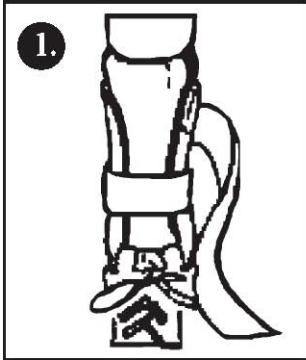


Air & Air/Gel Ankle Stirrup

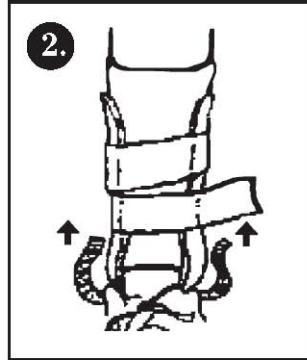
Instructions For Use

Indication: immobilization & support of the ankle

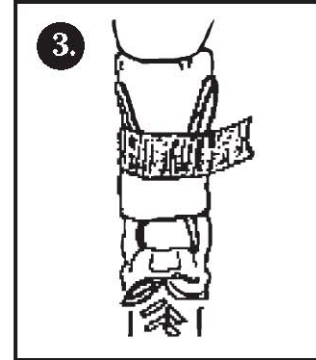
The Ankle Stirrup initially requires a few customizing adjustments. Reapplication requires only tightening of the straps. Always wear an absorbent sock for comfort, and a laced shoe for maximum support.



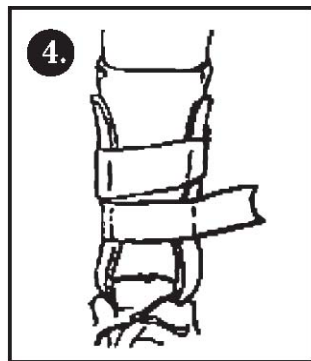
1. Wrap lower support strap around ankle until comfortable (do not over tighten) and lace up your shoe.



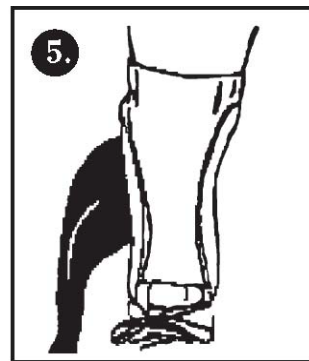
2. Pull up contact closure straps on both sides equally for patient comfort, support and proper fit.



3. Wrap the upper strap while pulling it upwards to lie flat. Be sure the plastic side supports are properly centered along the ankle for a better fit.



4. Adjust the Ankle Stirrup to your comfort. While adjusting the lower strap, adjust the upper strap to allow maximum support.



5. To remove: release the two straps, open slightly and step out of the brace. For reapplication: readjust upper and lower straps as indicated in step 4.

The brace may feel loose after 30 minutes or so due to the displacement of excess fluid from the leg. If this occurs, **retighten** until comfortable. Loosen the straps and reposition the sides if you feel pinching or a pressure point. If condition persists, repeat step 4 or follow instructions below to adjust air volume on the Air Ankle Stirrup.

For the Air/Gel Ankle Stirrup, the gel bag may be placed in freezer and reapplied, giving you approximately 20 minutes of cold therapy. For the Air Ankle Stirrup, air bladders are preinflated and should not require adjustment. Air bladder volume can be adjusted by: a) Unfolding air valve at top of bladder. b) Insert tube (included) into valve approx. 1-1/2 inches. c) Add air by blowing into tube or remove air by squeezing bladder. d) Slowly remove tube, fold valve back over.

Care Instructions

The Ankle Stirrup can be washed by hand with warm, soapy water. Rinse thoroughly, dry with towel then air dry completely.

Warning

If you experience pain, swelling, or sensation changes as a result of wearing this brace, consult your healthcare provider immediately.

Federal Law (USA) restricts this device to sale by or on the order of a licensed healthcare professional.



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