

Web™ Ankle Brace Instructions

It is highly recommended that a sock be worn when using the Web™.

1

Lift flaps from stay pockets located on each side of the ankle brace. Insert the Lateral stay (Red sticker) into the outside pocket. Insert the Medial stay (Blue sticker) into the inside pocket. The stays may be switched to accommodate a left or right ankle. Re-insert the flaps over the stays to secure them in place. Note: If less rigidity is required this step can be skipped or the stays can be removed at a later time.



Lateral - Outside Stay

Medial - Inside Stay

2



Open up the back of the brace, slide your foot into the brace and secure hook and loop fastener backing evenly.

3



Grasp the lower straps and adjust for equal length. Stretch the straps and wrap them around your ankle, securing them in the back.

4

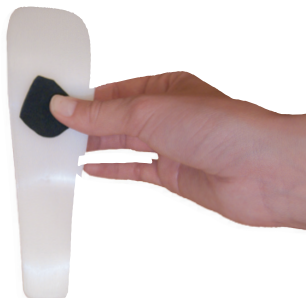


Cross the upper strap over the center and wrap around the top of ankle to secure.

The bungee closure system can be easily adjusted without removing your shoe. Simply tighten and adjust the straps as needed to ensure consistent compression and a snug fit.



An adhesive backed foam spacer is included with the brace. The spacer can be trimmed and placed on the rigid stays if more padding is needed for comfort.



Cleaning Instructions:

- REMOVE RIGID STAYS BEFORE WASHING.
- The Web™ Ankle Brace is machine washable using a mild detergent and warm water.
- To prevent the hook and loop fastener straps from damaging other items in the wash, place the Web™ in the included mesh bag before washing or wash separately.
- Remove promptly and air dry.

CAUTION: Do not over tighten – this could lead to decreased circulation. If you experience pain, abnormal swelling, or skin irritation, discontinue use and contact your medical provider.

This product contains no latex.

DARCO