

Wear & Care Instructions

Elastic Ankle Support with Gel Pad



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

Wash the brace by hand in warm soapy water at 40°C. Do not tumble dry or dry over direct heat, as this will damage the elastic material. Air dry only.

Applying the Orthosis

1. The widest opening should be at the top of your leg when you put the support on.
2. Pull it up over your ankle until the curve is behind your ankle.
3. Pull it up over your ankle until your heel sits in the gray shaped area and the silicon padding sits behind your ankle bones.
4. Ensure there are no creases in the material. A small amount of talc may help the brace to slide over your foot.

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

 **steeper**
Creating life's turning points, together