

How to Wear?

- Make sure you order the right-sized product as per Size Chart below
- Insert foot into the support and pull on the compression sleeve with longer half upwards so that the heel fits into it's locking area
- Place the mid-section of the elasticized strap below the sole of the foot
- Cross one side of wrap diagonally across the foot and upwards around the ankle joint
- Repeat the above step for the other part of the strap
- Secure the hook loop rejoinders adjusting the strap to the desired compression level



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