



## FITTING INSTRUCTIONS

### **POWER LACER** *Fits left or right ankle*



1. Lace the ankle brace for a comfortable, snug fit in order to provide maximum control.\*



2. Lift and secure the outside (lateral) support strap to the underlying hook and loop fastener.



3. Lift and secure the inside (medial) strap to provide a counter balancing neutral force.



4. The outside (lateral) strap should be secured 1/4" to 1/2" higher than the inside (medial) strap to achieve maximum fore-foot control.



5. Lock both sides of the support straps in place with the circumferential hook and loop fastener straps around the lower calf.

\*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