SUPPORT LEVELS EXPLAINED

The right brace depends on how much stability your joint needs.
This product is rated **firm support**.



LEVEL 4

Maximum support

Rigid shells, hinges or uprights that restrict movement to protect the joint.

BEST FOR

Post-operative care, fractures, severe sprains and significant ligament instability.

LEVEL 3

Firm support

Built-in stays, stabilisers or lacing with straps for structured stability.

BEST FOR

Moderate sprains, ligament support, recurring instability and returning to sport.

LEVEL 2

Moderate support

Firmer compression with adjustable straps to fine-tune the level of support.

BEST FOR

Mild sprains and strains, weak or stiff joints, and everyday activity after injury.

LEVEL 1

Mild support

Light compression and warmth for comfort during everyday wear.

BEST FOR

Minor aches, muscle fatigue and general joint support during light activity.

Support levels are a general guide. Seek advice from a health professional if you are unsure which level suits your injury.