



## Braces and Supports

# TOP KNEE SUPPORT WITH SILICONE PATELLA PAD & FLEXIBLE SIDE STRAPS

### DESCRIPTION

#### BE KIND TO YOUR KNEES!

Christou 1910 knee support protects the knee from injuries and sprains, offering stability without hindering our movement. This is ensured by the flexible side straps and the adjustable scratch straps which can tighten up as much as we desire. Therefore, our knee is supported and not strangled. The special silicone patella pad provides extra support to our knee cap, while bracing it improves the blood flow in this specific area, warms up the muscles, protects the tendons, decreases the pain and swelling and speeds up the recovery process. Light and comfortable, does not weigh down the leg and does not slip because of sweat, so that it can support any sport or every day activity! It fits perfectly in both right and left knee and it can be hand washed in cold water.

#### WHO NEEDS IT

Are you into basketball, triathlon, running, cycling, football, fencing, volleyball, crossfit, climbing, or any other sports that stress the knees? Do you lift weights or carry heavy things around? Have you noticed any sensitivity on your knees and lack confidence regarding your sports performance or your hectic daily routine? Do you recover from any injury? Trust the power of body! Move freely with safety wearing Christou's 1910 knee support. Nothing is more beneficial than this!

#### DID YOU KNOW?

In every step we make, our knees can receive and absorb shocks with a force 3 times our body. Women, due to their physical anatomy have 8 out of 10 more chances to develop knee injuries. Their pelvis is wider, their thighs shorter with an inward bent, so their knees tend to converge, decreasing their ability to absorb shocks, making them more vulnerable to injuries and sprains. This is the reason why, whether we are quite sporty or not we should be gentle with our knees and take good care of them.