



How To Wear KNEE PADS

The Right Way



1 Ensure to select a pad that offers a snug fit and doesn't pinch.

2 Slide your feet into the knee pad and pull the pad up to your knees.

3 Repeat the same with another leg.

4 The cushioned part should be in front of the knee, while the stretchy fabric should face the back of the knee.



5 Adjust the pad to ensure the cushioned portion covers the area below the kneecap.

6 To test the pad's coverage, get down on your knees. If the cushion does not fully cover the knees, readjust the pad.

