Wearing Your Reebok Watch with a Prosthetic or Limb Difference

Inas B. - 2026-10-31 - Accessibility

Everyone's body and daily routine are different. If you have a limb difference or use a prosthetic, you may have questions about whether you can comfortably wear and use a Reebok watch.

Our wearables are designed for general fitness and everyday convenience. Depending on your individual circumstances and the watch model, there may be a few things to consider when choosing where and how to wear your device.

Finding a Comfortable Fit

A comfortable and secure fit is important when wearing your watch.

Consider the following:

- Choose a wrist or placement where the watch can sit comfortably and securely.
- Make sure the band does not create pressure, rubbing, or discomfort.
- Check that the watch does not interfere with your prosthetic or other assistive equipment.
- Avoid wearing the watch over irritated, injured, or sensitive skin.
- Take regular breaks if you experience discomfort.

If you use a prosthetic device, make sure your watch does not interfere with its fit, function, or safe use.

Understanding Sensor Limitations

Many smartwatch measurements rely on sensors that need appropriate contact with the skin.

For example:

- **Heart rate measurements:** Optical heart rate sensors generally require suitable skin contact and positioning.
- **Activity tracking:** Movement-based measurements may vary depending on how you move and where the watch is worn.
- **Other measurements:** Availability and accuracy depend on the watch model and the conditions under which the measurements are taken.

Wearing your watch on a prosthetic device or in a position that does not provide the required sensor contact may prevent certain measurements from working correctly.

Choosing a Compatible Band

If your current band is uncomfortable or difficult to adjust, you may wish to explore another compatible band

option.

Before using a replacement band:

- Confirm that it is compatible with your Reebok watch model.
- Make sure it provides a secure and comfortable fit.
- Check that it does not interfere with sensor contact.
- Avoid modifying the watch or band in ways that could affect safe operation.

A Note on Alternative Placement

Some users may prefer to wear their watch on a different wrist or position depending on their individual needs.

However, alternative placement may affect sensor readings and activity tracking. Always follow the wearing instructions for your specific model, and do not assume that measurements will remain accurate when the device is worn differently.

If you are unsure whether a particular placement is suitable, consider seeking guidance from a qualified healthcare or rehabilitation professional.

Need Assistance? We're Here to Help!

If you have questions about fit, compatible bands, or sensor performance, our support team can help you explore the options available for your model.

Reach out to us through any of the following channels:

- **Email:** support.reebok@vitalist.ca
- **Support Page:** https://support.connect.reebok.com/en-US/new-ticket

Let us know which model you use and what you would like help with.

We want you to have the most comfortable experience possible with your Reebok wearable!