

# 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.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.

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## Re-ordering

If you have exceeded your NHS entitlement, it's easy to re-order - just contact our Customer Services team with the product code and size for a quote or for more details.

Size	Product Code
Universal	AGA

## Other products available....



Easy Sport Ankle Brace  
KAB



Ankle Stabiliser  
AST



Aequi Ankle Brace  
3201

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