

## Bio Feedbac Ankle Support



**Bio Feedbac Ankle Support is designed to relieve a wide range of joint and muscle pain.**

### **Sprains, strains, and pulled muscles:**

Provides firm support to injured ankles without restricting movement, helping to prevent further damage.

Adjustable compression over the ankle helps reduce pain, swelling and tenderness.

### **Weak or arthritic joints:**

Provides firm support to ankle, reducing load on joint and alleviating aches, pain and stiffness.

Neoprene fabric helps retain heat to provide gentle warming relief from aches and pain.

### **How to wear your Bio Feedbac Ankle Support correctly**



1. Hold the support with the wider, short strap at the top. Position heel within the round hold in the centre of the support.
2. Fasten the wide strap above ankle and cross the two narrow straps over foot. Adjust to the desired level of compression.

### **Directions:**

For sprains, strains and pulled muscles, use the support in conjunction with the following techniques to provide symptomatic relief:

- P. Protection: Protect the injury from further damage by wearing the support.
- R. Rest: Avoid activity that causes pain in the first 48-72 hours after injury.
- I. Ice: Cool the injured area as soon as possible for 15-20 minutes every 2-3 hours to limit pain and inflammation.

C. Compression: Use the support to apply compression to the affected area, reducing swelling.

E. Elevation: Keep the injured area raised and supported to help reduce swelling.

For weak or arthritic joint, wear the support as needed to provide daytime relief from aches, pain and stiffness.

The inner fabric sleeve is provided for additional comfort. If preferred, the support can be used without the inner sleeve.

### **Hazards and Cautions:**

1. The indications outlined may not be suitable for your condition, before use always seek medical advice from your physician
2. Only use on intact skin. Do not use if you have a known allergy to any of the specified materials
3. Avoid if you have Neoprene and Nylon sensitivity
4. The product should be applied as illustrated.
5. Ensure product is not uncomfortably tight and blood flow is not restricted. Avoid wearing for prolonged periods (e.g.) whilst sleeping
6. If a rash develops, pain is prolonged or conditions worsen, discontinue use and consult a physician
7. If your symptoms persist or worsen, seek medical advice.

### **Composition of Materials**

55% neoprene, 20% nylon, 20% polyester, 5% spandex

Material composition infused with copper.

### **Care Instructions**

Machine wash cold. Delicate cycle with like colours. Tumble dry low. Do not Iron. Do not Bleach.

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