Ankle Stirrup

Application, removal, and care guidance for your brace



APPLICATION

- Wear a tall sock with shoes that have adjustable laces for proper support.
- Open the hook-and-loop closure and adjust the heel piece by moving the stirrup uprights in or out for a snug fit around the ankle.
- Place your heel on the stirrup and align the uprights on each side of the ankle.
- Wrap the straps around the stirrup to secure it, attaching them to the hook-and-loop on the stirrup's uprights.
- The fit should be snug but should never affect circulation. If you feel tightness, pinching, or tingling, adjust the stirrup.
- A shoe can be worn over the ankle stirrup; you may need to loosen your laces for a comfortable fit.

REMOVAL

- Open both hook-and-loop closures and ensure the uprights are loose.
- Gently pull the stirrup out from under the foot.

CARE

- Wipe the exterior shell clean with a damp cloth (a mild soap or disinfectant may be used as needed).
- Remove the liner as needed for deep cleaning.
- Ensure the product is completely dry before re-application.
- The air bladder is inflatable and can be adjusted as needed.

Note: *If you experience persistent pain, swelling, numbness, or discoloration while wearing this device, remove it and contact your healthcare provider.*