

SHIN SPLINTS

COMPRESSION WRAP

DIRECTIONS



Place the EVA Foam pad next to the area of shin pain and wrap towards shin bone and around back of leg.



Using one strap at a time, pull the directional wrap around shin tightly and attach velcro.



Stretch second strap and attach velcro.



Shin splint wrap stabilizes soft tissue to tibia (shin).

Additional compression can be achieved by detaching straps one at a time and pulling tighter before final attachment.

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.