



# THE SECRET IS IN THE... SQUEEZE!

For the most effective relief, the Push<sup>®</sup> MetaGrip<sup>®</sup> must be correctly SIZED and FITTED.



## STEP 1:

Place the Push MetaGrip on the hand and make sure it is seated all the way down on the thumb.



## STEP 2:

Gently close the strap nearest the wrist, then do the same with other strap. *Do NOT pull the straps tightly.*



## STEP 3:

Touch the forefinger to the thumb to make a gentle "O" shape, but keep the thumb muscles relaxed.



## STEP 4:

With the thumb and forefinger in an "O" shape, **SQUEEZE** the metal insert to fit snugly around the muscles at the base of the thumb (the thenar eminence).

**CAUTION:** If while wearing the Push MetaGrip you experience increased pain, tingling or numbness, and/or redness of the skin (redness that does not go away 30 minutes after removing the brace), discontinue use immediately and consult your therapist/physician. BraceLab staff cannot provide medical advice.



BraceLab

For more detailed instructions, see the insert in the box or watch the Push MetaGrip video on our website, [www.BraceLab.com](http://www.BraceLab.com)

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