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HIGH-COMPRESSION
MULTI-SPORT ANKLE SLEEVE
FITTING INSTRUCTIONS

- ✓ Your Active Ankle® sleeve will require a brief break-in period
- ✓ For maximum support, wear a sneaker or a lace-up shoe
- ✓ Wear a comfortable, absorbent sock under the sleeve

Step 1 – Pull the support onto the foot until the heel fits into the heel hole. Always wear over a sock and keep front seam centered.

Step 2 – If need be, adjust the heel-lock strap so that they are above the heel and below the ankle bone.

Step 3 – Always start with the short strap.

Step 4 – Wrap the short strap low around the ankle.

Step 5 – Wrap the long strap high around the ankle, overlapping short strap.