



ISO Preferred Secure Ankle Brace

The **ISO Preferred Secure Ankle Brace** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your doctor's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.

ISO Preferred Secure Ankle Brace is intended for the support of mild to moderate ankle and chronic ankle instability. The secure ankle brace is prophylactic and therapeutic with use during physical activities.

1. Disengage all fastener straps and connections. Open and separate the top plastic strap system.
2. While seated, place the injured foot / ankle into the brace slowly in the same manner that you would put on a shoe. Position your heel so that it is resting snugly up against the back of the soft interior liner.
3. Fasten the top section of the ankle brace by tucking the side with the toothed strap underneath the other side and slide the toothed strap through the hole in the overlaying strap. Before applying the fastener straps into place, make sure that the rigid plastic is centered over each equally.
4. Fasten the straps into place. Make sure that the ankle brace feels securely in place and that little movement can be achieved.
5. Simultaneously and equally pull both the straps that are attached to both sides of the laces that run through the padding atop your foot. (5) Once you are comfortable with the snugness of this section of the brace, attach both fastener strap pull tabs to the soft liner. Make sure the brace feels secure and is centered to both sides of your ankle.





Introduction

Your *ISO Preferred Secure Ankle Brace* is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your doctor's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. Please read the enclosed instructions and watch the applicable video when available so that the device can provide you with the superior long-term assistance and care you require.

Usage Recommendations

It is vital that you read the included instructions and when applicable watch the instructional video for the *ISO Preferred Secure Ankle Brace* that is included here within. It is intended for the use of qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without a doctor's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your doctor, as they are familiar with your needs and conditions, for which this device was prescribed.

Cleaning Instructions

- Separate the inner lining from the outer plastic shell.
- Remove the straps when applicable.
- Hand wash the fabric parts in cold water with a mild detergent, rinse and lay flat to air dry.
- Hand wash the plastic mold with room temperature water with mild detergent, rinse and allow to air dry.

Care Instructions

It is imperative that you do not place your brace in the washing machine or dryer at any time. When preparing to clean your *ISO Preferred Secure Ankle Brace*, you will want to separate the parts where applicable and care for them individually. Hand wash each section in water with a mild detergent. Allow all parts to air dry prior to reassembling the device. Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace, as it will damage your brace; voiding its manufacturer's warranty and no longer working for you correctly.

CAUTION

The *ISO Preferred Secure Ankle Brace* is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented while using this device, especially if the instructions are not followed correctly.