WARRANTY & SUPPORT

Need help or not loving your sleeve?

Satisfaction Guarantee:
Return or exchange—no questions asked.

Customer Support:
Email: support@nordiclifting.com
Phone: +1 (702) 500-1498
Website: www.nordiclifting.com

Follow us on

UPC: 711274463094

Fabricante & Importador: Nordic Quality Limited
Dirección: UNIT 1101B, 11/F., LIPPO SUN PLAZA 28 CANTON ROAD, TSIM SHA TSUI KOWLOON 0000 HONG KONG HK Kowloon 0000
Correo electrónico: support@nordiclifting.corg
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Persona Responsable: Jan Andersson
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ELBOW COMPRESSION SLEEVE

Support that moves with you.



NORDIC LIFTING
NORDICLIFTING.COM

www.nordiclifting.com

PRODUCT FEATURES

- Targeted 3D compression for elbow support
- Lightweight and breathable fabric
- Flexible spring supports for stability
- Hypoallergenic & latex-free material

HOW TO WEAR

1. Slide the sleeve up your forearm and position over the elbow
2. Ensure the center sits directly over the elbow joint
3. Adjust for a snug fit—no bunching, no slipping
4. Wear directly on dry skin for best performance

WHEN TO USE

- For tendonitis, tennis elbow, or golfer's elbow
- During workouts, lifting, or sports
- To support recovery after strain or overuse
- For joint warmth and daily comfort

SIZING GUIDE

Measure the circumference:

- 5" above the elbow (bicep)
- 5" below the elbow (forearm)

	USA SIZING	EU SIZING
S	7.9" - 10"	20 - 25CM
M	10" - 11.6"	25 - 29.5CM
L	11.6" - 13.4"	29.5 - 34CM
XL	13.4" - 15"	34 - 38CM
XXL	15" - 16.5"	38 - 42CM

If between sizes, size down for compression or up for comfort.

CARE INSTRUCTIONS

- Hand wash in cold water with mild detergent
- Lay flat to air dry—no machine drying
- Do not bleach or iron

SAFETY TIPS

- Remove if discomfort, numbness, or rash occurs
- Do not wear over open wounds
- Not intended as a substitute for medical care
- Consult a physician for chronic pain or injury