



FITTING INSTRUCTIONS

EXCEL

Fits left or right ankle



1. The Excel ankle brace is designed to be worn over an athletic sock. Loosen the laces all the way to the toe for easiest application. Pull the brace over the foot and ankle until the heel settles into the opening at the rear of the brace. Beginning at the toe end of the brace, begin lacing as tightly as possible all the way to the top of the brace. The tighter the brace the more support it provides. A properly fit brace should have between 1" to 1.5" of space between the lace loops. If the brace has more than 1.5" of space, it is too small. If the brace has less than 1" of space, it is too large.



2. Beginning with the strap on the inside of the foot, wrap the nylon strap across the front of the foot and under the arch. Complete the strap application by adhering the strap to the inside vertical section of loop. Repeat this process with the outside strap.



3. The Excel is designed to allow for tightening of the straps without removal of the shoe. However, it is recommended to begin with the straps as tight as possible to provide maximum support.



4. Secure the circumferential strap around the top of the ankle, securing the tied laces underneath.

*Soft tissue grip is key. For maximum control you may need to choose one size smaller brace.

For more information call 1-800-800-2896