



BREG ankle supports are designed to assist with the prevention and treatment of ankle injuries. However, no ankle support can completely prevent all ankle injuries, and no guarantees, express or implied, have been made.

WEARING INSTRUCTIONS

1. Loosen all hook/loop closures and place heel in opening.
2. Pull bottom portion of garment forward (while keeping heel in place) and snugly close forefoot closure.
3. Pull top of garment up and snugly close top closure.
4. For best fit, sit down while adjusting side straps. Release inside (medial) side strap and pull firmly up and back.
5. Loosen outside (medial) strap. Evert foot by rotating knee inward (shown at left). Pull firmly up and back. When correctly worn, outside strap will often be taller than inside strap.
6. Wrap top velcro strap.

Support should provide stability to the ankle from turning (inversion and eversion) movements. For best results, patient should practice donning techniques and wear a cotton athletic sock. To improve stability, flex foot (shown at left) while putting on support..

Patent number 5,050,620



WASHING INSTRUCTIONS

For best results, hand wash in warm, sudsy water after every use. Line dry only. Do not machine dry.

For more information on the complete line of BREG products, contact your authorized BREG distributor or our customer support team at 1-800-321-0607.