



Application Instructions

Step 1

Hold the brace on each side and pull over your foot like a sock. Begin by lacing the bottom two eyelets just comfortably tight.

Step 2

Continue lacing up the brace being sure to lace through both panels and taking 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 have may be too small. If the space is less than .5 inches, the brace you have may be too large.

Side Stabilizers—This package may include side stabilizers. The stabilizers are an optional feature and may be used for additional ankle support. To install, insert the stabilizers between the inner and outer panels on each side of the brace with the top of the stabilizer captured in the pocket at the top of the brace.

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



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