

OS1st™

BASE LAYER SYSTEM

- Relief
- Treatment
- Recovery

6
COMPRESSION
ZONES

PERFORMANCE FOOT SLEEVE

TARGETED CONDITIONS

- Plantar Fasciitis
- Achilles Tendonitis

"I'm the Chapter Leader of a nation-wide running club for mums. Several of us are approaching, or over forty years old and are starting to deal with foot pain, particularly Plantar Fasciitis. I slipped on a pair of the foot sleeves and FELL IN LOVE with them. I can't wait to try them after, or even during, my five mile run tomorrow!"

EASY, MOISTURE WICKING SLIP-ON THERAPY

The most effective, easy-to-use treatment for Plantar Fasciitis. Easily slips on and off. Wear comfortably under socks for performance and extra support. Wear while sleeping to reduce morning heel pain. Finally, an effective and convenient way to treat your Plantar Fasciitis and foot pain symptoms.



PERFORM UNDER PRESSURE™

Where to measure



Size	Arch Circumference	Average Shoe Size
S	5-8 in/12-21 cm	UK: 1-3 EU: 33-36
M	7-10 in/18-26 cm	UK: 4-8 EU: 37-41
L	9-13 in/23-33 cm	UK: 9-13 EU: 42-46
XL	11-15 in/28-38 cm	UK: 14.5 - Plus EU: 47.5 - Plus



Zone #6
Light Compression
Wide, smooth & comfortable

Zone #5
Firm Compression
To support the Achilles
& boost venous system

Zone #4
Moderate Compression
With shaped-to-fit design

Zone #3
Firm Compression
Lift to the Plantar Fascia
& boosts venous system

Zone #2
Moderate Compression
To boost venous flow
& stabilize

Zone #1
Light Compression
With smooth, flat opening

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6
COMPRESSION ZONES

PERFORMANCE CALF SLEEVE

TARGETED CONDITIONS

- Shin Splints
- Cramps

"The CS6 products has the perfect compression on my calf to give me a sense of extra comfort and stability. I do not overheat when wearing them, and the material used to create the sleeves help keep moisture to a minimum. The sleeves also provide relief and comfort sore muscles when worn for a certain amount of time. I will continue to use them in my training and everyday wear when needed."

EASY, MOISTURE WICKING SLIP-ON THERAPY

The OS1st Performance Calf Sleeve has advanced Compression Zone Technology. Wear before, during, or after any activity to boost circulation, protect from injury, & provide increased muscular support. Easy-on fit designed to be worn under socks or paired with the OS1st Performance Foot Sleeve. Thin profile fits under any apparel.



PERFORM UNDER PRESSURE™

Zone #6
Light Compression
Wide, smooth & comfortable

Zone #5
Moderate Compression
Graduated compression with
"Calf Stabilizer Zone"

Zone #4
Moderate Compression
Graduated compression
for muscle support &
continued circulation boost

Zone #3
Firm Compression
Firm graduated compression
for ligament support &
boosts circulation

Zone #2
Firm Compression
Firm compression for
circulation boost &
faster recovery with
"Achilles Stabilizer Zone"

Zone #1
Light Compression
With smooth, flat opening

Where to measure	Size	Arch Circumference	Calf Circumference	Average Shoe Size
	S	5-8 in/12-21 cm	9.5-14.5 in/25-37 cm	US: UK: 2-6 EU: 34-37
	M	7-10 in/18-26 cm	12-17 in/30-43 cm	UK: 7-11 EU: 38-42
	L	9-13 in/23-33 cm	14-19 in/35-48 cm	UK: 12-Plus EU: 43-Plus

OS1st™

BASE LAYER SYSTEM

- Relief
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6+5
COMPRESSION ZONES

PERFORMANCE FOOT+CALF SLEEVE

TARGETED CONDITIONS

- Plantar Fasciitis
- Achilles Tendonitis
- Shin Splints
- Leg Cramps

EASY, MOISTURE WICKING SLIP-ON THERAPY

Innovative design combining the benefits of the FS6 & CS6 Performance Sleeves. The FS6+ relieves Plantar Fasciitis, Achilles tendonitis, improves circulation, relieves shin splints & aids muscle recovery. Thin profile fits under any apparel.

"The FS6+ is unlike other compression socks in the sense the toes are not constricted. Once you wear the FS6+ you forget you have it on. I recommend this product for anyone looking for a high quality compression sleeve."



PERFORM UNDER PRESSURE™

Zone #11
Light Compression
With smooth, flat closure

Zone #9 & #10
Light Compression
Graduated compression with
"Calf Stabilizer Zone" for
injury protection

Zone #8
Moderate Compression
Graduated compression for
muscle support & continued
circulation support

Zone #7
Firm Compression
Graduated compression for
ligament support &
improved circulation

Zone #5 & #6
Firm Compression
To support the Achilles, &
lift the Plantar Fascia

Zone #4
Moderate Compression
With shaped-to-fit comfort

Zone #3
Firm Compression
To support venous flow &
lift the Plantar Fascia

Zone #2
Moderate Compression
To boost venous flow &
support foot structure

Zone #1
Light Compression
With smooth, flat closure

Where to measure	Size	Arch Circumference	Ankle Circumference	Calf Circumference	Average Shoe Size
	S	5-8 in/12-21 cm	6.5-8.5 in/17-22 cm	9.5-14.5 in/25-37 cm	US: M3-5.5/W 4-6.5 UK: 1-3 EU: 33-36
	M	7-10 in/18-26 cm	8.5-10.5 in/21-27 cm	12-17 in/30-43 cm	US: M 6-9.5/W 7-10.5 UK: 4-8 EU: 37-41
	L	9-13 in/23-33 cm	9.5-12.5 in/25-31 cm	14-19 in/35-48 cm	US: M 10-13/W 11-Plus UK: 9-13 EU: 42-46
	XL	11-15 in/28-38 cm	12-14 in/30-35 cm	14.5-20 in/37-50 cm	US: M 13.5-Plus UK: 14 - Plus EU: 47-Plus

FS6+
Performance Foot + Calf Sleeve
Product of
OrthoSleeve

www.OS1st.com



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PERFORMANCE ELBOW SLEEVE

TARGETED CONDITIONS

- Tennis Elbow
- Golfer's Elbow

I am a tennis player that back in October of 2013 I started suffering from tennis elbow...after trying numerous splints, I finally tried the new ES3 elbow sleeve. This product is fabulous! It is non-restricting and doesn't come undone while I am playing like some previous splints did. It also keeps my elbow warm in cooler weather to help prevent extra pain. I will continue to use this product even though my tennis elbow is just about healed to prevent further injury.

EASY, MOISTURE WICKING SLIP-ON THERAPY

The easy-to-use way to treat Lateral and Medial Epicondylitis. Wear comfortably under apparel when active for extra support. Finally, an effective and convenient way to relieve your Tennis & Golf Elbow symptoms. Easily slips on and off. Thin profile fits under any apparel.



PERFORM UNDER PRESSURE™

Where to measure	Size	Below Elbow Circumference
	S	8-10.5 in/20-27 cm
	M	9.5-12 in/24-31 cm
	L	10.5-14.5 in/27-37 cm
	XL	12.5-16.5 in/32-42 cm



3
COMPRESSION ZONES

Zone #3
Light Compression
For added comfort and increased flexibility

Zone #2
Firm Compression
Stabilize & support damaged tendons

Zone #1
Light Compression
With smooth, flat opening

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PERFORMANCE PATELLA SLEEVE

TARGETED CONDITIONS

- Patella Tendonitis
- Patellar Tracking

"With screws from an ACL-repair, my 40-yr old knee has a personality of its own. The PS3 patella sleeve allows me to train and race without worrying about my knee slowing me down. With several size options, finding the proper fit is easy and after the first mile of running, it self-adjusts into a comfortable position and I usually forget it's there. Nice to find a product that offers a solution for athletes without causing other problems."

3
COMPRESSION ZONES

EASY, MOISTURE WICKING SLIP-ON THERAPY

The easy-to-use way to treat Patella Tendonitis and ease knee pain. Hypoallergenic gel support system keeps sleeve in place while active. Easily slips on & off. Thin profile fits under any apparel. More comfortable & effective than traditional straps or bands. Designed for your shape and size.



PERFORM UNDER PRESSURE™

Where to measure	Size	Below Patella Circumference
	S	9-13 in/23-33 cm
	M	11-15 in/28-40 cm
	L	13-17 in/33-45 cm
	XL	15-20 in/40-52 cm

Zone #3
Light Compression
For added comfort and increased flexibility

Zone #2
Firm Compression
Stabilize & support damaged tendons

Zone #1
Light Compression
With smooth, flat opening



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PERFORMANCE KNEE SLEEVE

TARGETED CONDITIONS

- Patella Tendonitis
- Patellar Tracking

"As an avid jogger with chronic knee pain, I was sceptical that a thin, light brace would ease my pain. After trying the KS6 Compression Knee Sleeve, I have become a believer. I wear the sleeve while jogging and also under my dress trousers to work every day, and the relief has been life changing."

EASY, MOISTURE WICKING SLIP-ON THERAPY

The easy-to-use way to treat Patella Tendonitis, ease knee pain, reduce swelling, and aid recovery. Hypoallergenic gel support system keeps sleeve in place while active. Easily slips on and off. Thin profile fits under any apparel.



PERFORM UNDER PRESSURE™

Where to measure	Size	Above Patella Circumference	Below Patella Circumference
	S	12-16 in/30-40 cm	9-13 in/23-33 cm
	M	14-18 in/35-45 cm	11-15 in/28-40 cm
	L	16-20 in/40-50 cm	13-17 in/33-45 cm
	XL	18.5-22.5 in/47-57 cm	15-20 in/40-52 cm

6

COMPRESSION ZONES

- Zone #6
Light Compression
Wide, smooth & comfortable
- Zone #5
Moderate Compression
For muscle stability & continued circulation support
- Zone #4
Firm Compression
Knee Stabilizer zone for relief & injury protection
- Zone #3
Light Compression
For added comfort & increased flexibility
- Zone #2
Firm Compression
To support and lift the patella
- Zone #1
Light Compression
With smooth, flat opening