



Miracle Knee Support® Application Instructions



1. Sit at the edge of a chair or stand with your knee bent. (Finger is Pointing to top of kneecap.)
2. Align the bottom of the hole at the top of your kneecap.
3. Tighten the thigh strap to where it's quite snug but comfortable.
4. Partially straighten your leg, still keeping the knee bent.
Use both hands to stretch and pull the support out and down to where the inner donut surrounds your entire kneecap.
5. Tighten the calf strap.