

YOUR DIGITAL COMPANION

Fit well. Care simply.

A practical companion to your Kinora Patellar Knee Strap: placement reminders, care checks and space for your own notes.

1

Position

A clear place to begin.

2

Adjust

A fit that feels comfortable.

3

Check

A moment before you move.

Inside

1. Position, adjust and check
2. Care, storage and a simple inspection checklist
3. Your activity and comfort notes

FIND YOUR FIT

Position. Adjust. Check.

Start with the fitting instructions supplied with your strap. The shaped pad is designed to sit below the kneecap, rather than covering the kneecap.

1 Position the pad

Sit comfortably with your leg relaxed. Place the shaped silicone pad against bare skin below your kneecap, following the placement shown in your product instructions.

2 Adjust the fastening

Wrap and secure the strap. Use the adjustment loops to find a snug, comfortable fit. Do not pull it as tight as possible.

3 Check before moving

Bend and straighten your knee gently. Check that the pad remains in the intended position and that the fastening is comfortable. Readjust when needed.

Comfort comes first

Loosen or remove the strap if it feels restrictive, causes numbness, changes skin colour or makes you uncomfortable. Follow any guidance you have already received about your knee or prescribed support.

KEEP IT READY

Care for the details.

Check before each use

Look over the pad, woven fabric, fastening and metal loops. Do not use a damaged strap. Make sure the fastening is clean and can secure properly.

Follow the care instructions

Check the care label or instructions supplied with your Kinora before cleaning. Use the cleaning method stated there. Do not assume that a strap is suitable for a washing machine, dryer or strong cleaning products.

Store neatly

Secure the fastening so it does not snag nearby fabrics. Store the strap in a clean, dry place. If it becomes damp, let it dry fully in the manner allowed by its care instructions before storing.

Before your next activity

Check placement, fit and comfort again when you put it on. A comfortable setting on one day may need a small adjustment on another.

Quick check: pad intact / fabric intact / loops secure / fastening clean / comfortable fit.

MAKE IT YOUR OWN

Your everyday notes.

Use this page to remember what felt comfortable and what needed adjusting. There is no prescribed wearing or exercise schedule in this guide.

Date	Activity	Fit / adjustment	Comfort / notes

Need help with your Kinora order?
Email mugalcompanyltd@gmail.com and include your order number.