

FITTING INSTRUCTIONS



- Your Active Ankle brace 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. Adjust the large fastening strap by sliding it up for high top shoes, or down for low top shoes. Positioning the strap in the center will allow you to remove the strap for washing.* The large fastening strap is pre-positioned in the LOW setting.
2. Place your Active Ankle® brace inside the shoe with the logo label positioned so that it will be on the outside of your ankle.
3. If your shoe has a removable insole or orthotic, place the Active Ankle® brace under it for additional comfort. If doing so, we highly recommend removing the white heel pad.
4. Place your foot inside the shoe. Make sure to adjust the pivot points to be in line with your ankle bones.
5. 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.
6. Secure the large fastening strap firmly around the ankle. For maximum support, thread your outside shoelace through the loop and tie laces.