



Application Instructions

1. Hold the brace on each side and pull over your foot like a sock. Pull the medial (inside) strap comfortably snug, then pull the lateral (outside) strap comfortably snug.
2. Put the laces through the eyelets, and tie at the top.
3. Re-adjust medial strap by pulling tight and securing the strap. Repeat procedure for the lateral strap.
4. Wrap the top elastic strap horizontally around your ankle and secure. Retighten laces and straps during use as needed.



For quick & easy brace removal:

1. Loosen laces, disengage top & side straps.
2. Pull the quick release strap as shown. Slide brace off your foot.

Machine wash – soap and warm water and air dry only, no bleach.
Replace brace every year to ensure proper support.



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