

# Lace Up Ankle Brace

Before applying the ankle support appliance please read the following instructions completely and carefully. Correct application is vital to the proper functioning of the brace. This product is for single patient use only.

## INDICATIONS:

Acute ankle sprains, Chronic ankle sprains, Preventative Use

## WARNING NOTICE:

While every effort has been made to provide optimum materials, function and compatibility along with strength and durability, there is NO guarantee that injury will be prevented through the use of this product.

## USE AND CARE:

Hand wash with mild soap in lukewarm water. Rinse thoroughly. Air dry. Never wear the brace over an open wound.

### Ankle Brace should be worn with an athletic sock.



Before application loosen all straps and laces. Insert foot inside the boot portion of the brace, making sure to have the tongue of the brace resides on the top of your foot between your skin and the lacing. Secure lacing while seated and maintaining your ankle at a 90 degree angle. Feed lacing through all eyelets and tighten.



Bring the inside (medial) stabilizing strap forward across the top of the foot and under the heel. Secure the stabilizing strap to the opposite side of the ankle using the loops provided if necessary. Repeat this process for the outside (lateral) strap.



Once both straps are secured ensure optimum performance and support by tensioning both strap at the same time while seated. Use the finger loops and pull up and away firmly on both straps, reapply straps to side of brace.



Secure the ankle brace with the elastic cuff closure over the tied laces and secured medial and lateral straps. Apply athletic shoes and wear as you would a pair of socks. Periodic adjustment to the tension of the brace may be necessary depending on your level of activity.

Sizing...	
Measure circumference from the base of the heel around the malleoli, over an athletic sock.	
Size	Circumference
x-small	10" - 11"
small	11" - 12"
medium	12" - 13"
large	13" - 14"
x-large	14" - 15"
xx-large	15" +



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