



## FITTING INSTRUCTIONS

# AS1

*Fits left or right ankle*



1. The AS1 is designed to wear over an athletic sock. Pull brace over foot and ankle and position the heel of your foot in the Heel Locking area of the AS1. Lace the brace up all the way to the top. There should be approximately 1" to 1.5" of separation between the middle of the eyelets (anything greater than 1.5" move to the next larger size; anything less than 1" move to the next smaller size).



2. Bring the bottom inside stabilizing strap across the top of the foot. Wrap it around the base of the ankle, and continue behind the heel, to the Velcro® fastener on the inside of the ankle. Be sure the stabilizing strap is pulled tightly to ensure a proper heel lock.



3. Bring the bottom outside stabilizing strap across the top of the foot. Wrap it around the base of the ankle, and continue behind the heel, to the Velcro® fastener on the outside of the ankle. Be sure the stabilizing strap is pulled tightly to ensure a proper heel lock.



4. Secure the top strap across the tied laces to provide support for the top of the ankle. Be sure the top strap is pulled tightly to ensure proper stabilization. Stand and make adjustments as necessary.

\*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