

## Swede-O Inner Lok 8 Application Instructions



1. Hold the brace on each side and pull over your foot like a sock.



2. Pull the medial (inside) strap comfortably snug, then pull the lateral (outside) strap comfortably snug.



3. Put the laces through the eyelets, pull tight at each set of eyelets, and tie at the top.



4. Re-adjust medial strap by pulling tight and securing the velcro. Repeat procedure for lateral strap.

5. Retighten laces and straps as needed during use if they begin to loosen.

## Removal Instructions



1. Untie and loosen laces.



2. Pull top of each strap away from the brace to disengage the velcro.



3. Re-attach velcro near bottom of velcro area. Do this for both straps.



4. Run your finger under the straps in the middle of the brace (where the straps overlap), and pull up with your finger to loosen straps.

5. Remove brace from your ankle.

Note: If the figure eight straps are too long, they may be shortened by cutting off the excess with a pair of scissors.