

THE DONJOY WRIST WRAP

INTENDED USE:

Donjoy Wrist Wraps have been used by many springboard and platform divers who need extra support on their wrists especially with the constant pounding and strain of hitting the water at speeds of up to 35 miles per hour. While no device can take the place of proper conditioning, training, skill progressions and coaching, the Donjoy Wrist Wraps are designed to help prevent dorsal hyperflexion. (The bending of your wrist backward past 90 degrees)

BEFORE USING YOUR DONJOY WRIST WRAPS:

Prior to use, completely read and understand the manufacturer's instruction sheet included with your wrist wraps. Neoprene is used to make the Donjoy Wrist Wraps, which enables it to stand up to use in the water better than Wristgrips made of leather or suede. Wrap the strands around the wrist and hand tightly. Some conformation will occur after several wearings. Periodic re-tightening of the straps will be necessary – especially for tower divers.

CLEANING YOUR DONJOY WRIST WRAPS:

To clean your Donjoy Wrist Wraps, hand-wash in cold water using mild soap. RINSE THOROUGHLY and air-dry on a flat surface (as you would a fine sweater). Do not dry in direct sunlight or on a source of direct heat like a heater.

REPLACE PADS PERIODICALLY:

Periodic replacement of the support pads is necessary. This foam pad will lose its supporting power after approximately one month of everyday use. You can turn the foam pad over to extend its life usage.

Please note that you can vary the amount of wrist support by using both foam pads, either foam pad or none of the foam pads that come with your wrist wraps.

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NOTE: We recommend that a diver use the Donjoy Wrist Wraps during a few springboard workouts before using them for platform diving -- just to get used to them and to break them in a little.

CAUTION: Any individual with known susceptibility to Dermatitis or allergies to neoprene by-products should NOT use this wrist wrap. If you experience any pain, swelling, sensation changes, or any unusual reactions using this product, consult your medical professional immediately.