



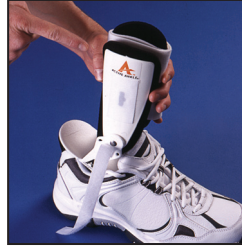
FITTING INSTRUCTIONS



*Fits left or
right ankle*

- Your Active Ankle® will require a brief break-in period.
- For maximum support, wear a sneaker or a lace-up shoe.
- Wear a comfortable, absorbent sock at least calf-height.

1. Place your Active Ankle® inside the shoe with the logo label positioned so that it will be on the outside of your ankle.



2. If your shoe has a removable insole or orthotic, place the Active Ankle® under it for additional comfort. If doing so, we highly recommend removing the white heel pad.

3. Place your foot inside the shoe. Make sure to adjust the pivot points to be in line with your ankle bones.



4. Place the small posterior strap comfortably and without tension around the back of your ankle and secure it as low as possible to the Velcro® on the inside.

5. Secure the large Velcro® straps firmly around the ankle. For maximum support, thread your outside shoelace through the loop and tie laces.



For more information call 1-800-800-2896