

## Functional Ankle Brace

### Indications

- Severe and moderate acute lateral and medial ankle sprains (functional and post-operative treatment)
- Malleolar fracture (in the rehabilitative phase)

### Precautions

- Do not apply the brace directly on open wounds or infected areas.
- Make sure the brace does not come in direct contact with ointment or other chemical products.
- A left and right brace is available. Apply the right size on the correct foot.

### Application

A competent healthcare professional should perform size measurements, first fitting and product adjustments.

1. Put on a sock first.
2. Adjust the heel strap to the patient's heel width by re-positioning the vertical straps on both sides of the shells.
3. Place the foot between the two plastic shells. The shell marked with "OUT" is always on the outside (lateral) of the ankle.
4. Tighten the shells around the foot with the horizontal bottom strap until comfortable.
5. Insert the foot with ankle brace in the shoe.
6. Tighten the horizontal top strap to complete the fixation of the shells onto the ankle.
7. For a proper fit, repeat steps 4 and 6 until you achieved optimal comfort.

### Care and Cleaning

Remove the foam padding and the heel closure straps from the splint. Close the hook of the straps. Hand-wash the straps and foam in lukewarm water (max 35°C) using a mild soap. Rinse with water and allow it to dry at room temperature. Do not iron. Clean the plastic shells with a damp cloth. Be sure that the materials are thoroughly dry before re-applying