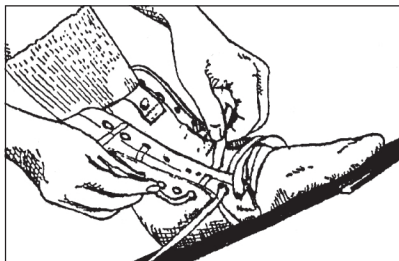


# F8® ANKLE APPLICATION

## Step 1.

Apply the brace with the foot at a right angle to either the right or left ankle, over one or two athletic socks. Begin by lacing the bottom two eyelets just comfortably tight.

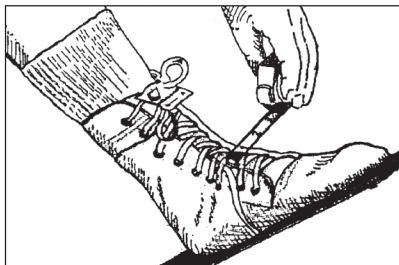


## Step 2.

Continue lacing up the brace and take care not to skip any eyelets.

## Step 3.

**IMPORTANT** - Lace the middle eyelets which are spaced close together as tight as possible to create the most effective support.



## Step 4.

Finish lacing up the brace with the top eyelets just comfortably tight. With the brace completely laced, check the distance (amount of tongue showing) between the inner side panels. If this space is wider than 1.5 inches the brace you may have may be too small. If this space is less than .5 inches or if the panels touch, the brace you have is too large. Double check to insure the brace you are wearing is the correct size.

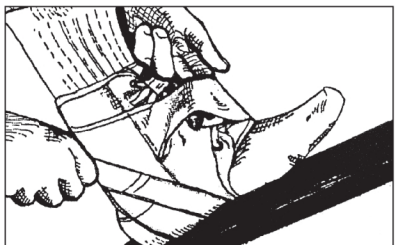


## Step 5.

Starting with the strap on the inside (medial side) of your ankle, wrap this strap over the laces and under the arch of your foot.

## Step 6.

Pull this strap as tight as possible and hook it to the side of the brace. Now secure the short side strap over the top of the longer strap to lock it in place.



## Step 7.

Then wrap the other strap on the outside of your ankle, crossing over the first strap and laces and under the arch of your foot.

## Step 8.

Pull this strap as tight as possible and hook it to the side of the brace. Now secure the short side strap over the top of the longer strap to lock it in place.

## Step 9.

If the two longer straps are too long, they may be shortened by cutting off the excess with a pair of scissors.

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