



## Ankle Sprain Kit

**Kit includes:**

KoolAir Ankle Stirrup, Cold Therapy Ice Pack, Latex Free Bandage, Latex Free Elastic Exercise Band, and Application Instructions.



Manufactured for Breg, Inc.

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## Ankle Sprain Kit Application Instructions



1. Open ankle stirrup so gel and closed cell foam are facing upward.



2. Position the heel evenly on the center pad.



4. Apply pressure to the sides of the therapeutic gel bag to allow even flow of pressure within the plastic shell. Tighten lower and upper straps for a secure fit and for patient comfort.



3. Wrap the lower hook and loop closure strap around the ankle for alignment. Center the side shells along the ankle and the leg. Wrap the upper strap and adjust if necessary.



5. Adjust the vertical side straps, placing both hands on straps, pulling upward until desired fit.

6. Secure vertical side straps with hook and loop closure.

**NOTE:** The KoolAir Ankle Stirrup comes with an Elastic Exercise Band pictured on the front. This can be used during rehabilitation. Consult your physician for your rehabilitation protocol.

**NOTE:** The KoolAir Ankle Stirrup should be worn over a bandage or cotton sock. Consult your physician for further instruction on application and treatment.

### **PRECAUTIONS:**

- Patients should always consult their physician or therapist for proper therapy instructions prior to using the KoolAir Ankle Stirrup and Cold Therapy Ice Pack.
- Always wear a cotton sock before cold therapy is applied.
- Outer shell may be wiped with mild soap and water.