

Stable & Secure Ankle Brace I

The **ISO Preferred Stable & Secure Ankle Brace I** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Stable & Secure Ankle Brace I (AN34x) is intended for the support of mild to moderate ankle distortions. Tibialis, Tendinitis, Osteoarthritis of ankle and foot, Chronic ankle instability, Tendinopathy of foot and ankle; Prophylactic and therapeutic use in sports activities. Rupture- tendon of the foot and ankle, non-traumatic. Acquired flat-foot or pronation of the foot/ankle.

1. Disengage all fastener straps and connections. Open and separate the top plastic strap system.
2. While seated, place the injured foot/ankle into the brace slowly in the same manner that you would put on a shoe. Position your heel so that it is resting snugly up against the back of the soft interior liner.
3. Fasten the top section of the ankle brace by tucking the side with the toothed strap underneath the other side and slide the toothed strap through the hole in the overlaying strap. Before applying the fastener straps into place, make sure that the rigid plastic is centered over each equally.
4. Fasten the straps into place. Make sure the ankle brace feels securely in place and that little movement can be achieved.
5. Simultaneously and equally pull both the straps that are attached to both sides of the laces that run through the padding atop your foot. Once you are comfortable with the snugness of the brace, attach both fastener strap pull tabs to the soft liner. Make sure the brace feels secure and is centered to both sides of your ankle. **DO NOT OVERTIGHTEN.**

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INTRODUCTION

Your **ISO Preferred Stable & Secure Ankle Brace I (AN34x)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOPreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Stable & Secure Ankle Brace I (AN34x)**. This brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Stable & Secure Ankle Brace I (AN34x)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Separate the inner lining from the outer plastic shell.
- Remove straps when applicable.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Stable & Secure Ankle Brace I (AN34x)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**

SKU	SIZE	WOMEN'S SHOE SIZE	MEN'S SHOE SIZE
ISO-AN340	Left Small	Up to Size 6	Up to Size 8
ISO-AN341	Left Medium	6.5-14	8.5-12
ISO-AN342	Left Large	14.5+	12.5+
ISO-AN343	Right Small	Up to Size 6	Up to Size 8
ISO-AN344	Right Medium	6.5-14	8.5-12
ISO-AN345	Right Large	14.5+	12.5+