

195[®] ANKLE BRACE

w/ straps

HOW TO WEAR:

- 1 Slip brace on foot (one or two athletic socks recommended for better fit and comfort)
- 2 Lace it up completely like a shoe (Lace tighter for more support and protection)
- 3 Pull left, non-stretch strap tight across top of foot, under foot and secure to left side of ankle
- 4 Pull right, non-stretch strap tight across top of foot, under foot and secure to right side of ankle
- 5 Secure top elastic straps over laces with hook and loop closure
- 6 Go with confidence

Note: Brace may be retightened during play by re-adjusting the left and right non-stretch straps