

# Wear & Care Instructions



## Easy Sport 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

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. Unfasten all straps, loosen laces and lift up tongue of support.
2. Grasp support on either side of laces, slip foot through the support, making sure heel is positioned comfortably in opening.
3. With ankle positioned at 90° tighten laces from distal to proximal, tighten and tie to desired comfort level.
4. Grasp "figure 8" support straps on each side of lacing. Cross straps in front of foot, wrap under foot and up opposite side of ankle, securing hook portion to loop on side of support.
5. Grasp cinch straps on each side of support and bring down over "figure 8" support straps.
6. Ankle support should be snug, but not inhibiting circulation.

Note: Optional plastic stays are located on each side under cinch straps and may be removed if desired.

#### 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](mailto:orthoticenquiries@steepergroup.com)

[www.steepergroup.com](http://www.steepergroup.com)

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