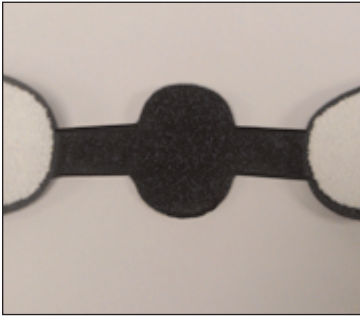


# Ankle Stirrup/ Ankle Stirrup Plus



**Figure 1** – Open ankle stirrup

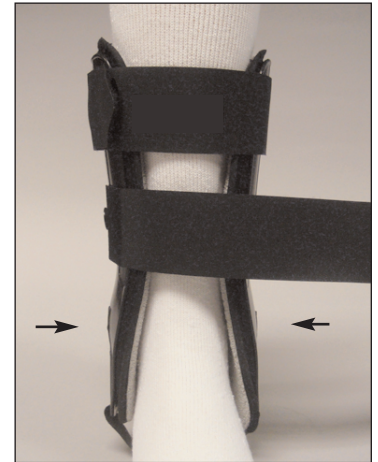
1. Open the ankle stirrup so inner liner is facing upward.
2. Position the heel evenly on the center pad.
3. Wrap the lower hook and loop closure strap around the ankle for alignment. Center the side shells along the ankle and the leg. Wrap the upper strap and adjust if necessary.
4. Apply pressure to both sides of the inner liner to allow even pressure within the plastic shell. Tighten lower and upper straps for a secure fit and for patient comfort.
5. Adjust the vertical side straps, placing both hands on straps, pulling upward until desired fit.
6. Secure vertical side straps with hook and loop closure.

#### **NOTE:**

The Ankle Stabilizer should be worn over a piece of stockinette or thin cotton sock. Consult your physician for further instruction on application and treatment.

#### **PRECAUTIONS:**

- Patients should always consult their physician or therapist for proper therapy instructions prior to using the therapeutic support system.
- Always wear an absorbent sock.
- Outer shell may be wiped with mild soap and water.



**Figure 4** – Apply pressure to sides of foam liner for even flow of pressure



**Figure 2** – Position heel on center pad



**Figure 5** – Adjust vertical side straps



**Figure 3** – Center side shells along ankle and leg



**Figure 6** – Secure straps

Made in the U.S.A.



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