

Ankle Brace Fitting Instructions



1. Unlace the shoe fully and slip the brace into the shoe.



2. Slide the brace back so that it meets the heel counter in the back of the shoe.



3. Open the sides of the brace and slide your foot into the shoe.



4. Grab the sides of the brace and pull the brace to the back of the shoe.



5. Kick shoe heel against the ground to make sure the brace is at the back of the shoe.



6. Align the sides of the brace to the sides of your leg, making sure the brace runs up the middle of each side of your leg.



7. Secure the two front straps first.



8. Grab the back strap and feed it through the slot in the back of the brace. Then secure the back strap.



9. Push the brace back to the heel of the shoe one more time.



10. Secure the shoe laces.



1. Place foot on brace with straps open.



2. Fold the "tongue" flap across the ankle.



3. Secure the top strap first.



4. Lift the Arch Suspender strap.



5. Pull the Arch Suspender strap across and back.



6. Wrap the Arch Suspender strap around the leg.



7. Secure the Arch Suspender strap across the front of the leg.



8. Step into your shoe with open laces.



9. Use a shoe horn if needed to slip brace fully into shoe.



10. Secure the shoe laces.