

# IT BAND

## COMPRESSION WRAP

### DIRECTIONS



Place pad over  
IT Band  
(outside of leg)  
2-3" above  
knee.



Wrap to a  
snug fit to feel  
compression  
and attach  
inner velcro  
square.



Stretch  
remaining  
strap.



Attach  
Velcro tab.

**Note:** Pro-Tec Athletics strongly urges consultation with a medical doctor before using any orthopedic support.

**Warning:** Do not adjust too tightly or wear while sleeping.