



"Your Complete Source for Springboard and Platform Diving Equipment and Supplies"

TIGER PAW WRIST SUPPORTS

(Correct Use and Product Care Instructions)

Tiger Paw Wrist Supports are designed to help prevent hyper-extension of the wrist during platform diving; springboard diving or gymnastic type training and competition.

CORRECT USE OF TIGER PAW WRIST SUPPORTS:

Place thumb through the hole with the large "hook and loop" (Velcro) fastener pocket on back of hand. Wrap the straps around the wrist and hand tightly. Some conformation will occur after wearing the wrist supports several times.

CLEANING YOUR TIGER PAW WRIST SUPPORTS:

To clean your Tiger Paw Wrist Supports, simply hand-wash in cold water with Woolite (or similar product). Blot dry by placing on a flat surface (as you would a fine sweater). Do NOT dry in direct sunlight.

REPLACE PADS PERIODICALLY:

Periodic replacement of the support pads, located inside the Velcro pocket is necessary. This foam pad will lose its supporting power after repeated use. To replace the foam pad, simply open the top of the "hook and loop fastener" pocket, pull out the worn foam pad and insert a new one. Reseal the pocket and you are ready to dive again!

Extra plastic battens are included with your Tiger Paws for additional levels of support. NEVER use the plastic battens without the foam pads, however you may use only the foam pads or a combination of the foam pads and one or two plastic battens.

SIZING GUIDE:

<u>SIZE</u>	<u>WEIGHT</u>	<u>CIRCUMFERENCE OF WRIST</u>	<u>WIDTH OF PALM</u>
XS	Up to 70 lbs.	< 5.75 inches	< 3 inches
SM	70-115 lbs.	5.75 inches – 6.25 inches	3 – 3.5 inches
MD	115-150 lbs.	6.25 inches – 6.75 inches	3.5 – 4 inches
LG	150-210 lbs.	6.75 inches and up	4 inches and up

NOTE: We suggest selecting your size based upon weight. However, everyone's hands are different. If your weight puts you between sizes, please use the other measurements to determine your correct size. EXPECT A SNUG FIT.

Having a snug feeling provides optimal wrist support and helps prevent sprains and hyper extensions. However, if your Tiger Paw cuts off your circulation / blood flow, or severely impairs your thumb / finger movement, then it is too small! Snug Fit is Good; To Tight is NOT Right!