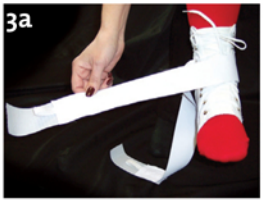
SWEDE-O STRAP LOK® ANKLE BRACE INSTRUCTIONS



Application Instructions

1. Hold the brace on each side and pull over your foot like a sock.
2. Pull the laces through the eyelets, pull tight at each set of eyelets, and tie at the top.
3. Starting with the strap on the inside (medial side) of your ankle, wrap this strap over the laces and under the arch of your foot and back up the inside of your ankle. Pull this strap tight and hook it to the side of the brace.

4. Then wrap the other figure-eight strap on the outside of your ankle, crossing over the first strap and laces under the arch of your foot and back up the outside of your ankle.
5. Wrap the top elastic strap horizontally around your ankle and secure. Retighten laces and straps during use as needed.

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

Machine wash – soap and warm water and air dry only, no bleach.
Replace brace every year to ensure proper support.