

## How to Wear?

- Please ensure you order the right Support as per the Size Chart below
- Open all the straps and place your foot on the strap so that the heel aligns with it's locking section
- First wrap the foot section and fasten it's closure making sure it's well wrapped
- Wrap the ankle section ensuring necessary compression
- In order, hold the X-Strap starting from the inner ankle (medial) and cross it diagonally to the outer side of the ankle bone, securing it with the fastener
- Redo the above for the X-Strap beginning on the outer side of ankle (lateral)
- Check for circulation and readjust as necessary

- If putting on footwear, we recommend putting on soft cotton socks before slipping into a comfortable pair of sports shoes or sandals



### REMEMBER

- Please wear this support above an inner wear made from a breathable fabric such as cotton to avoid rashes and allergy from day long contact
- Do not rely on the support 100% of the time unless advised by a Specialist

- Don't bathe with the support - it will reduce the elasticity and compression quality of the support
- Never share or pass-on your support - can lead to allergy or transfer of infection

**P.S.:** Kindly consult your Physician or Orthopaedic Specialist before using this product