



Fitting Instructions and FAQ user guide videos for EX-701 Knee Brace

A note from the Founder and thank you

Thank you so much for your purchase! Please take a few minutes and read every word of this short pdf, because it will help you get the best results and use out of this product. There are some videos to show you why the EX-701 knee support works so much better than most generic knee supports on the market.

Why EXOUS Bodygear?

Our Brand slogan is '*different by design*', that speaks for itself, we really try to develop new products that meet the needs of the consumer and add value and function over generic 'me too' products. We put a lot of research and development into every one of our products. We consult with top Olympic and world class fitness individuals and test with athletes and industry specific individuals for some time before we launch our products to the market place to make sure they add more value and function.

As with many of our products they sometimes need a little consumer education to know how to best use them and that's why we made this PDF. Please see the fitting instructions and also the video links to help answer many questions on using the knee support.

Connect with us

So now you know about our passion and brand if you like the sound of our style and products we would love for you to stay in touch and join us on our social media sites where you can see our new products and demonstrations

website: www.exousbodygear.com

Regards,

Theo

Founder: [exousbodygear.com](http://www.exousbodygear.com)

Why You Are going to Love the EX- 701 Knee Support

You ordered this product as you needed a knee support to help in the discomfort and pain you may be experiencing, believe me when I tell you we tested all of the knee supports styles and dozens of samples before we made the final design of the EX-701 most of the supports on the market have what we call a 'generic 3 strap design' which has limitations on creating true functional support, please read below and see the difference that you will experience. In short here are 6 important features that will benefit you over other generic 3 strap knee supports:

1. Unique 4-way strap system

What's the benefit? - The 4 strap system is our key design feature it will stop the knee brace slipping down unlike 3 strap style knee support, so you can use it during exercise and it creates all round compression from all angles supporting your knee

It also creates patella isolation so it can help patella tendon pain such as jumper's knee and inflamed patella tendon conditions by pressing the patella tendon down like band which can help alleviate pain (proper rehabilitation exercises will be also needed to treat the cause of the inflammation)

See this video on how the knee brace can be used for patella tendonitis - The key is the two smaller straps which help compress the patella back down which alleviates pain

This is a consumer review from an actual doctor who got great result from wearing the EX-701 Knee support purchased on [amazon.com](https://www.amazon.com)

2. Double Lateral Stabilizers

Whats the benefit? - The flexible metal coils help your medial and lateral ligaments so if you need extra stability to stop your knees from giving way or if you play any sport these will aid in giving your more support. They also combine with the overall design to give an all round compression feeling. This will help you if you need support from side forces in exercise such as basketball, skiing, football and other sports which put stress laterally on your knee.

3. Comfort Gap

What's the benefit? - It creates a 1cm gap which allows the knee to bend unrestricted well past 90 degrees if you desire, (generic 3 strap knee supports have a middle strap which wraps behind the knee causing excess material and irritation on the skin) This design feature gives you better comfort to wear the EX-701 throughout the day.

4. Thick Velcro Fixture Tabs

What's the benefit? -If you compare other knee supports you will see many of them have very thin poor quality material for the tabs they tend to curl up and become unusable over time . We have thicker velcro fixtures with higher quality materials this will not curl up over time this ensures quality use without it letting you down

5. Elastic Inner Sleeve

What's the benefit? - The sleeve does two things, firstly it helps position the knee support for easy fitting, secondly it creates a smooth lining to minimise any possible irritation from the smaller straps which wrap behind the knee so there is less chance of skin rash.

Alternative fitting option

Note using the elastic sleeve is completely optional. If you find the knee sleeve too tight to put your leg through then you can simply put the knee support on without using the sleeve no loss of function occurs wearing the knee support this way. See your instruction leaflet for fitting guide

6. Jacquard Inner Lining

What's the benefit? - A premium lining which undergarments are made of which means less irritation and likelihood of any rash developing. This will make it easier to wear for long periods of time if you rely on the knee brace for hours a day.

FAQ's About The EX-701 Performance Knee Support

Q: Do you have any videos about this product that I can watch?

A: Yes we have several FAQ videos which help answer questions and also explains the benefits of the EX-701 you can view them here:

<http://exous.info/faq-knee-brace>

Q: Can I Machine wash the Knee support?

A: We recommend to hand wash the knee brace and lay it flat to dry, machine washing may wear down the velcro over time.

Q: Can I wear the knee support during swimming?

A: Yes, in fact you can wear the knee brace during sport it has a slimline profile and less than 175g so it will be comfortable to use during exercise

Q: The knee support does not fit me can I return it?

A: We do not need you to return the knee support, please keep it and simply email us on admin@exousbodygear.com and we will give you a full refund.

Q: Is there a video to show how to fit the knee support?

A: Yes please see how to measure your knee and fit the knee support here:

<http://exous.info/faq-knee-brace>

Fitting Guide

The Knee brace has a inner elastic sleeve which helps position the knee support, if you feel that the elastic sleeve feels to tight then simply start from step 2 and do not put your leg through the sleeve. The function of the knee brace remains the same. A minimum knee circumference of 33cm is needed measured around the centre of the knee.

STEP 1 - With longest strap at top (with logo) put leg through elastic sleeve as shown in diagram and then slide up to the centre of the knee.

*Note - If you find the elastic sleeve to tight you can fit the knee support the same way but without putting your foot through the elastic sleeve

STEP 2 - Arrange the support so it is under the opening for the patella (knee cap)

STEP 3 - Wrap the two smaller straps behind the knee and back over to the front and attach them with the velcro.

STEP4 - You can now adjust each strap to get a custom fit for the level of compression you require both above and below the knee cap (patella). This should give you a greater all round compression giving better support to the whole knee joint. You may need to readjust a few times to get it to fit comfortably.

The EX- 701 Knee support will fit a maximum upper thigh leg circumference of 50cm measured 7cm above the top of the knee cap

It will fit a maximum calf circumference of 42cm measured around the widest part of the muscle (lower leg)

It will need a minimum knee circumference of 33cm

Not Suitable for Children

The EXOUS Bodygear Performance range of products

If you liked this product we assure you will love our other products, each one of them made with passion and enthusiasm for the fitness and outdoor market. Our performance range is just that designed to out perform the competition and bring quality to its intended use.

EXOUS BODYGEAR Performance Range Insulated 600ml water bottle >> [Click here to order product](#)

EXOUS BODYGEAR Performance Myofascial High Density Roller >> <http://www.exousbodygear.com/products/performance-myofascial-roller/>

EXOUS BODYGEAR Performance Speed Skipping
Rope >> [Click here to order product](#)

EXOUS BODYGEAR performance dipping belt
see info here:

<http://www.exousbodygear.com/products/performance-dipping-belt/>

EXOUS BODYGEAR EXOBALL 65CM swiss ball
see info here:

<http://www.exousbodygear.com/products/performance-exoball/>