

Application Instructions

1. Begin by loosely lacing the shoelace through all but the top set of lace loops.
2. Hold the brace on each side and pull over your foot like a sock. Then lace shoelace through the remaining top set of lace loops.
3. With both thumbs inside of the back of the brace, grasp with both hands at the top of the brace and pull the brace up and into proper position on the ankle.
4. Now pull the shoelace just above the third lace loops comfortably tight.
5. Finish by pulling the shoelace tight at the top of the brace and tie.
6. Retighten brace as needed during activity.



Note: The Tarsal Lok will mold to the shape of your foot and ankle after a few uses.

Machine wash – soap and warm water and air dry only, no bleach.

Replace brace every year to ensure proper support.



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