

## Meyer Cuff Fitting Instructions

These instructions are provided by Bill Meyer, cuff designer.

To shape the cuff to wear—take it over something firm and rounded [like the back of a metal chair] and start bending the metal insert into a smooth curve. Once the curve is started, then squeeze the ends towards each other to adjust it to fit the curve of your arm. The idea is have the metal keep the strap pressure off the large artery on the inside of the arm—so don't over-bend it. The curved metal then also prevents the strap from forming a vee thus more evenly distributing the loads.

The buckle goes on the outside.

Now take the cuff in both hands with the buckle on the right [for a right handed person wearing the cuff on the left arm] and the ring towards you —and bend the insert by twisting the ends of the metal – rotating your hands towards the thumbs on the bottom. In other words the goal is to have a tighter radius on the bottom of the cuff [toward the elbow] than on the top [towards the shoulder] this will give a better fit and help keep it up.

Finally, put it on, and see how much hook Velcro you need to **completely** cover the loop part. The excess can be trimmed—then resinge the end.

You should wear it tight enough to prevent slipping, but still able to get one finger inside it.