

How to Wear?

- Make sure you order the right fit as per Size Chart below
- Loosen the Velcro-style strap on the Neoprene Ankle Support and hold the end with Oppo logo with both hands
- Insert foot into the support and pull up so that the heel fits into it's locking area
- Place the mid-section of the surgical strap below the sole of the foot and join the fastener
- Cross one side of wrap diagonally across the foot and upwards around the ankle joint. Secure the Velcro-style fastener adjusting the strap to the desired compression level
- Repeat the above step for the other part of the strap



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