

How to Wear?

- Insert foot into starter loop and settle it around the arch of your foot.
- Angle it upward and across the foot towards the ankle bone while pulling it firmly for creating compression
- Continue to make a criss-cross or "figure of 8" pattern around the ankle
- Fasten it with the Velcro-style hook closure
- Make sure you adjust the compression in case it feels too tight or loose for comfort



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