

Wear & Care Instructions



Ankle Contracture Boot

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. For products with a removable liner, you may hand wash liner in warm water with mild soap, air dry, do not use high temperatures to wash or dry.

Applying the Orthosis

1. Apply the boot with the foot flexed to maximise the angle of dorsiflexion.
2. Attach instep strap first to hold the heel in the splint. Adjust length of strap and close the buckle.
3. Extend ankle to check the tightness of the instep strap.
4. After checking the fit of the instep strap, the other strap may then be adjusted and the buckles secured.

The appliance is non-weight bearing.

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.



Unit 3 Stourton Link,
Intermezzo Drive,
Leeds LS10 1DF
Tel: +44 (0) 113 207 0435
Email: orthoticenquiries@steepergroup.com

www.steepergroup.com

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