

Wear & Care Instructions



Air Gel Ankle Brace

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

Care & Cleaning

Wipe plastic shell with damp cloth, you may use disinfectant or mild soap, and wipe dry. Product should be air dried, do not use high temperatures to wash or dry.

Applying the Orthosis

The brace is universal and suitable for use on the right or left ankle.

1. To ensure support and function, the brace must be worn with socks and shoes.
2. Locate medial sticker and place the shell on inside of affected ankle. Place pad against sock with footpiece under heel.
3. Adjust heel width to give a snug fit by moving adjustable foot piece on each brace.
4. While holding shells against ankle, wrap the lower then the upper strap and fasten with hook and loop closures.
5. Once both straps are fastened, re-adjust the lower then upper strap to ensure a proper fit. Fit should be snug, but not so tight it pinches or affects circulation. Apply shoe over the brace.

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