ZAMST REINFORCES AND PROTECTS ATHLETES BY PROVIDING PREMIUM TECHNICAL PRODUCTS DERIVED FROM INNOVATIVE MATERIALS, DESIGNS AND MANUFACTURING PROCESSES.

Created in 1992 by Nippon Sigmax Corporation, a leader in the Japanese orthopedics market, Zamst leverages its strong medical expertise to build products that maximize anatomical functionality and performance. We work closely with physicians, athletic trainers and professional athletes to focus on the needs of individual athletes and the unique physical demands of their sport.

Trusted for over 25 years by elite athletes, Zamst continuously evolves to become the most authentic sports medicine and wellness brand in the industry.
Zamst products are scaled within a Support Level Rating (SLR) that ranges from light (-) to extra strong (++) support. Light (-) to strong (+) support encompasses the majority of Zamst products, while hinged-exoskeleton protection products have extra strong (++) support. Compression or general recovery products are given no rating due to their alternative functionality.
The ZK-7 is a strong knee support for moderate to severe sprains of the ACL, MCL, and LCL. The Exo-Tech provides a unique support system to the ligaments through resin stays, an X strap and rear parallel straps.

**KNEE SPRAIN:** Happens when the ligaments that support the knee get overly stretched, or torn, due to external or internal factors.

**SIGNS & SYMPTOMS**

Three grades of knee sprains are:

**MILD** - Mild pain and disability. Slight point tenderness and swelling.

**MODERATE** - Hearing and/or feeling a pop or snap. Moderate pain, disability, swelling, point tenderness and discoloration.

**SEVERE** - Hearing and/or feeling a pop or snap followed by severe pain. Excessive swelling, joint laxity and discoloration, unable to bear weight.
ZK-1
The ZK-1 has a closed panel design with a padded kneecap for those needing a light, compressive knee support.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

Kneecap Stabilizer
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

I-FIT
Individualized Fit

V-TECH
Breathable Material

NEW
ZK-X
The ZK-X is an extra strong knee support for moderate to severe sprains of the ACL, MCL, and LCL. The lateral/medial hinged support system provides an additional level of support to the knee joint.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

EXO-TECH
Molded Exo-Skeleton

FLY WEIGHT
Lightweight Material

I-FIT
Individualized Fit

KNEECAP STABILIZER
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

ZK-3
The ZK-3 provides support for mild to moderate LCL and MCL sprains through the use of dual resin stays.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

EXO-TECH
Molded Exo-Skeleton

FLY WEIGHT
Lightweight Material

I-FIT
Individualized Fit

KNEECAP STABILIZER
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

ZK-X
The ZK-X is an extra strong knee support for moderate to severe sprains of the ACL, MCL, and LCL. The lateral/medial hinged support system provides an additional level of support to the knee joint.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

EXO-TECH
Molded Exo-Skeleton

FLY WEIGHT
Lightweight Material

I-FIT
Individualized Fit

KNEECAP STABILIZER
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

MK-3
The MK-3 is a moderate knee support that offers MCL and LCL support through resin stays and kneecap stabilization.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

EXO-TECH
Molded Exo-Skeleton

FLY WEIGHT
Lightweight Material

I-FIT
Individualized Fit

PATELLA STABILIZER
Aligns for Proper Tracking

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

ZK-3
The ZK-3 provides support for mild to moderate LCL and MCL sprains through the use of dual resin stays.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

EXO-TECH
Molded Exo-Skeleton

FLY WEIGHT
Lightweight Material

I-FIT
Individualized Fit

KNEECAP STABILIZER
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

ZK-1
The ZK-1 has a closed panel design with a padded kneecap for those needing a light, compressive knee support.

Size: S - M - L - XL - 2XL - 3XL - 4XL
Color:

KNEECAP STABILIZER
Stabilizes Kneecap

ROM-TECH
Full Range of Motion

V-TECH
Breathable Material

EXTRA LIGHT
MODERATE
NEW
IT Band Syndrome: An injury that is marked by pain on the side of the knee and results from inflammation of the IT Band due to overuse (as in long-distance running) as it compresses across the side condyle of the knee when it is flexed and extended repeatedly.

INJURY

- Runners report a sharp burning pain on the outside of their knee during their run.
- The pain occurs when the knee is bent at 30 degrees. This is due to the lower leg rotating inward at this angle, causing the IT Band to compress against the side of the knee.

SIGNs & SYMPTOMS

RK-1

The RK-1 is a functional and biomechanical brace that assists in correcting the issues caused by IT Band Syndrome. This unique patented product guides the knee joint into a neutral position relieving the stress placed on the IT-Band.

SIZE:
- S - M - L - XL

COLOR:
- Left/Right Specific

- A-FIT:
  Anatomically Correct

- FLY WEIGHT:
  Lightweight Material

- ROM-TECH:
  Full Range of Motion

- V-TECH:
  Breathable Material

- MODERATE
EK-3
The EK-3 is a moderate knee support that offers medial (MCL) and lateral (LCL) support through resin stays. The thin and lightweight material of the EK-Series allows for enhanced breathability.

SIZE:  S - M - L - XL
COLOR:  

EXO-TECH  Molded Exo-Skeleton
FLY WEIGHT  Lightweight Material
I-FIT  Individualized Fit

EK-1
The EK-1 is a light compression knee support. The thin and lightweight material of the EK-Series allows for enhanced breathability.

SIZE:  S - M - L - XL
COLOR:  

ROM-TECH  Full Range of Motion
FLY WEIGHT  Lightweight Material
V-TECH  Breathable Material
I-FIT  Individualized Fit

SK-3
The SK-3 is a light compression knee support. The open panel design allows for a customized fit of the knee.

SIZE:  S - M - L
COLOR:  

FLY WEIGHT  Lightweight Material
I-FIT  Individualized Fit

SK-1
The SK-1 has a closed panel design for those needing a light, compressive knee support.

SIZE:  S - M - L - XL
COLOR:  

ROM-TECH  Full Range of Motion
FLY WEIGHT  Lightweight Material
V-TECH  Breathable Material

JK-2
The JK-2 provides advanced patellar support for Patellar Tendinitis, Osgood Schlatters Disease and Chondromalacia. The patellar tendon padding system is the most unique and supportive of the series.

- FLY WEIGHT: Lightweight Material
- GRIP TECH: Prevents Slipping
- I-FIT: Individualized Fit
- KNEECAP STABILIZER: Stabilizes Kneecap

SIZE: S - M - L - XL - 2XL
COLOR: 

JK-1
The JK-1 is a moderate patellar support for Patellar Tendinitis, Chondromalacia and general knee support.

- FLY WEIGHT: Lightweight Material
- ROM-TECH: Full Range of Motion
- I-FIT: Individualized Fit
- V-TECH: Breathable Material

SIZE: S - M - L
COLOR: 

JK BAND
The JK-Band is a light patellar support for any individual dealing with Patellar Tendinitis.

- GRIP TECH: Prevents Slipping
- I-FIT: Individualized Fit

SIZE: S - M - L - XL
COLOR: 
EUROPE ONLY: 

AMY CRAGG
ELITE MARATHONER
USA TRACK & FIELD
ANKLE
The A2-DX is the strongest support for moderate to severe ankle sprains. The Exo-Tech provides a unique support system to prevent or lessen the severity of medial, lateral and high ankle sprains.

**INJURY**

*Ankle Sprain/Strain:* The stretching or partial tear of ligaments (connects two bones) or tendons (connects muscle to bone). An ankle sprain happens when the ligaments that support the ankle get overly stretched or torn, due to external or internal factors.

**SIGNS & SYMPTOMS**

There are three grades of ankle sprains based on how much damage is done to the ligaments:

- **MILD** - Mild pain and disability. Slight point tenderness and swelling.
- **MODERATE** - Tearing, pop or snap sensation. Moderate pain, disability, swelling and discoloration.
- **SEVERE** - Severe pain, swelling and discoloration, unable to bear weight and move ankle.
FILMISTA ANKLE

The Filmista Ankle is an integration of ultra-thin film and a strong stabilizing material. This advanced product provides a unique alternative to traditional taping techniques with an added lateral support design.

SIZE: S - M - L - XL *Left/Right Specific
COLOR: 

A-FIT
Anatomically Correct

C-FLEX
Flexible Film Compression

I-FIT
Individualized Fit

FUSION-TECH
Dual Layer Stabilizer

GRIP TECH
Prevents Slipping

I-FIT
Individualized Fit

MICRON TECH
Ultra Thin Medial/Lateral Support

SIGNs & SYMPTOMs

Individuals usually have had a past ankle injury or sprain and complain of an ache, discomfort and pain ranging in severity. Swelling levels can vary after prolonged standing, constant walking or exercise. A slight instability of the ankle may be present when walking on uneven surfaces.

INJURY

Ankle Instability: Ankle instability can be due to a variety of different ankle injuries. 90% of ankle sprains are categorized as an inversion ankle sprain. A history of injuries such as this can lead to instability of the ankle. Other varying injuries can be due to a muscle imbalance or strain.

Ankle Instability: Ankle instability can be due to a variety of different ankle injuries. 90% of ankle sprains are categorized as an inversion ankle sprain. A history of injuries such as this can lead to instability of the ankle. Other varying injuries can be due to a muscle imbalance or strain.
A1
The A1 is a moderate support for mild to moderate ankle sprains. This rear entry design allows for easy application. The advanced L and Y strapping system assists in preventing or lessening the severity of lateral ankle sprains.

SIZE: S - M - L - XL  *Left/Right Specific
COLOR: 

A-FIT
Anatomically Correct
EXO-TECH
Molded Exo-Skeleton
FLY WEIGHT
Lightweight Material
GRIP TECH
Prevents Slipping

A1-S
The A1-S is a low profile moderate support for mild to moderate ankle sprains. This rear entry design allows for easy application and the advanced L strap system assists in preventing or lessening the severity of lateral ankle sprains.

SIZE: S - M - L - XL  *Left/Right Specific
COLOR: 

A-FIT
Anatomically Correct
GRIP TECH
Prevents Slipping
EXO-TECH
Molded Exo-Skeleton
I-FIT
Individualized Fit
L-STRAP
Lateral Stability

FA-1
The FA-1 is a light ankle support that provides stability to the ankle. The dual compression design allows the individual to customize the compression levels of the ankle.

SIZE: S - M - L - XL
COLOR: 

FLY WEIGHT
Lightweight Material
GRIP TECH
Prevents Slipping

AT-1
The AT-1 is designed to support the achilles tendon and any individual dealing with Achilles Tendinitis. The strapping and stabilizing system relieves stress and tension that is placed on the achilles tendon.

SIZE: S - M
COLOR: 

A-STRAP
Reduces Achilles Extension
FLY WEIGHT
Lightweight Material
HEEL LOCK
Enhanced Heel Stability
I-FIT
Individualized Fit
The ZW-7 is the strongest support for the lower back and pelvis. The four stabilization panels provide support to any individual dealing with lower back pain or instability.

**SIZE:**  S - M - L - XL - 2XL  
**COLOR:**  

**EXO-TECH**  
Molded Exo-Skeleton

**GRIP TECH**  
Prevents Slipping

**I-FIT**  
Individualized Fit

**ROM-TECH**  
Full Range of Motion

**V-TECH**  
Breathable Material

**STABILITY PANELS**  
**WAIST SUPPORT**

ZW-7

ZW-5

ZW-4
ZW-5
The ZW-5 is a moderate support for the lower back. The two stabilization panels provide support to any individual dealing with lower back pain or instability.

**SIZE:** S - M - L - XL - 2XL
**COLOR:**
- EXO-TECH Molded Exo-Skeleton
- GRIP TECH Prevents Slipping
- I-FIT Individualized Fit

ZW-4
The ZW-4 is a light support for the lower back. The lightweight mesh material is the thinnest of the series and ideal for anyone needing enhanced breathability in a low back support.

**SIZE:** S - M - L - XL - 2XL
**COLOR:**
- EXO-TECH Molded Exo-Skeleton
- ROM-TECH Full Range of Motion
- V-TECH Breathable Material
- I-FIT Individualized Fit

ZW-3
The ZW-3 is a light support for the lower back. This product is equipped with a rear pocket to hold any hot or cold pack.

**SIZE:** S - M - L - XL - 2XL
**COLOR:**
- GRIP TECH Prevents Slipping
- I-FIT Individualized Fit

ZW-1
The ZW-1 is a pelvic stabilization brace that provides compression and stability to the hips. This is ideal for any individual dealing with Sacroiliac Joint pain.

**SIZE:** S - M - L - XL - 2XL
**COLOR:**
- EXO-TECH Molded Exo-Skeleton
- ROM-TECH Full Range of Motion
- GRIP TECH Prevents Slipping
- I-FIT Individualized Fit

**NOT AVAILABLE IN EUROPE**
**UPPER BODY**

**ELBOW BAND**
The Elbow Band is a moderate support designed to relieve the pain cause by medial and lateral tendinitis of the elbow tendons. It can be adjusted to either side of the elbow.

- **Size:** S - M - L
- **Color:**
- **Fly Weight:** Lightweight Material
- **P-TECH:** Reduces Tendon Pressure
- **I-FIT:** Individualized Fit
- **V-TECH:** Breathable Material

**ELBOW SLEEVE**
The Elbow Sleeve provides light support for elbow stabilization coupled with general compression to the elbow joint. It can be adjusted to an individualized fit.

- **Size:** S - M - L - XL
- **Color:**
- **Fly Weight:** Lightweight Material
- **ROM-TECH:** Full Range of Motion
- **I-FIT:** Individualized Fit
- **V-TECH:** Breathable Material

**SHOULDER WRAP**
The Shoulder Wrap provides light stabilization to the rotator cuff muscles. The unique design allows this product to be worn on either shoulder.

- **Size:** S - M - L - XL
- **Color:**
- **Fly Weight:** Lightweight Material
- **ROM-TECH:** Full Range of Motion
- **I-FIT:** Individualized Fit
- **V-TECH:** Breathable Material

**NEW FILMISTA WRIST**
The ultra thin Filmista Wrist is designed to support and stabilize the wrist joint.

- **Size:** S - M
- **Color:**
- **Fly Weight:** Lightweight Material
- **C-FLEX:** Flexible Film Compression
- **I-FIT:** Individualized Fit
- **FUSION-TECH:** Dual Layer Stabilizer
- **Grip Tech:** Prevents Slipping
- **Micron Tech:** Ultra Thin Medial/Lateral Support
**WRIST BAND**
The Wrist Band is a moderate support for the wrist joint. The dual straps allow for a customized compression to the carpal bones.

- **SIZE:** S - M
- **COLOR:**
- **GRIP TECH** Prevents Slipping
- **I-FIT** Individualized Fit

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**WRIST WRAP**
The Wrist Wrap is a light support for the wrist joint. The thumb loop allows for easy application and the wrap design allows for a customized compression.

- **SIZE:** S - M
- **COLOR:**
- **GRIP TECH** Prevents Slipping
- **I-FIT** Individualized Fit

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**THUMB GUARD PRO**
The Thumb Guard Pro provides strong support and protection for the thumb joint. The strong customized internal panel can be remolded up to 5 times in hot water.

- **SIZE:** S/M - L/XL
- **COLOR:**
- **EXO-TECH** Molded Exo-Skeleton
- **I-FIT** Individualized Fit

*NOT AVAILABLE IN EUROPE*

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**THUMB GUARD**
The Thumb Guard is a moderate support and protection for the thumb joint. The customized internal panel can be remolded 20-30 times in hot water.

- **SIZE:** S - M - L
- **COLOR:**
- **EXO-TECH** Molded Exo-Skeleton
- **I-FIT** Individualized Fit
**TS-1**
The TS-1 provides compressive muscular support to the thigh muscles. It is ideal for individuals dealing with hamstring or quadricep strains.

**CS-1**
The CS-1 provides compressive muscular support to the calf. It is ideal for individuals dealing with calf strains.

**TS-1**
- **I-FIT** Individualized Fit
- **ROM-TECH** Full Range of Motion

**CS-1**
- **I-FIT** Individualized Fit
- **ROM-TECH** Full Range of Motion

**SS-1**
The SS-1 is a lower leg support designed to reduce the pain caused by Medial Tibial Stress Syndrome, also known as shin splints. This unique design is specific to the left or right leg.

**SS-1**
- **A-FIT** Anatomically Correct
- **FLY WEIGHT** Lightweight Material
- **GRIP TECH** Prevents Slipping
- **I-FIT** Individualized Fit
- **P-TECH** Reduces Tendon Pressure
- **ROM-TECH** Full Range of Motion
- **V-TECH** Breathable Material

**SIZE:** S - M - L
**COLOR:**

**SIZE:** S - M - L
**COLOR:**

**SIZE:** S - M - L
**COLOR:**
The HA-1 Short has a unique arch support designed for those individuals dealing with Plantar Fasciitis.

(SOLD IN PAIRS)

The HA-1 Compression provides gradient compression to the lower leg and a unique support system to the arch. The arch support is designed for those individuals dealing with Plantar Fasciitis.

(SOLD IN PAIRS)

The HA-1 Run has a unique arch support designed for those individuals dealing with Plantar Fasciitis. The low cut design and thinner material is ideal for runners.

(SOLD IN PAIRS)

**HA-1 SHORT**

**HA-1 COMPRESSION**

**HA-1 RUN**
COMPRESSION

ARM SLEEVE
The Arm Sleeve delivers a uniform compression from the wrist to the upper arm. It provides 90+ UV protection.

SIZE: S - M - L - XL
COLOR: 

V-TECH Breathable Material

LC-1
The LC-1 delivers gradient compression from the ankle to the calf. It improves circulation, helps remove bi-products, and reduces muscle vibration and fatigue.

SIZE: S - M - L - L Long - XL Long
COLOR: 

G-FIT Gradient Compression

V-TECH Breathable Material

MELISSA ARNOT REID
6X EVEREST SUMMIT MOUNTAINEER
1ST U.S. FEMALE EVEREST SUMMIT WITHOUT OXYGEN

LC-1 OPEN TOE
The LC-1 Open Toe delivers gradient compression from the foot to the calf. It improves circulation, helps remove bi-products, and reduces muscle vibration and fatigue.

SIZE: S - M - L - L Long - XL Long
COLOR: 

G-FIT Gradient Compression

V-TECH Breathable Material

I-FIT Individualized Fit
**ICING**

**ICE BAG**
This reusable medical grade ice bag is designed for ice and water.

**IW-1**
This small icing system is an effective and efficient way to recover from knee, ankle or elbow injury. Includes one medium ice bag.

**ALTERNATE PLACEMENT:**

**SIZE:** ONE SIZE
**COLOR:**

**I-FIT**
Individualized Fit

**IW-2**
This large icing system is an effective and efficient way to recover from shoulder, lower back or hip injury. Includes two large ice bags.

**SIZE:** ONE SIZE
**COLOR:**

**I-FIT**
Individualized Fit

**SIZE:** S - M - L
**COLOR:**
**EUROPE ONLY**

**EK-5**
Stabilizes the knee laterally and guides the patella. Upper straps for thigh muscle compression. Full opening for an ideal compression fit and better proprioception.

**HA-1 MEDIUM**
The HA-1 Medium has a unique arch support designed for those individuals dealing with Plantar Fasciitis. (SOLD IN PAIRS)

**SIZE:** S - M - L - XL
**COLOR:**

**EXO-TECH**
Molded Exo-Skeleton

**FLY WEIGHT**
Lightweight Material

**I-FIT**
Individualized Fit

**ROM-TECH**
Full Range of Motion

**V-TECH**
Breathable Material

**PATELLA STABILIZER**
Aligns for Proper Tracking

**A-FIT**
Anatomically Correct

**ARCH SUPPORT**
Support for Plantar Fasciitis

**HEEL LOCK**
Enhanced Heel Stability

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**MATHIEU BASTAREAUD**
CHAMPION DE FRANCE 2014
CHAMPION D'EUROPE 2013/2014
MS-K TAPE ANKLE
New custom-made taping. The selected form is pre-cut for the ankle. MS-K Tape is easy and convenient to apply and provides effective support to applied area.
(SOLD IN PAIRS)

MS-K TAPE ARCH
New custom-made taping. The selected form is pre-cut for the foot. MS-K Tape is easy and convenient to apply and provides effective support to applied area.
(SOLD IN PAIRS)

MS-K TAPE CALF
New custom-made taping. The selected form is pre-cut for the calf. MS-K Tape is easy and convenient to apply and provides effective support to applied area.
(SOLD IN PAIRS)

MS-K TAPE KNEE
New custom-made taping. The selected form is pre-cut for the knee. MS-K Tape is easy and convenient to apply and provides effective support to applied area.
(SOLD IN PAIRS)

I-FIT
Individualized Fit
KNEE

**ZK-7 / ZK-3 / ZK-1 / ZK-X**

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**MK-3**

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**RK-1**

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**JK-2**

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**SK-3**

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<tr>
<td>XL</td>
<td>15.75 - 17</td>
<td>40 - 43</td>
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</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of the thigh 6.25 inches (16cm) above the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**JZ-1**

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<tr>
<td>XL</td>
<td>15 - 16</td>
<td>38 - 41</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of the calf 2 inches (5cm) below the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

**SELECTING A SIZE**

Measure the circumference of thigh 4 inches (10cm) above the center of the kneecap. If your measurement falls between two sizes, choose the larger one.

---

**ZAMST SIZING**

**ZM-7 / ZM-3 / ZM-1**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>17 - 18</td>
<td>43 - 46</td>
</tr>
<tr>
<td>M</td>
<td>18 - 19.25</td>
<td>46 - 49</td>
</tr>
<tr>
<td>L</td>
<td>19.25 - 20.5</td>
<td>49 - 52</td>
</tr>
<tr>
<td>XL</td>
<td>20.5 - 21.75</td>
<td>52 - 55</td>
</tr>
<tr>
<td>2XL</td>
<td>21.75 - 23.5</td>
<td>55 - 60</td>
</tr>
</tbody>
</table>

---

**ZE-5 / ZE-3 / ZE-1**

<table>
<thead>
<tr>
<th>SIZE</th>
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</tr>
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<tbody>
<tr>
<td>S</td>
<td>11.75 - 13.25</td>
<td>30 - 34</td>
</tr>
<tr>
<td>M</td>
<td>13.25 - 14.5</td>
<td>34 - 37</td>
</tr>
<tr>
<td>L</td>
<td>14.5 - 15.75</td>
<td>37 - 40</td>
</tr>
<tr>
<td>XL</td>
<td>15.75 - 17</td>
<td>40 - 43</td>
</tr>
</tbody>
</table>

---

**ZH-5 / ZH-3**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>17.25 - 18.5</td>
<td>44 - 48</td>
</tr>
<tr>
<td>M</td>
<td>18.5 - 19.75</td>
<td>48 - 52</td>
</tr>
<tr>
<td>L</td>
<td>19.75 - 21</td>
<td>52 - 56</td>
</tr>
</tbody>
</table>

---

**ZL-5 / ZL-3**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>15.75 - 17.25</td>
<td>40 - 44</td>
</tr>
<tr>
<td>M</td>
<td>17.25 - 18.75</td>
<td>44 - 48</td>
</tr>
<tr>
<td>L</td>
<td>18.75 - 20.25</td>
<td>48 - 52</td>
</tr>
<tr>
<td>XL</td>
<td>20.25 - 21.75</td>
<td>52 - 56</td>
</tr>
</tbody>
</table>
**ANKLE**

**A2-DX/A1/A1-S/FA-1**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Shoe Size (US)</th>
<th>Shoe Size (EU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>5 - 7.5</td>
<td>6 - 8.5</td>
</tr>
<tr>
<td>M</td>
<td>8 - 10.5</td>
<td>9 - 11.5</td>
</tr>
<tr>
<td>L</td>
<td>11 - 13.5</td>
<td>12 - 14.5</td>
</tr>
<tr>
<td>XL</td>
<td>14 - 16.5</td>
<td>15 - 17.5</td>
</tr>
</tbody>
</table>

**MENS / WOMENS**

**SELECTING A SIZE**

Choose a size based on your shoe size. If your measurement falls between two sizes, choose the larger one. Specify left or right.

---

**ZW-1**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>29.5</td>
<td>75</td>
</tr>
<tr>
<td>M</td>
<td>33.5</td>
<td>85</td>
</tr>
<tr>
<td>L</td>
<td>37.5</td>
<td>95</td>
</tr>
<tr>
<td>XL</td>
<td>41.25</td>
<td>105</td>
</tr>
<tr>
<td>2XL</td>
<td>43.25</td>
<td>110</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of your natural waist at the navel. If your measurement falls between two sizes, choose the larger one. Should be worn around natural waist.

---

**FILMISTA ANKLE**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>10.25</td>
<td>26</td>
</tr>
<tr>
<td>M</td>
<td>11.5</td>
<td>29</td>
</tr>
<tr>
<td>L</td>
<td>12.75</td>
<td>32</td>
</tr>
<tr>
<td>XL</td>
<td>13.75</td>
<td>35</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of your heel and choose your size from the following sizing chart. If your measurement falls between two sizes, choose the one you like best based on its width.

---

**UPPER BODY**

**SHOULDER WRAP**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>10.75</td>
<td>27</td>
</tr>
<tr>
<td>M</td>
<td>13.5</td>
<td>34</td>
</tr>
<tr>
<td>L</td>
<td>16.25</td>
<td>41</td>
</tr>
<tr>
<td>XL</td>
<td>19 - 21.75</td>
<td>48 - 55</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of the arm at the shoulder joint. If your measurement falls between two sizes, choose the larger one.

---

**WRIST BAND**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>5 - 6.5</td>
<td>13 - 17</td>
</tr>
<tr>
<td>M</td>
<td>6.5 - 9</td>
<td>17 - 23</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of the wrist at the narrowest part. If your measurement falls between two sizes, choose the one you like best based on its width.
SELECTING A SIZE
Measure the circumference of the wrist at the narrowest part. If your measurement falls between two sizes, choose the one you like best based on its width.

FILMISTA WRIST

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>5 - 6.5</td>
<td>13 - 17</td>
</tr>
<tr>
<td>M</td>
<td>6.5 - 8.5</td>
<td>17 - 22</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the distance from the first thumb joint to the base of the wrist. If your two measurements do not match the proposed combination, choose your size based on your wrist measurement.

ICING

ICING

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>M</td>
<td>9</td>
<td>23</td>
</tr>
<tr>
<td>L</td>
<td>10</td>
<td>26</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the circumference of the arm 4.5 (12cm) inches above the elbow. If your measurement falls between two sizes, choose the larger one.

ICING

ICE BAG

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>M</td>
<td>9</td>
<td>23</td>
</tr>
<tr>
<td>L</td>
<td>10</td>
<td>26</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the circumference of the ankle. Product size is indicated by a color code inside the sock (yellow for large, red for medium, green for small).

LEG

SS-1

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>8 - 10.25</td>
<td>20 - 26</td>
</tr>
<tr>
<td>M</td>
<td>10.25 - 12.5</td>
<td>26 - 32</td>
</tr>
<tr>
<td>L</td>
<td>12.5 - 15</td>
<td>32 - 38</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the circumference of the leg 5.5” (14cm) above the center of inner ankle. If your measurement falls between two sizes, choose the best fit based on its width. Specify left or right.

THUMB GUARD PRO

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/M</td>
<td>3.75 - 5 / 6.25 - 7.75</td>
<td>9.5 - 13 / 16 - 20</td>
</tr>
<tr>
<td>L/XL</td>
<td>5 - 5.5 / 7.75 - 9</td>
<td>13 - 14 / 20 - 23</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the distance from the first thumb joint to the base of the wrist and the circumference of the wrist. If your two measurements do not match the proposed combination, choose your size based on your wrist measurement.

THUMB GUARD

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>3.25 - 3.75 / 5 - 6.5</td>
<td>8 - 9.5 / 13 - 17</td>
</tr>
<tr>
<td>M</td>
<td>3.75 - 5 / 6.25 - 7.75</td>
<td>9.5 - 13 / 16 - 20</td>
</tr>
<tr>
<td>L</td>
<td>5 - 5.5 / 7.75 - 9</td>
<td>13 - 14 / 20 - 23</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the distance from the first thumb joint to the base of the wrist and the circumference of the wrist. If your two measurements do not match the proposed combination, choose your size based on your wrist measurement.

ARM SLEEVE

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>8.5 - 9.75</td>
<td>22 - 25</td>
</tr>
<tr>
<td>M</td>
<td>9.75 - 11</td>
<td>25 - 28</td>
</tr>
<tr>
<td>L</td>
<td>11 - 12.25</td>
<td>28 - 32</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the circumference of the arm 4.5 (12cm) inches above the elbow. If your measurement falls between two sizes, choose the larger one.

ANKLE / CALF

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>7.75 - 9.5</td>
<td>20 - 24</td>
</tr>
<tr>
<td>M</td>
<td>9.5 - 10.25</td>
<td>24 - 26</td>
</tr>
<tr>
<td>L</td>
<td>10.25 +</td>
<td>26 +</td>
</tr>
</tbody>
</table>

SELECTING A SIZE
Measure the circumference of the ankle. Product size is indicated by a color code inside the sock (yellow for large, red for medium, green for small).
**HA-1 COMPRESSION**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>6.5 - 7.75</td>
<td>17 - 20</td>
</tr>
<tr>
<td>M</td>
<td>7.75 - 9</td>
<td>20 - 23</td>
</tr>
<tr>
<td>L</td>
<td>9 +</td>
<td>23 +</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Measure the circumference of the ankle. If your measurement falls between two sizes, choose a size based on your shoe size.

**CS-1**

**SELECTING A SIZE**

Measure the distance from the bottom of the kneecap to the bottom of the calf.

**FOOT**

**HA-1 RUN/SHORT/MEDIUM**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>Shoe Size (US)</th>
<th>Shoe Size (EU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>5 - 7.5 / 6 - 8.5</td>
<td>37 - 40</td>
</tr>
<tr>
<td>M</td>
<td>8 - 10.5 / 9 - 11.5</td>
<td>40 - 43</td>
</tr>
<tr>
<td>L</td>
<td>11 - 13.5 / 12 - 14.5</td>
<td>43 - 45</td>
</tr>
<tr>
<td>XL</td>
<td>14 - 16.5 / 15 - 17.5</td>
<td>45 - 47</td>
</tr>
</tbody>
</table>

**SELECTING A SIZE**

Choose a size based on your shoe size. If your measurement falls between two sizes, choose the larger one.

**A-FIT**

Anatomically correct support for right or left body part.

**A-STRAP**

Taping function outer strap reduces extension of Achilles tendon.

**ARCH SUPPORT**

Knit construction ensures functional support for plantar fasciitis.

**C-FLEX**

Flex Film Compression provides variable support.

**EXO-TECH**

Molded exo-skeletal support structures provide enhanced, anatomically correct stability.

**FLYWEIGHT**

Advanced material fabrication with lightweight construction.

**FUSION-TECH**

Dual Layer Fusion Technology encases Micron stabilizers.

**G-FIT**

Gradient compression construction improves blood flow, increases oxygenation and enhances performance.

**GRIP-TECH**

Anti-migration prevents slipping during activities.

**HEEL LOCK**

Ensures proper fit and enhanced heel stabilization.

**I-FIT**

Open panel design with adjustable fasteners provides individualized fit, enhanced comfort and variable compression levels.

**KNEECAP STABILIZER**

Stabilizes the kneecap while body is in motion.

**L-STRAP**

Provides lateral stability and reduces inversion ankle sprains.

**MICRON-TECH**

External Micron urethane stabilizer provides ultra thin medial & lateral support.

**P-TECH**

Dissipates tendon pressure and counter compressive force reduces muscle tension.

**PATELLA STABILIZER**

Stabilizes and aligns patella for proper tracking.

**ROM-TECH**

Pre-curved design to provide full range of motion for maximized performance levels.

**V-TECH**

Ventilated flow through design keeps you cool while in motion.

**X-STRAP STABILIZER**

Provides 3-way anterior, lateral and medial support.

**Y-STRAP STABILIZER**

Provides 2-way inversion and lateral stability.
# INJURY CHARTS

## KNEE (KEY PRODUCTS)

<table>
<thead>
<tr>
<th>ZK-X</th>
<th>ZK-7</th>
<th>EK-3</th>
<th>EK-1</th>
<th>RK-1</th>
<th>JK-2</th>
<th>JK-1</th>
<th>JK BAND</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Image" /></td>
<td><img src="image2" alt="Image" /></td>
<td><img src="image3" alt="Image" /></td>
<td><img src="image4" alt="Image" /></td>
<td><img src="image5" alt="Image" /></td>
<td><img src="image6" alt="Image" /></td>
<td><img src="image7" alt="Image" /></td>
<td><img src="image8" alt="Image" /></td>
</tr>
</tbody>
</table>

- **OVERALL STABILITY**
- **PATELLA STABILITY**
- **LATERAL STABILITY**
- **ACL STABILITY**
- **PATELLAR TENDON**
- **IT BAND SYNDROME**

- **ZK-X**
- **ZK-7**
- **EK-3**
- **EK-1**
- **RK-1**
- **JK-2**
- **JK-1**
- **JK BAND**
**ANKLE/FOOT (KEY PRODUCTS)**

<table>
<thead>
<tr>
<th></th>
<th>OVERALL STABILITY</th>
<th>INVERSION SPRAIN</th>
<th>EVERSION SPRAIN</th>
<th>ACHILLES TENDON</th>
<th>ARCH OF THE FOOT</th>
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<tr>
<td><strong>A2-DX</strong></td>
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<tr>
<td><strong>FILMISTA ANKLE</strong></td>
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</tr>
<tr>
<td><strong>HA-1 SHORT</strong></td>
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<tr>
<td><strong>HA-1 RUN</strong></td>
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