

GEL STIRRUP ANKLE BRACE

The Gel Stirrup Ankle Brace is an ankle control orthosis designed for patients who require minimal ankle rotation and inversion/eversion. The rigid frame provides medial/ lateral protection and support, minimizing ankle rotation. Attached to the interior of the rigid frame are air/gel pouches. The upper pouches are pre-inflated with air and the lower pouches are filled with gel. The air pouches assist to secure the foot and provide an appropriate fit. The air/gel pouches can be placed in the freezer for cold therapy.



ISO Preferred Gel Stirrup Ankle Brace (AN400) is intended for Mild to moderate ankle distortions, Chronic ankle instability, Osteoarthritis, Syndesmosis sprain, and Prophylactic use.

BEFORE APPLICATION:

It is best to use the brace with a thin sock over the ankle to avoid skin abrasion, sweating or irritation. Use an athletic shoe or any laced shoe to gain the full benefit of the brace. If using cold therapy, remove air/gel pouches and place in freezer prior to use.

PREPARATION:

Unfasten the two swivel straps on brace. Loosen the heel straps and adjust the width so that the rigid contoured plastic frame is easily placed against each side of the ankle. Finish by fastening each side of the heel strap.

APPLICATION:

1. Lay the brace out flat against the floor and put the heel of your foot onto the stirrup. Next apply the rigid contoured plastic frames covering both sides of the ankle.
2. Wrap the top swivel strap around the front of the leg and secure with the advanced gripping material.
3. Repeat Step 3 with the bottom swivel strap wrapping in the opposite direction (Note: When applied in opposite directions, even compression is achieved). Ensure the gel pouches still cover each side of the ankle.
4. Check for adequate circulation. Readjust heel straps and leg straps as needed for a secure and comfortable fit. DO NOT OVERTIGHTEN.
5. When the brace is properly fit, any excess strapping can be cut off with scissors, if desired.





INTRODUCTION

Your **ISO Preferred Gel Stirrup Ankle Brace (AN400)** 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 Gel Stirrup Ankle Brace (AN400)**. The 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 the **ISO Preferred Gel Stirrup Ankle Brace (AN400)** 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.
- Hand wash in cold water with a mild detergent.
- After washing brace, Lay flat to air dry. Allow all parts to air dry prior to reassembling or using the device.

CAUTION

The **ISO Preferred Gel Stirrup Ankle Brace (AN400)** 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.**