



- 1** Sit while putting the garment on over your feet and legs.



- 2** Pull the garment over one foot and leg at a time.



- 3** Once on both legs, pull the garment up to your knees.



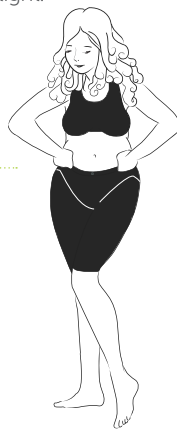
- 4** Once on, pull garment up high on your back and crotch area, allow it to sit lower at the front.



- 5** Adjust the elastic to comfort whilst sitting, adjusting for each side at a time. You should be able to get your hands inside the garment at the front comfortably without the elastic being tight.



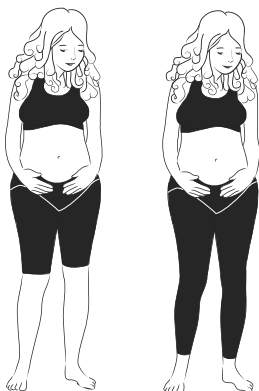
Adjust elastic with button



- 6** For leggings, smooth out any wrinkles in the legs. If the legging is too long you can pull it over your foot for extra support.



- 7** Your garment should feel like a second skin. It should feel supportive but not restrictive. It does NOT have to be tight to work.



## Care Instructions (SRC Health Compression Garments)



Wash your garment in cold water with a small amount of detergent.



Line dry inside. Do not dry in the direct sunlight.



Do not use softeners or bleach.

# Support for Life

*Wear & Care  
Instructions*



ACTIVATE



PREGNANCY

Protection & prevention during Exercise

Pain relief & support during Pregnancy



Stylish Essentials for maternity & every day

ESSENTIALS

Faster Recovery after delivery



RECOVERY