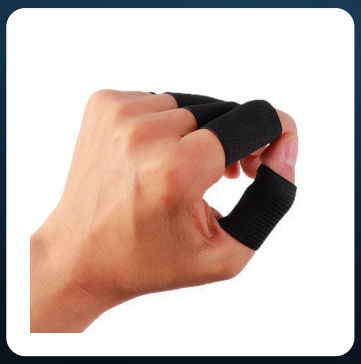
SPORTENZIA

QUICK GUIDE

ELASTIC FINGER PROTECTION SLEEVES, SET OF 10

Ten tubular sleeves in nylon, cotton and elastic fibres, slipped over a finger or a joint to limit rubbing in basketball, volleyball, gymnastics or fitness. Putting on, use and care on one page.

REF. MANCHBLCK10 · BASKETBALL, VOLLEYBALL, GYMNASTICS, FITNESS · NYLON, COTTON, ELASTIC FIBRES; 10 PIECES



Before you start

Each sleeve is a plain tube of stretch fabric, about 3 × 4 cm flat, with no fastening and no rigid part. It stretches to hug the finger and sits over the joint to protect. The set of ten covers several fingers, or keeps spares in the sports bag.

Putting a sleeve on

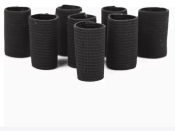
1. **Pick the finger** or the joint that rubs or works hardest: knuckle, base of the finger, area that meets the ball or the bar.
2. **Slip the sleeve on** over the fingertip, rolling it or opening it with two fingers of the other hand. Do not pull on one edge only: the elastic fibres deform.
3. **Position it** over the chosen area and smooth it out: it must lie flat, with no crease or rolled edge, or it rubs instead of protecting.
4. **Check the comfort** bend and straighten the finger several times. The sleeve follows the movement without squeezing; the fingertip keeps its normal colour.
5. **After the session** take it off gently, rolling it towards the fingertip, and let it dry before putting it away.

WHAT IT DOES, WHAT IT DOES NOT

The sleeve adds a layer of fabric between the skin and whatever rubs: ball, bar, apparatus, floor. It keeps the finger fully mobile. It is not a splint or a tape job: it does not support an injured joint and is no substitute for medical advice.

Specifications

Quantity	**10**	Materials	**Nylon, cotton, elastic**
Colour	**Black**	Flat	**About 3 × 4 cm**
Sports	**Basketball, volleyball, gym, fitness**		



Tubes of stretch knit, spread over the fingers as needed.

GOOD TO KNOW

- Tingling, a finger turning white or blue: the sleeve is too tight, take it off at once.
- Wear on clean, dry skin; not directly over an open wound.
- Hand wash in warm soapy water, dry flat. A sleeve that has stretched or gapes no longer holds: take a fresh one from the set.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about use and care.

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