

Break-In Period

Like a new pair of shoes, ankle braces require a break-in period. New shoes combined with a new ankle brace require an even longer break-in period (usually 6-8 hours). Loosen the shoelaces to reduce friction until the brace and the shoe break-in. Wear an additional full tall sock to help reduce friction.

Custom Orthotic or Arch Support

Place the bottom of the brace beneath the orthotic or arch support.

Heat Molding to Accelerate the Break-In-Period

⚠ WARNING: Do not contact or place a hot brace against the skin immediately after heating.

⚠ WARNING: Do not exceed the recommended temperature and time for heating the brace.

⚠ WARNING: Only use an infrared oven or conventional hair dryer to heat the brace. Never use a convection oven, conventional oven, water bath, or microwave as a heat source.

When using an infrared oven, the recommended temperature range for heating the brace at is 130-149°F (54-65°C) for 3 minutes. Do not exceed the recommended temperature and time for heating the brace in an infrared oven. If using a conventional hair dryer, place the brace on a flat surface and heat the brace for 3 minutes or until all sides feel warm. Take precaution after both heating methods and let the brace cool for at least 20 seconds before handling the brace. Remember to always wear an absorbent full tall sock.

www.UltraAnkle.com

WARNING: While the Ultra Aurora™ brace may be used for injury prevention, no ankle brace can prevent all ankle injuries and no guarantee is made either express or implied that any injury will be prevented by this brace.

Ultra Aurora™ is a trademark of Ultra Athlete LLC

AW-1.03186 REV A 0817



MEASURE ANKLE CIRCUMFERENCE FOR PRECISE SIZING

SMALL
12in (30½cm) & below

MEDIUM
12in (30½cm) – 14in (35½cm)

LARGE
14in (35½cm) & above



U.S. SHOE SIZE CHART	MEN	WOMEN
SMALL	5-9	6-10
MEDIUM	9½-12	10½-13
LARGE	12½ & Up	13½ & Up



FITTING INSTRUCTIONS

Follow the fitting instructions to the right to apply the Ultra Aurora™. If you have any questions, please reach out to support@ultraankle.com.

- Fits Either Ankle
- X-Long Straps Available

Hinged Cuff Technology

Helps restrict excessive rotational (twisting) and inversion (turning) forces that cause ankle injuries.



STEP #1



If your shoe has a removable insole, place the Ultra Aurora™ beneath it.

STEP #2



Place your foot inside the shoe. Then slide the bottom of the brace toward the back of the shoe as far as it will go.

STEP #3



Secure the strap firmly and tie shoe laces.