

**BandIT XM** is the only scientifically designed device to aid in the relief of tennis elbow, carpal tunnel syndrome and other forms of forearm and wrist pain commonly associated with RSI's without cutting off circulation, without causing discomfort and without inhibiting play or work. **BandIT XM** also is effective in the workplace and is recommended for computer operators, dentists, athletes, writers, factory workers and others who engage in repetitive manual activities.



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BandIT XM Style #88 Made in U.S.A.

U.S. Patents 6077241, 5441058, 5642739, 5865782, 3750960  
Other U.S. Patents & Foreign Patents Pending

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## Instructions for Use



**Designed by World Renowned**  
**Orthopaedic Surgeon and**  
**Sports Medicine Specialist,**  
**Donald Fareed, M.D.**



**Left arm placement**



**Right arm placement**



**Tightening the strap**



**Place BandIT XM on the forearm two finger widths below the elbow crease.**

Place **BandIT XM**® on the forearm as shown above. Tighten the strap, pulling it from the underside of your arm towards you. Tighten the strap no more than is necessary to keep **BandIT XM** in place during the activity that aggravates your condition (i.e., make it tighter for tennis, looser for typing). When worn, the strap between the two plates should be equal in length on each side. The plate with the logo sits on top of the arm; the other, under the arm. To achieve this, pull the bottom plate (the plate without **BandIT XM**'s logo) along the strap. The strap is not glued to the bottom plate. For a more customized fit, the plastic plates are bendable and may be gently squeezed for a smaller arm or flattened for a larger arm. **PADS ARE LATEX FREE.**

**PRECAUTION:** Magnetic products should not be used if pregnant or if fitted with cardiac pacemakers and/or automatic internal defibrillators. Keep out of reach of magnetically stored data, i.e. computers, disks, credit cards, etc.

**Washing:** **DO NOT MACHINE WASH OR DRY.** Hand wash with water and mild soap. Compress pads and rinse thoroughly. With a towel, pat dry any excess water.

**Caution:** For persistent pain, immediately contact your health care professional. If excessive moisture due to physical exertion builds under the **BandIT XM**, either place a loose fabric sleeve under it or remove it after activity to allow skin and **BandIT XM** to dry. **DO NOT USE OVER OILS OR LOTIONS.**