

Application Guide to your Ankle Stabilizing Brace

1. Place your foot with sock inside the boot portion of the brace. Feed Laces through remaining eyelets and tighten. **Make sure lace is tight between all eyelets and tied securely to ensure adequate support.**



2. Bring the inside (medial) stabilizing strap forward across the top of the foot.



3. Wrap the stabilizing strap under the heel and attach the end of strap to the Velcro on the side of the boot. Repeat steps 2 and 3 for the outside (lateral) stabilizing strap.



4. Wrap elastic cuff closure over tied laces and secured straps. For optimum performance and support, the elastic cuff should be stretched to where the logo is facing forward.

