Lace-Up Ankle Brace

Application, removal, and care guidance for your brace



APPLICATION

- Plastic stabilizers are located in a vertical pocket on each side of the ankle. Release the loop tab at the top of the pocket and remove if desired.
- Thread lace through the first four eyelets at the bottom of the brace. Slide the brace on your foot and position your heel into the hole at the bottom of the brace. Thread the remaining lace through the eyelets, tighten, and tie.
- Grasp the medial figure-8 stabilizing strap and wrap it forward across the top of the foot. Continue wrapping under the heel and attach the hook end of the strap to the side of the boot portion of the brace. Repeat for the lateral (outside) strap.
- Tighten the figure-8 stabilizing straps from a seated position with your foot flat on the floor. Use the finger loops to first free the straps from the loop on the side of the boot. Pull up firmly on both straps, then press them back against the boot securely.
- Wrap the 3-inch elastic circumferential strap over the tied laces and secure.

REMOVAL

- Undo hook-and-loop straps and stick them back to their respective sides.
- Unlace the first few laces.
- Loosen and pull your foot and ankle out of the brace.

CARE

- Hand wash the brace in cold water with mild soap after the plastic stays are removed. Product should be air-dried; do not use high temperatures to wash or dry.

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