

# **Element Sport Ankle Brace**

Single Patient Use Only

**Rx Only** 

#### IMPORTANT INFORMATION

Please read all instructions, warnings, and precautions before use. Correct application is essential for proper functioning of product.

#### INTENDED USE

Acute ankle sprains, chronic ankle instabilities, high ankle sprains or prophylactic use.

#### **PRECAUTIONS**

This product is to be fitted by a physician (or properly licensed practitioner) who is familiar with the purpose for which they are responsible. The physician or practitioner is responsible for providing wearing instructions and precautions to other healthcare practitioners or healthcare providers involved in the patient's care as well as the patient. Consult your physician (or properly licensed practitioner) immediately if you experience sensation changes, unusual reactions, swelling or increased pain while using this product. Follow the instructions of your physician (or properly licensed practitioner) for length and duration of use.

#### INSTRUCTIONS FOR USE

1. Open all straps and spread apart the uprights to position the foot in the brace at a 90° angle.

Make sure the heel is as far back in the brace as possible. The criss-cross straps inside the brace located at the back of the foot should cup the heel.

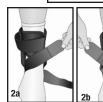




**NOTE:** A sock should be worn under this brace.

2. Next, secure the crisscross straps to the uprights. For inversion injuries, begin by pulling the strap

pulling the strap on the outside of the foot over the front of the ankle in an upward direction. Secure



on upright. Next, firmly pull the strap on the arch side of the foot over the front of the ankle and secure on upright. For eversion injuries, secure strap on arch side followed by strap on outside of foot. **NOTE:** It is important to pull tightly in an upward direction maintaining tension on the straps until they are secured on the upright. The straps should form a criss-cross configuration

and be positioned flat against the shin.

3. Secure the upper strap with the label in the front. Brace should fit snug around ankle, but not cut off circulation.

 Check for adequate circulation.
Readjust straps as needed for a secure and comfortable fit.





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### **WASHING INSTRUCTIONS**

Wipe down ankle brace with damp cloth and air dry.



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## MediRoyal Nordic AB

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