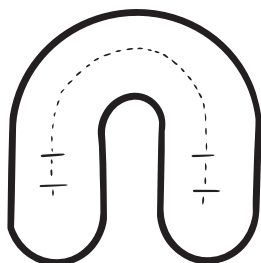


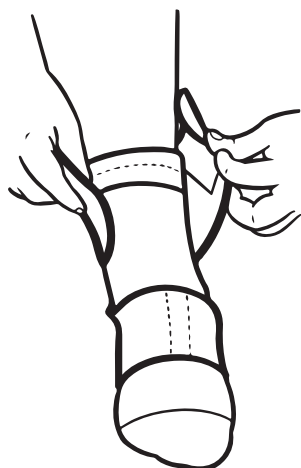
INSTRUCTIONS FOR USE

5 IN 1 FOOT AND ANKLE ORTHOSIS, A30

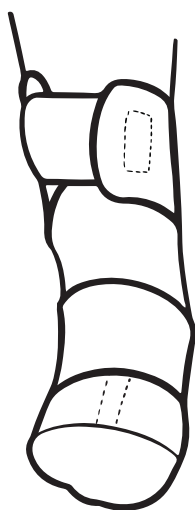


1. Place pad in appropriate position, as indicated below.

- **Achilles Tendonitis:** Place pad in superior position
- **Haglund's Disease:** Place pad in inferior position
- **Sever's Disease:** Place pad in inferior position
- **Heel spur:** Invert neoprene product and place pad beneath heel, with horseshoe open towards toes.
- **Plantar fasciitis:** Invert neoprene product and place pad between arch and heel.



2. Slide your foot through the front of the orthosis and pull up so that the heel sits within the opening at the rear.



3. Close brace around the ankle with Velcro® tabs. Adjust as needed to ensure a comfortable fit.