

# Air/ Gel Stirrup Ankle Brace

BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THIS DEVICE.

## INDICATIONS

The Air/ Gel stirrup ankle brace provides stability and support for chronic ankle sprains, ankle instability, and syndesmosis sprains. Effective in the healing of ankle fractures and patient ambulation.

## CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency/ duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

## PREPARATION

1) Undo both leg straps. Loosen the heel strap and adjust so that the plastic stays on the stirrup fit comfortably around each side of the ankle and secure (Fig. A).

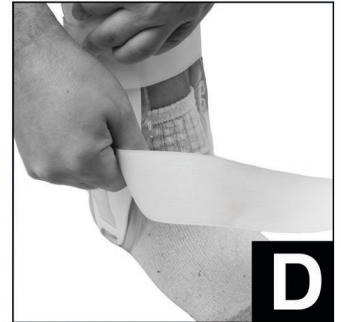
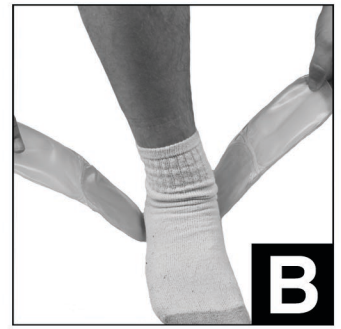
## APPLICATION

1) Place the stirrup so that the plastic stays completely cover both sides of the ankle (Fig. B).

2) Wrap the topmost leg strap around the front of the leg and secure to the Velcro on the opposite side of the stirrup, making sure the brace fits snug (Fig. C).

3) Repeat step 2 with the bottom leg strap, making sure the gel padding still covers each side of the ankle (Fig. D). Re-adjust and tighten as needed.

4) Once fit, trim away any excess strapping with scissors for convenience.



## CLEANING INSTRUCTIONS

Remove soft liner from brace and hand wash in cold water with mild detergent. Wipe the remainder of the brace with cold water. Allow all parts to air dry before re-assembly. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

NOTICE: While every effort has been made to obtain maximum strength, function, and durability, there is no guarantee that injury will be prevented through the use of this device.

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