

topshelforthopedics.com  
Phone: 866.592.0488 • Fax: 209.834.8832  
Tracy, CA 95304  
1851 East Paradise Road, Suite A



## Hinged Ankle Stabilizer

### Instructions for Use

Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this brace.

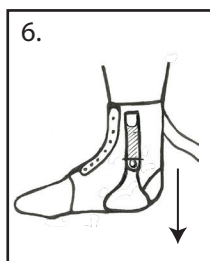
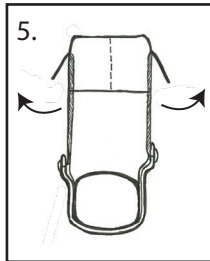
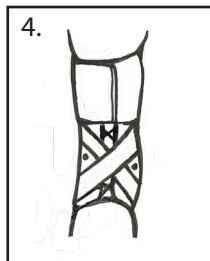
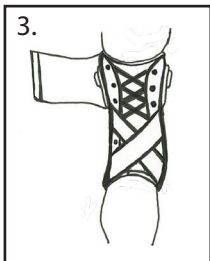
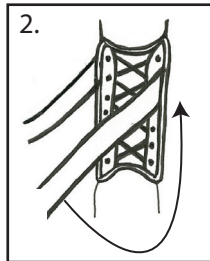
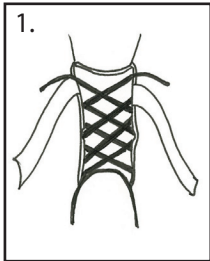


# Hinged Ankle Stabilizer

## Instructions for Use

Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this brace.

**Indications:** Chronic ankle sprains and preventative use.



1. Loosen all straps and laces- Insert foot inside the boot portion of the brace, making sure to have the tongue of the brace on the top of your foot between your skin and the lacing. While seated and with your foot at 90° angle, feed lacing through all eyelets and tighten.
2. Bring the medial (inside) stabilizing strap forward over and across the foot and under the heel. Secure the stabilizing strap to the same side of the ankle. Repeat this process for the lateral (outside) strap.
3. Once both straps are secured, ensure optimum performance and support by tensioning both straps at the same time while seated - Use the finger loops on each side and pull up and away firmly on both straps, re-apply straps to the loop material on the side of the brace.
4. Secure the ankle brace with the wide elastic strap cuff closure over the tied laces. Apply athletic shoes. Periodic adjustment may be necessary, depending on your level of activity.

### Remove hinged ankle support:

5. Lift up on the hook tabs that are on the top portion of the hinged ankle support to release it from the loop material
6. Remove the hinged ankle support by pulling it towards the bottom of the foot on both sides at the same time.

### Use and Care:

Hand wash in cold water using mild soap. Rinse thoroughly, and air dry. If not rinsed thoroughly, soap residue may cause skin irritation and material breakdown.

### Warning:

This product is to be used under the supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

### Warranty:

Top Shelf Orthopedics guarantees this product to be free of defects in material and construction for a period of six months from the date of purchase.

### Caution:

For single patient use only.