

All the articles can be used separately, everything depends on how the athletes feel. The combination of 2 models: K901 + K912 or K913 + K912 are combination that increase compression and protection. But either model can be worn alone if that is more comfortable.

1. Begin with article K901/K912/K913.

2. Wear the article as per the picture. Kinesia writing top back part, code article back part of feet.



3. First time use some talc as it will be tight.

4. After that she wears the article for the first 4-5 minutes - she will not feel comfortable - strong compression.

After 4-5 minutes she will feel nothing from the point of view of not being comfortable.

5. Must be worn on both the feet.

6. Compression is on arch of feet which puts foot in communication in an automatic way without the consciousness of the person so both legs need the support to improve balance.

Made in Italy.

K901 - Basic general protection of feet with patent for arch footprint.

K912 - Has the reinforcement padding lateral on the bone of the ankle and protection on the heel - shorter sock.

K913 - Protection on the heel - longer sock.