

## Lace-Up Ankle Brace

## APPLICATION INSTRUCTIONS:

- 1. Unfasten the Velcro straps and untie the laces.
- 2. Loosen the laces enough to enable the foot to slide easily into the brace.
- 3. Ensure the heel is correctly and comfortably positioned in the heel opening
- 4. Tighten the laces to be snug and comfortable. Tie the laces.
- 5. Apply the figure-8 straps. Lay one strap over the top of the foot and taking care to avoid wrinkling, bring the strap under the foot. Repeat the same steps with the second strap.
- 6. Holding each strap as you see in the picture above, pull the straps until snug.
- 7. Apply each strap to the Velcro tabs on each side of the ankle brace.
- 8. Optional: The additional strap at the back behind the leg may be used to cover the bow tying the laces. If desired, simply bring the strap around each side of the leg and fasten the Velcro in front, covering the bow.

Washing Instructions:

Hand wash in cold water using mild soap. Do not bleach. Line - dry only. Avoid direct heat or sun.

**NOTE:** Do not over tighten, adjust as necessary. **CAUTION:** If swelling increases and pain, numbness, skin irritaion occurs, discontinue use. Contact medical provider immediately. This product is only a support device, not to prevent injuries or prevent reoccurance of injuries.

