID# (BLACK)	IN	CM
SMALL/MEDIUM	TS102	TSB102	12-16	30-41
LARGE	TS102L	N/A	16-22	41-56

WRIST SLEEVE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- In Conjunction with Various Braces as an Undersleeve
- Strains / Sprains
- Fractures
- Joint Pain
- Carpal Tunnel Syndrome



SIZING

UNISEX - Based on wrist circumference

	ID# (GREY)	ID# (Black)	IN	CM
SMALL/ MEDIUM	G711	GB711	6-8	15-20
LARGE	G711B	GB711B	8-10	20-25

CIRCULATION GLOVES

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- Strains / Sprains
- Fractures
- Joint Pain
- CMC
- Carpal Tunnel Syndrome
- Raynaud's Syndrome
- In Conjunction with Various Braces as an Undersleeve



SIZING

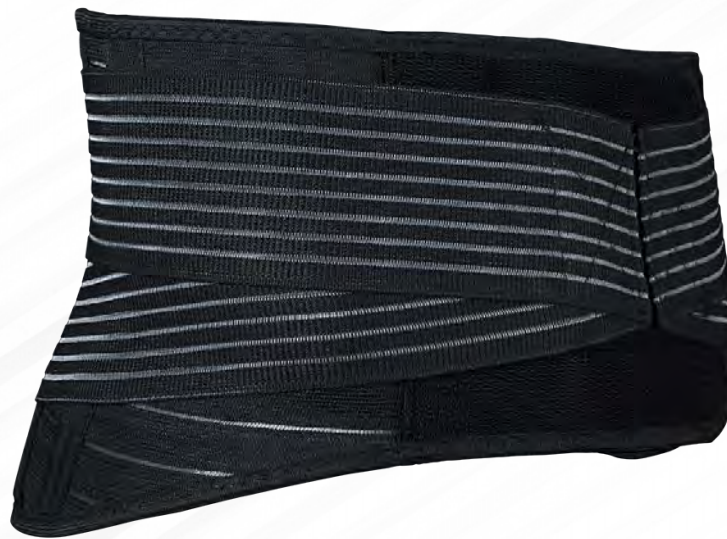
UNISEX - Based on length of palm

	ID#	IN	CM
SMALL/ MEDIUM	GL601	3.25	8.25
LARGE	GL602	4.5	11.5

BACK BRACE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Herniated Disc
- Sciatica



SIZING

UNISEX - Based on waist circumference

	ID#	IN	CM
MEDIUM	G713	24-29	61-74
LARGE	G708	30-33	76-84
X-LARGE	G709	34-37	86-94
XX-LARGE	G710	38-44	97-112
XXX-LARGE	G714	45-53	114-135
XXXX-LARGE	G715	54-60	137-152

BODY SLEEVE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Intercostal Injuries / Rib Fractures
- In Conjunction with Various Braces as an Undersleeve
- Herniated Disc
- Sciatica



SIZING

UNISEX - Based on waist circumference

	ID#	IN	CM
SMALL / MEDIUM	G712	24-34	61-86
LARGE	G712B	35-44	89-112

HIP BRACE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Hamstring / Quadriceps Injury
- Total Hip Replacement
- Sciatica
- Groin Injury



SIZING

UNISEX - Based on thigh circumference

	ID# (RIGHT)	ID# (LEFT)	IN	CM
SMALL	HIP101R	HIP201L	17-19	43-48
MEDIUM	HIP102R	HIP202L	20-22	51-56
LARGE	HIP103R	HIP203L	23-25	58-64
X-LARGE	HIP104R	HIP204L	26-28	66-71
XX-LARGE	HIP105R	HIP205L	29-31	74-79

SHOULDER BRACE

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Total Shoulder Replacement
- Ligament Repair



SIZING

UNISEX - Based on bicep circumference

	ID#	IN	CM
SMALL	GR801	9-11	23-28
MEDIUM	GR802	11-13	28-33
LARGE	GR803	13-15	33-38
X-LARGE	GR804	15-18	38-46

BANDAGE WRAPS

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces



SIZING

	ID#	UNSTRETCHED LENGTH	AVG STRETCHED LENGTH
2"	BW101	5.5FT 168CM	12FT 366CM

SIZING

	ID#	UNSTRETCHED LENGTH	AVG STRETCHED LENGTH
5"	BW105	9.5FT 289CM	21FT 640CM

CIRCULATION SHORTS

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces



SIZING

MEN'S - Based on waist circumference

	ID#	IN	CM
MEDIUM	SRP202	30-32	76-81
LARGE	SRP203	34-36	86-91
X-LARGE	SRP204	38-40	97-102

MEN'S PERFORMANCE PANTS

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces



The Men's Performance Pants are designed to be worn as a baselayer.

SIZING

MEN'S - Based on waist circumference

	ID#	IN	CM
MEDIUM	MRT302	28-32	71-81
LARGE	MRT303	33-36	82-91
X-LARGE	MRT304	37-40	93-102

WOMEN'S PERFORMANCE PANTS

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces



SIZING WOMEN'S - Based on waist circumference

	ID#	IN	CM
X-SMALL	WFB000	22-23	56-58
SMALL	WFB100	24-25	61-64
MEDIUM	WFB200	26-27	66-69
LARGE	WFB300	28-30	71-76
X-LARGE	WFB400	31-32	79-81

WOMEN'S PERFORMANCE CAPRI

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Bursitis / Tendonitis
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces



SIZING

WOMEN'S - Based on waist circumference

	ID#	IN	CM
X-SMALL	WCB000	22-23	56-58
SMALL	WCB001	24-25	61-64
MEDIUM	WCB002	26-27	66-69
LARGE	WCB003	28-30	71-76
X-LARGE	WCB004	31-32	79-81

CIRCULATION SOCKS

Suggested Indications:

- Osteoarthritis / Rheumatoid Arthritis
- Generalized Pain and Swelling
- Acute Injuries and Chronic conditions
- Pre / Post-Operative Surgery
- Post Arthroscopic procedures
- Preventative Muscle Injury and Recovery
- Strains / Sprains
- Fractures
- Joint Pain
- Worn Underneath Various Braces
- Neuropathy



- Plantar Fasciitis
- Total Ankle Replacement
- Achilles Tendon Repair
- Bunion Surgery
- Poor Circulation (Cold Feet)

SIZING

UNISEX - Based on shoe size

		ID# (BLACK)	ID# (GREY)	MEN	WOMEN	EUR
LOW CUT	SMALL	E701	E501	4-6.5	5-7.5	36-39
	MEDIUM	E702	E502	7-9.5	8-10.5	39-42
	LARGE	E703	E503	10-12.5	11-13.5	42-46
CREW	SMALL	E704	E504	4-6.5	5-7.5	36-39
	MEDIUM	E705	E505	7-9.5	8-10.5	39-42
	LARGE	E706	E506	10-12.5	11-13.5	42-46
	X-LARGE	E706B	E506B	12+	13+	46+

OSTEOARTHRITIS PAIN RELIEF

STATISTICALLY SIGNIFICANT IMPROVEMENT IN PAIN AND FUNCTION

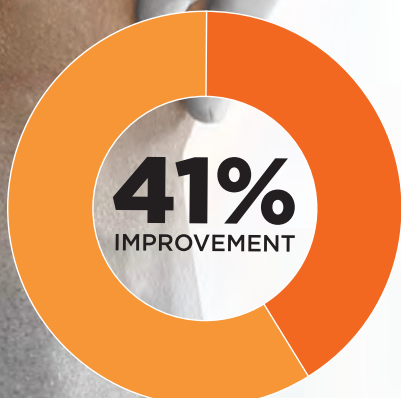
Results of the first peer reviewed study using Incrediwear Ge sleeves

JOURNAL OF ORTHOPEDIC SPORTS MEDICINE

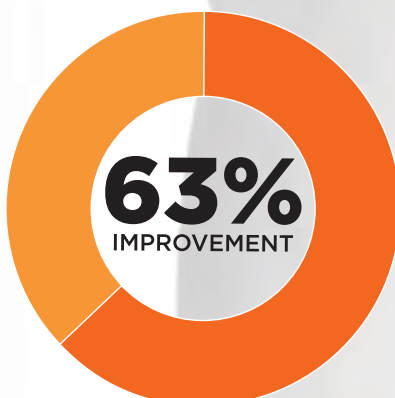
Effect of Germanium-Embedded Knee Sleeve on Osteoarthritis of the Knee

Katherine Marino, MBChB, MSc, Rachel Lee, MBChB,
and Paul Lee, MBChB, MFSEM, MSc, PhD, FEBOT, FRCS
Investigation performed at Grantham & District Hospital,
United Lincolnshire Hospitals NHS Trust, Grantham, UK

- High patient compliance (8% Dropout rate)
- Effective treatment option for patients with low grade OA
- Provides non-surgical treatment option
- Allows patients a safe and effective way to manage symptoms
- Reduces need for NSAID's and pain medication
- Increases blood flow over 20% without vasodilation



LYSHOLM SCORE



OXFORD KNEE
SCORE



VISUAL ANALOG
SCALE

ACUTE INJURY RECOVERY

EFFECTS OF INCREDIWEAR LEG SLEEVES ON RECOVERY AND TIME LOSS FOR MAJOR LEAGUE SOCCER PLAYERS

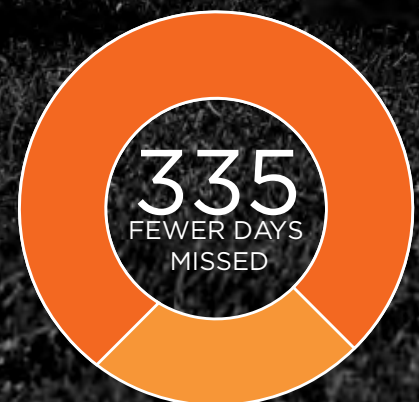
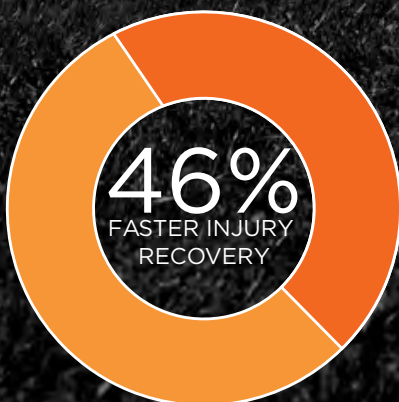


STUDY PARTNERS:

Brian Stirling (SPT, CSCS), Jonathan Sum (PT, DPT, OCS, SCS), Tyler Knight (MS, ATC, CSCS), USC Division of Biokinesiology & Physical Therapy, Real Salt Lake Soccer Club

This study was specifically to investigate the effects of wearing Incrediwear leg sleeves on time-loss for professional soccer players.

With Incrediwear, players in 2016 missed significantly less games and events for lower extremity injuries and lower extremity soft tissue injuries than the 2015 players who had not used any Incrediwear products.



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