

OR -

ORTHOPAEDIC



THOOPA

Redefining  
Orthopaedic Compression  
Wear

*...ONE STITCH AT A TIME.*

EDIC





The original two-in-one socks are back with a revamped design!

**TWIST** CG800C  
COMPRESSION SOCKS

- One Sock – 3 Functions
- Increases Performance
- Speeds up recovery time
- Increases arch support with the help of a single Twist

The unique design of our Twist Compression Socks enables you to perform and recuperate in one easy twist! Slip on your compression socks and begin your physical activity. Once you are ready to go into recovery mode, slide the top of your sock down to your ankle, twist it outward (180 degree rotation) and pull it back upward. By inverting the compression zones with the color zones, from front to back and vice versa, you will increase the compression between your ankle and your calf by 5 mmHg, thereby helping eliminate toxins and metabolic waste for less aches and fatigue. Achieve better performance and a faster recovery time with the Twist sock!

**Our revamped design has a new “Twist”! We’ve added an extra touch to the arch of the foot for added support: ideal to help correct the pronation or supination of the foot and enhance the posture and efficiency of any foot movement.**

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 20-25 mmHg in PERFORMANCE Mode  
25-30 mmHg in RECOVERY Mode



**INDUSTRY-FIRST**

**REGULAR**  
PERFORMANCE MODE

**TWISTED**  
RECOVERY MODE



«Performance» Mode; the front compression zone on the tibia is tighter, which stabilizes the muscles and reduces unwanted vibrations that cause muscle soreness near the shinbone. The calf is covered with an unrestrained stitched zone which allows the muscle to expand during exercise.

«Recovery» Mode; Compression on the calf is at a higher level, eliminating toxins and reducing cramps and recovery time.



# CREW TWIST CG803D

## COMPRESSION SOCKS



- Enhance blood circulation
- Increases arch support with the help of a single Twist
- Padded heel and toe
- Great for travelling

A new length has been added to our collection for more possibilities! This new and unique arch sock will enhance your posture and help correct light foot deviations (supination or pronation). Feel an extra support to the arch and improved foot proprioception. Suitable for performance, work or travel.



Content: 85% Polyamide, 15% Elastane **Calibrated Compression** : 20-25 mmHg

### How to wear your New **Compression Crew & Twist Socks** :

1. Slip the first half of your foot into the sock with its heel part on top.
2. Twist the sock before the arch of the foot either inward or outward depending on the effect you would like to achieve.
3. Make sure to twist your sock fully until the heel of the sock is back to its designated place.



ONE SOCK,  
3 FUNCTIONS

PERFORMANCE  
REGULAR

RECOVERY  
ANKLE TWIST

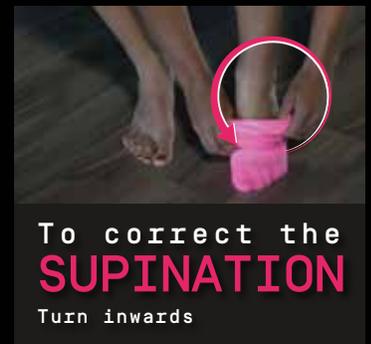
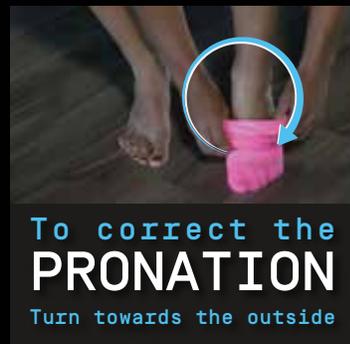
FOOT POSTURE  
CORRECTION  
ARCH TWIST



Scan the code to access our videos on our EC3D compression socks

**INDUSTRY-FIRST**

**TWIST AT 180°  
AT THE ARCH AND THE ANKLE**





## UNIVERSAL CG802C COMPRESSION SOCK



- Enhances blood circulation
- Reduction of periostitis
- Relief of plantar fascia pain
- Supporting and compression strained muscles



Combines the key features available in all of our compression socks into a single, solid color. Plain and simple. Suitable for those who want performance for work, play, and even travel.

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 20-25 mmHg

## PERFORMANCE CG801C COMPRESSION SOCK

- Enhances blood circulation
- Reduction of periostitis
- Relief of plantar fascia pain
- Supporting and compression strained muscles

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 20-25 mmHg



We have added a thicker weave along the tibia and the Achilles tendon to provide extra support and stabilization to the muscles in order to help prevent periostitis (shin splints) or Achilles tendon pain. Specifically designed to enhance proprioception and reduce muscle vibrations during physical activities. Extra support to the arch of the foot, supporting its natural curve while helping to reduce pain.

## ANKLE BC904B COMPRESSION SOCK

- Supporting and compression the arch
- Reduces foot swelling
- Relief of plantar fascia pain
- Seamless padded heel and toe for extreme comfort

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 20-25 mmHg



Specifically designed to support the arch of the foot and stimulate circulation thereby reducing plantar fasciitis pain and swelling of the feet. EC3D compression ankle socks stay snug and in place. Even a mid-race downpour will not hamper your performance or cause blistering or irritation.

# HYBRID COMBO COM9000

## COMPRESSION CALF SLEEVES & ANKLE SOCKS

- Breathable & moisture wicking
- Increased blood circulation
- Targeted compression-performance and recovery zones
- Muscle stabilization and foot support

### Compression Performance Sleeve

Our Performance Compression Calf Sleeves are ideal to wear while practicing the sport of your choice. They provide muscle stabilization while reducing muscle vibration and increasing blood circulation for efficient muscle oxygenation. No more muscle vibration in your calves during physical activity thereby helping prevent any muscle tear injury. **Calibrated Compression** : 20-25 mmHg

### Compression Recovery Sleeve

Our Compression Recovery Calf Sleeves are exclusively to be used following exercise. They provide a higher compression directly to the calf, promoting the drainage of toxins within the muscles, a decrease in aches and pain and a quicker recovery time.

**Calibrated Compression** : 25-30 mmHg

### Compression Ankle Sock

Specifically designed to support the arch of the foot and stimulate circulation thereby reducing plantar fasciitis pain and swelling of the feet. EC3D compression ankle socks stay snug and in place. Even a mid-race downpour will not hamper your performance or cause blistering or irritation. **Calibrated Compression** : 20-25 mmHg

Content: 85% Polyamide, 15% Elastane



# UNIVERSAL CG852C

## COMPRESSION CALF SLEEVES



- Enhances blood circulation
- Helps prevent muscle spasm or cramping
- Helps reduce shin splint pain
- Targeted compression around the calf and shin

Scientifically designed to stabilize the calf muscles while keeping them strong and effective during your most intense workouts. Improves blood circulation and helps reduce risk of injury.

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 20-25 mmHg

# SOLID 3D961D

## COMPRESSION ARM SLEEVES



- Enhances blood circulation
- Muscle support and stabilization
- Enhances proprioception
- Compression level of 10-15 mmHg at the wrist, decreasing by 20% to the upper arm

Catch, throw, hit and lift weights with more power and precision. Our unique Solid Compression Arm Sleeve combines strategic compression zones with full arm muscle support, which improves blood circulation, proprioception and muscle alignment. Ideal for any sport that requires repetitive use of the arms.

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 10-15 mmHg

# 3D PRO RECUPERATION TIGHTS

3DPR604F

RECUPERATION LOWER BODY  
ORTHOPAEDIC COLLECTION

- Enhances blood circulation
- Supporting and compressing strained muscles
- Relief of minor knee injuries
- Can help alleviate pain and discomfort caused by restless legs syndrome
- Eliminating toxins (lactic acid)
- Reducing muscle inflammation
- Preventing muscle soreness



The one and only medical-grade compression tight that lessens aches and leg fatigue; Ideal for travel and getting back to the game quickly. The EC3D garment is the one most worn by our athletes; Olympic, professionals and amateurs alike! Try them once and you'll be convinced!

The compression zones in our 3D PRO recovery tights are opposite to those in our regular tights; compression is directly on the muscle rather than around it. This maximizes blood flow and quickly reduces toxins within the muscles. For maximum results, this garment should be worn for a few hours following an intense workout or training. Your legs will feel re-energized and ready to get back into the game!

Also available in TALL sizes.  
Additional Tall size (over 6'2" tall or with an inseam of 36" or more)

Content: 70% Polyamide, 30% Elastane

**Calibrated Compression** : 25-30 mmHg



# RECUPERATION COMPRESSION SOCK

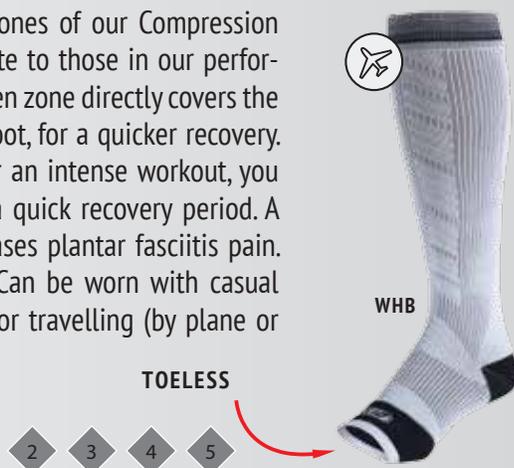
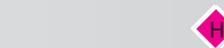
3DR905C

- Enhances blood circulation
- Reduction of periostitis pain
- Relief of plantar fascia pain
- Supporting and compression strained muscles

Content: 85% Polyamide, 15% Elastane

**Calibrated Compression** : 25-30 mmHg

The woven compression zones of our Compression Recovery Socks are opposite to those in our performance socks. A tighter woven zone directly covers the calf and the palm of the foot, for a quicker recovery. Worn for a few hours after an intense workout, you will reap the benefits of a quick recovery period. A sturdy arch support decreases plantar fasciitis pain. Open toed for versatility. Can be worn with casual shoes and sandals; Ideal for travelling (by plane or for long car rides).



TOELESS



## 3DPRO SHORT 3DP604C COMPRESSION



- Ultra support for groin, hip flexors, glutes and hamstrings
- Support and align the muscles
- Help prevent risk of injury
- Increases efficiency, endurance and strength

Our 3D Pro compression shorts provide targeted zones to support and align the muscles, rendering them more efficient and able to perform at a greater level. Increased compression and extra support in the groin area will help you perform safely while reducing the risk of injury. A favorite among the pros.

Content: 70% Polyamide, 30% Elastane

**CALIBRATED COMPRESSION** : 15mmHg-20mmHg



## 3DPRO KNICKERS 3DP604D COMPRESSION



- Ultra support for groin, hip flexors, glutes, hamstrings and knees
- Support and align the muscles
- Relief of minor knee instabilities and pain
- Help prevent risk of injury
- Increases efficiency, endurance and strength

Our 3D Pro compression knickers will support, align and stabilize the thighs and knees to boost efficiency, endurance, and strength for a more powerful performance. We have increased compression in targeted areas to provide high level support at the knee, groin area, hamstring and glute area. Our 3D Pro compression knickers will help you perform safely while reducing the risk of injury. Feel secure and at ease when out on the field.

Content: 70% Polyamide, 30% Elastane

**CALIBRATED COMPRESSION** : 15mmHg-20mmHg



## 3DPRO TIGHTS 3DP604E FULL-LENGTH



- Ultra support for groin, hip flexors, glutes, hamstrings and knees
- Support and align the muscles
- Help prevent risk of injury
- Increases efficiency, endurance and strength
- Relief of minor knee instabilities and pain
- Reduction of periostitis
- May help alleviate pain and discomfort caused by restless legs syndrom

Our 3D Pro Compression Tights are by far the most complete lower body compression garments on the market. Scientifically proven to help decrease lactic acid in the blood during training. Provide continuous support, stability, and alignment to each leg muscle. Achieve greater agility, control, and precision without restricting your movements.

Content: 70% Polyamide, 30% Elastane

**CALIBRATED COMPRESSION** : 20mmHg-25mmHg

## SLEEVELESS 3DP104A COMPRESSION SHIRT

- Proprioception panel enhances spatial perception, precision and fluidity of movements
- Stabilizes the core
- Improves stability and balance
- Improves body positioning and posture

Our 3DPro Sleeveless Compression Shirt has strategically targeted compression zones positioned on the abdomen and back areas, stimulating proprioceptors, stabilizing core muscles, and supporting all of the upper back muscles. By promoting better muscle alignment, balance and posture, your movements become more fluid, powerful and precise.

Content: 70% Polyamide, 30% Elastane **Calibrated Compression : 10-15 mmHg**



## LONG SLEEVE 3DP104D COMPRESSION SHIRT

- Proprioception panel enhances spatial perception, precision and fluidity of movements
- Helps body positioning and posture
- Stabilizes the core
- Improves stability and balance
- Prevents inflammation in the arms

Our 3D Pro long-sleeved Compression Shirt has gradual compression zones in the sleeves, which improve blood circulation and prevent inflammation in the arms. At the core level, several levels of compression provide better performance and stability. Overall, you will experience a higher precision and fluidity of movements, improved spatial orientation, and less fatigue for a faster recovery. The 3D Pro compression shirt with long sleeves optimizes body and shoulder positioning, provides greater support and diminishes post-exercise aches.

Content: 70% Polyamide, 30% Elastane **Calibrated Compression : 10-15 mmHg**

Proprioception panels



## COMPRESSION RACER SPORTS BRA CG780W

- Seamless and wire free for maximum comfort - Easy on/off
- Targeted support both above and below the breasts
- T-shaped back for flexible range of motion
- Wide shoulder straps prevent indentations

The new RACER Compression Sports Bra is made with our new fabric for maximum humidity extraction and comfort. Provides increased levels of compression both over and under the breasts to absorb impact without the added padding which could cause crushing, friction or chafing when doing repetitive movements. Seamless, wire-free and extremely comfortable! Stay focused and on top of your game.

Content: 70% Polyamide, 30% Elastane

**Calibrated Compression : 10 mmHg**



BKG

COLORS

BK  
Black

AP  
Atomic Purple

## DYNAMIC COMPRESSION SPORTS BRA CG785W

- Seam-free interior molded cups
- Concealed hook-and-loop closure
- Adjustable back closure
- Enhanced support and custom fit

The new DYNAMIC Compression Sports Bra is made with our new Jacquard print fabric for maximum humidity extraction and comfort; designed for the fuller breasted woman, it provides support and controls bounce. Comes with integrated padded cups for extra support, adjustable straps and band for a custom fit. This bra will enable you to enjoy your favorite sports without the discomfort or irritation of bounce.

Content: 50% Polyamide, 30% Polyester, 20% Elastane

**Calibrated Compression : 10 mmHg**



SI



COLORS

FU  
Fuchsia



**BAND OR101**  
**ABDOMINAL**



- Supporting abdominal lacerations
- Supporting and compressing cracked rib bones
- Relief of hernias pain
- Relief of back strain

The abdominal band provides ideal abdomen and back support with compression. There are no uncomfortable stays like most similar garments. It provides unmatched support and freedom of movement.

Content: 70% Polyester, 30% Elastane

**CALIBRATED COMPRESSION** : 10mmHg



**PANTY OR303**  
**HIGH-WAIST**



- Reducing muscle inflammation
- Supporting and compressing back and abdominal muscles
- Supporting minor abdominal hernias
- Relief of back strain

EC3D's anatomically specific panty features graduated compression for the back and abdomen, with full free dom of movement for the legs. Discrete to wear under clothes, it stays comfortably in place with soft shoulder straps.

Content: 70% Polyester, 30% Elastane

**CALIBRATED COMPRESSION** : 10mmHg



**SHORTS OR302**  
**HIGH-WAIST**



- Reducing muscle inflammation
- Supporting and compressing back, abdominal and thigh muscles
- Supporting minor abdominal hernias
- Relief of back strain and pain due to lumbar sprain
- Can help soothe sciatica
- Improving posture

Our seamless high-waist shorts cover the entire abdomen and provide targeted compression in sensible areas for greater support. There are high compression zones in the mid-back and abdominal areas. Different compression is used at the thighs to help improve healing. Compression shorts help support and compress muscles without hindering movement. Open crotch with flap opening. Can be worn discreetly under clothes.

Content: 70% Polyester, 30% Elastane

**CALIBRATED COMPRESSION** : 10mmHg

CH



**OR 400B:**  
Stabilizer, right shoulder (simple)

CH



**OR 401B:**  
Stabilizer, left shoulder (simple)

CH



**OR 402B**  
Stabilizer, double bilateral shoulder



## STABILIZER SHOULDER

OR400B | OR401B | OR402B



- Treating acromioclavicular subluxations
- Maintaining the rotator cuff (infrapinous & supraspinous)
- Reducing front and back arm rotations
- Reducing front and back shoulder instability

The shoulder stabilizer is perfect to partly immobilize an injured shoulder which can lead to a faster recovery. An innovative strap system allows a better support of the shoulder and reduces the stress and tensions on nerves, tendons and muscles. It allows moisture to evaporate and remains comfortably dry.

Designed with the participation of Dr. Thomas SAWA

Content: 70% Polyester, 30% Elastane

CALIBRATED COMPRESSION : 10mmHg-15mmHg



## POSTURE STABILIZER OR419B WITH SHORT SLEEVES

- Correcting bad posture
- Relief of various shoulder pain (tendinitis, shoulder bursitis)
- Relief of back pain related to bad posture
- Preventing forward rotation of shoulders

This posture stabilizer with short sleeves is perfect to retain good posture and to allow muscles to maintain their strength and shape. The garment is soft and does not restrict movement compared to the conventional figure eight orthosis.

Content: 70% Polyester, 30% Elastane

CALIBRATED COMPRESSION : 10mmHg



# NEW AND IMPROVED DESIGN



## SCAPULAR VEST OR407A SUPPORT



- Reducing oedema and inflammation in the thorax (sides & back) after a mastectomy
- Improving and supporting posture
- Improving midsection stability (round back, rolling shoulders and poor posture)
- Relief of back strain and pain due to lumbar sprain
- Enhancing proprioception to improve posture

Featuring a V-shaped high compression zone between the shoulder blades, keeping shoulders back and compressing shoulder blades. Short sleeves help maintain the rotator cuff. The front is cut just underneath the chest to provide comfort.

**NOTE:** This garment was not designed to treat scoliosis.

Content: 70% Polyester, 30% Elastane

CALIBRATED COMPRESSION : 10mmHg



# SPORTSMED

The Sports Med accessories collection helps reduce pain associated with injury and stabilizes the muscles and tendons during physical activity. Keeps muscles aligned and firmly supported. Wicks moisture. More comfortable than traditional neoprene accessories.

## COMPRESSION WRIST SUPPORT 3D985



Ideal for racket sports, ball sports and weight lifting. Our compression wrist support reduces **wrist pain** and **inflammation** associated with injury. Wear during and after physical activity to increase its effectiveness.



CONTENT: 70% POLYESTER, 30% ELASTANE  
CALIBRATED COMPRESSION: 10 MMHG  
SIZE: S - XL  
COLOR: BLACK MAGIC WITH CITRUS LOGO (MBK)

## COMPRESSION ELBOW SUPPORT 3D970



Compresses and **supports the muscles and tendons** surrounding the elbow. **Decreases elbow pain** and is perfect for **stabilizing muscles** during impact. Ideal for racket sports, ball sports, and weight lifting.



CONTENT: 70% POLYESTER, 30% ELASTANE  
CALIBRATED COMPRESSION: 10 MMHG  
SIZE: XS - XL  
COLOR: BLACK MAGIC WITH CITRUS LOGO (MBK)

## COMPRESSION KNEE SLEEVE 3D941



Our knee sleeve has varying compression zones to provide **stabilizing support to the patella** with a reduced compression zone directly on the patella for comfort. Greater flexibility of movement. Made with the same material as our compression garments, the EC3D knee sleeve retains less moisture than traditional neoprene knee sleeves.



CONTENT: 70% POLYESTER, 30% ELASTANE  
CALIBRATED COMPRESSION: 10 MMHG  
SIZE: XS - XL  
COLOR: BLACK MAGIC WITH CITRUS LOGO (MBK)

## COMPRESSION ANKLE SUPPORT 3D955



**Supports the tendons and ligaments** of the ankle as well as the arch of the foot. Ideal for **reducing inflammation and pain following a sprain, strain, or any injuries associated to the ankle**. Must be worn during and after physical activities.  
**\*\* Not strong enough to replace ankle brace**



CONTENT: 70% POLYESTER, 30% ELASTANE  
CALIBRATED COMPRESSION: 10 MMHG  
SIZE: XS - XL  
COLOR: BLACK MAGIC WITH CITRUS LOGO (MBK)

## KNEE 3D940 COMPRESSION SLEEVE

- **Supports and reduces tension to muscles and ligaments**
- **Provides relief of minor knee injuries**
- **Reduction of pain caused by patellofemoral syndrome**
- **Strategically placed zones to stabilize and align the patella**
- **Supporting muscles and ligament strains**

Content: 70% Polyester, 30% Elastane

Our 3DPro Compression Knee Sleeve is designed with a higher compression zone around the patella to help stabilize, and control your knee without compromising movement. The removable and adjustable Velcro® band can be positioned from the inside or outside of the knee to guide the patella into perfect alignment. Obtain greater flexibility, and less moisture retention than with the traditional Neoprene knee sleeve.



Calibrated Compression : 10 mmHg

ENHANCES BLOOD CIRCULATION - REDUCES MUSCLES OSCILLATION

# GREATER PERFORMANCE, ACTIVE RECUPERATION

REDUCES SORENESS AND INFLAMMATION - BETTER MUSCLE ALIGNMENT



## BHOT MERINO WOOL COLLECTION



BHot - A compression garment with Merino wool! Our polyester fibre wicks moisture and Merino wool blend keeps you warm and dry - the best of both worlds! Wear BHot garments under your winter gear and experience all the benefits of compression in a base layer that insulates you from the cold; Perfect for all your winter sports.



- ① **BH205D** BHOT LONG-SLEEVED COMPRESSION SHIRT ◆ ◆ ◆ ◆
- ② **BH304E** BHOT COMPRESSION TIGHTS ◆ ◆ ◆ ◆
- BH304D** BHOT COMPRESSION KNICKERS (Also available) ◆ ◆ ◆ ◆

**COLORS**



**BKRO**  
Black-Orange-Red



**BKPW**  
Black-White-Pink

**BHOT COMPRESSION SOCKS** ◆

**BH903C**

Calibrated Compression : 20-25 mmHg



**BHOT COMPRESSION ANKLE SOCKS** ◆  
**BH903B**

Compression : 25 mmHg



**BHOT COMPRESSION CREW SOCKS** ◆  
**BH903D**

Compression : 25 mmHg

CONTENT : 55 % NYLON, 25 % ELASTANE, 20% MERINO WOOL.



# SIZE CHART

To facilitate the fitting of clothing, please refer to the measurement charts below. You will find next to each product a diamond color, indicating which table to refer to, and a letter indicating which measurement to take.

Note that all the charts measures are in inches.

UPPER BODY						
SIZES	1	2	3	4	5	6
<b>A</b> Forearms	9-10.5	9.5-11	10-11.5	10.5-12	11-12.5	11.5-13
<b>B</b> Biceps	9.5-11	10-11.5	10-12.5	11.25-13.25	12.25-13.75	12.75-14.5
<b>C</b> Waist	27-30	30-33	33-36	36-39	39-42	42-44
<b>D</b> Chest	33-35	35-37	37-39	39-41	41-43	43-45
<b>E</b> Back*	11-13	14-16	17-19	20-22	23-25	26-27

\*E - MEASURE FROM ARMPIT TO ARMPIT

LOWER BODY										
SIZES	1	2	3	4	5	6	7	8	9	10
<b>C</b> Waist	25-27	27-30	30-33	33-36	36-39	39-42	42-44	44-48	48-51	51-54
<b>F</b> Hips	34-37	38-40	40-43	43-47	47-50	50-53	53-57	57-60	60-63	63-67
<b>G</b> Thighs	19.5-22.5	21.5-24	23.5-24.5	24.5-26	25.5-28	27.5-29	28.5-30	29.5-31	30.5-32	31.5-33
<b>H</b> Calf	12-13.5	13.5-15	15-16.5	16.5-18	18-20	20-22	22-24	24-26	26-28	28-30

STYLE OR404								
SIZES	1	2	3	4	5	6	7	8
<b>D</b> Chest	38-40	40-42	42-44	44-46	46-48	48-50	50-52	52-54
<b>C</b> Waist	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48

ARN SLEEVES				
SIZES	2	3	4	5
<b>A</b> Forearms	9.5-11	10-11.5	10.5-12	11-12.5
<b>B</b> Biceps	10-11.5	10-12.5	11.25-13.25	12.25-12.5

**All Orthopedic Compression Wear is unisex except for the abdominal chest compression vest which was designed for the male anatomy (OR404).**

Size chart follows the manufacturer’s suggested guidelines and can vary from one person to another depending on his/her shape. Always prioritize your comfort strictly following the suggested measurements.

**BRA \*MODEL CG780 ONLY**

SIZES	32	34	36	38	40	42
CUP A	32	34	36	38	40	42
CUP B	32	34	36	38	40	42
CUP C	32	32-34	34-36	36-38	38-40	40-42
CUP D	32	32-34	34	36	38	40
CUP DD	N/A	32	34	36	38	40

**BRA \*MODEL CG785 ONLY**

SIZES	WAIST & CUP SIZE
1	32C/34B
2	32D/34C
3	34D/36C
4	36D/38C

**SOCKS**

SIZES	2	3	4	5
H Calf	11.5-12.5	12.5-14.5	14.5-16.5	16.5-19
O Ankle	7-8.5	8.5-10	10-11.5	11.5-13
MEN US [shoe size]	6-7	7-9	9.5-11.5	12+
WOMEN US [shoe size]	6-8	8-10	10-12	13+

**KNEE \*MODEL 3D940 ONLY**

SIZES	1	2	3	4	5
J Mid-Knee	12.5-13.5	13.5-14.5	14.5-15.5	15.5-16.5	16.5-17.5

**SPORTSMED**

SIZES	XS	S	M	L	XL
L WRIST	5-6.25	5-6.25	6.25-7.5	7.5-8.5	8.5-10
M ELBOW	7-8.5	8.5-10	10-11.5	11.5-13	13-14.5
J KNEE	12.5-13.5	13.5-14.5	14.5-15.5	15.5-16.5	16.5-17.5
O ANKLE	5.5-7	7-8.5	8.5-10	10-11.5	11.5-13

**WASHING INSTRUCTIONS**

MACHINE WASH ON NORMAL CYCLE

DO NOT USE FABRIC SOFTENER

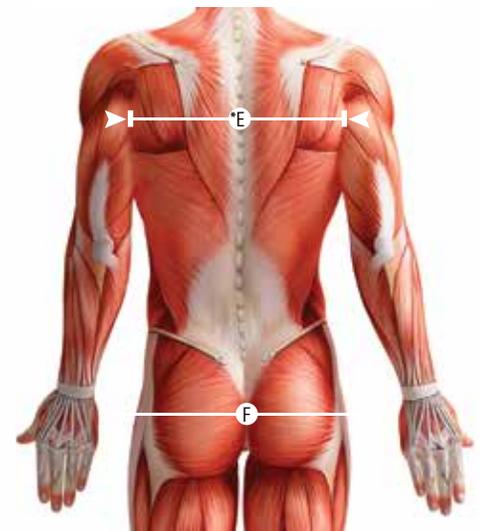
DO NOT TUMBLE DRY, HANG TO DRY

ONLY OXYGEN/  
NON-CHLORINE BLEACH ALLOWED

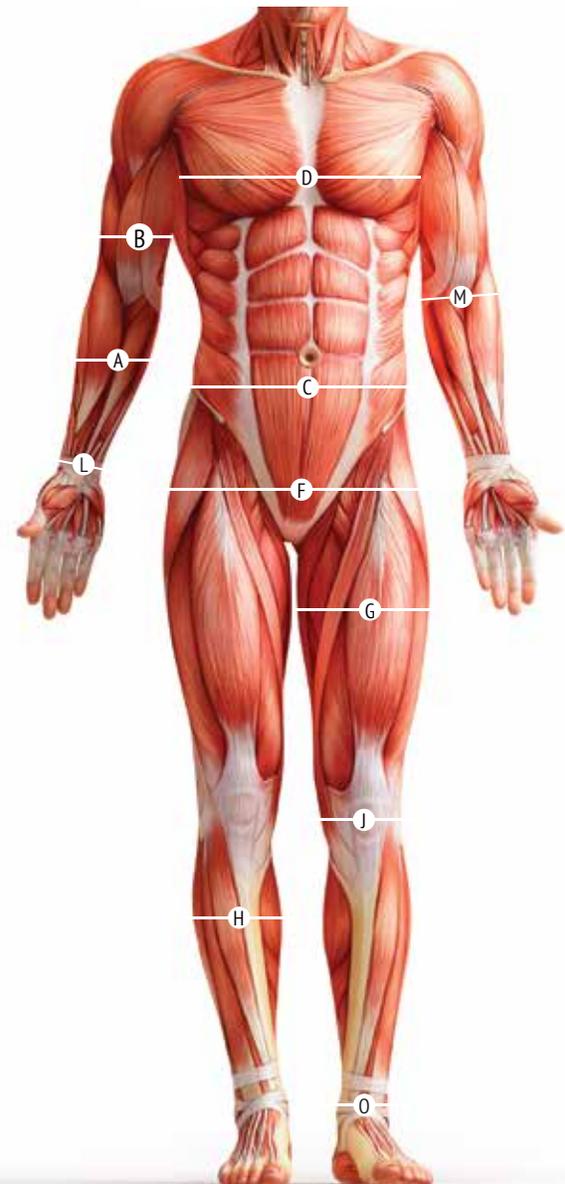
DO NOT IRON

**BACK VIEW**

\*E - MEASURE FROM ARMPIT TO ARMPIT



**FRONT VIEW**





# THE SEAMLESS ORTHOPAEDIC COMPRESSION WEAR IS A STITCH IN TIME

EC3D Seamless Orthopedic Compression Wear is a stitch in time to help active individuals make a seamless transition from injury to recovery. Our Engineered Compression 3-Dimensional (EC3D) garments are scientifically designed – one stitch at a time – to create anatomically-conforming graduated compression garments. EC3D's unique seamless construction fits like a second skin to optimize the biomechanics of the entire body, rather than merely isolating the injured muscle. And that's about time.



## EC3D: The Ultimate Fit for an Active Lifestyle

### GRADUATED COMPRESSION

OR –

Highest mmHg furthest from the heart and lowest on the torso promotes optimal venous return, greater arterial blood flow and faster healing.

### SEAMLESS COMPRESSION

THOPA

EC3D's unique seamless compression eliminates bulky panels and chafing seams in strategic muscular zones.

### WASHING INSTRUCTIONS

EDIC

All EC3D garments can be machine washed with other clothes. Make sure velcros (if any) are properly fastened to prevent damaging your other clothes. Do not machine dry – the garments' efficiency and durability could be compromised.

*Balthazard*  
D I S T R I B U T I O N I N C.

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