

# KneeSEAT Instructions



## Best ergonomic knee protector and back relief for kneeling or sitting positions

The **KNEESEAT** comes as a set of two. This unique design combines a knee pad and a seat in one. It can be worn on one leg or both. Use the **KNEESEAT** any time you are required to kneel and/or site for extended periods of time. The **KNEESEAT** creates an ideal angle of the hip, giving support and comfort to the back, shoulders and neck.

Whether you are laying pavers, setting tile, laying carpet, gardening, hunting or any other task, the **KNEESEAT** will protect your knees, support your ankles, and provide much needed relief to your back.



1. Step through the frame and then attach the upper strap and adjust the length according to the size of your leg.



2. Attach the lower strap, this will keep the **KNEESEAT** from sliding down when walking and help support the ankle when kneeling.



3. When kneeling and sitting, do NOT have your toe pulled in as shown.



4. Extend your toe, the lower strap will support your ankle during use.