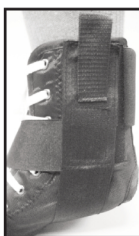


# MKO Ankle Brace w/Stays

## Application Instructions



1. Open brace and place foot inside. Tongue should be between foot and laces. Lace and tighten.



2. Place inside strap across top of foot and then under the heel. Attach loop end of strap to hook side of brace.



3. Repeat with the outside strap and attach.



4. Sitting down and with your foot flat on the floor, tighten the straps. To free the straps use the loops at the end of the straps, pull up and then re-attach straps to hook material.



5. When the brace feels comfortable and secure, wrap the elastic top strap over lace and straps. Re-adjust if necessary.

\*Note - A white shoe lace has been used to show the application instructions more clearly. However, the MKO ankle brace comes with a black shoe lace.